

**REPORT ON EVS WEEK**  
**"INTRIGUING ENVIRONMENT"**

**CLASS- I**  
**TOPIC- HEALTH IS WEALTH**  
**DATE- 17<sup>TH</sup> DECEMBER 2020**

**ACTIVITY:** Dress up as a chef, show and describe your healthy breakfast.

**LEARNING OUTCOMES:** The activity aimed at motivating the learners to critically analyze and identify the different nutrients present in their breakfast for the day.

**PROCEDURE OF THE ACTIVITY:**

1. Students had worn an apron and a chef cap to appear like Master Chefs for the activity.
2. They were enthusiastically ready with their healthy breakfast tray containing a delicious variety of healthy foods, drinks, plates, forks, spoons and napkins to be presented.
3. Each child introduced himself/herself by addressing himself/herself as a Master Chef and spoke about the name, food type and nutrients present in each and every food product and drink presented. The children also mentioned whether the food item was a plant product or an animal product.
4. The variety of food and drink was according to the child's personal choice.
5. Children enjoyed eating their healthy breakfast in this activity class.

**GLIMPSES OF THE ACTIVITY:**





