

THE SNEAKY CHEF

Eat healthy feel healthy



Junk food can be appealing for a variety of reasons, including convenience, price and taste. For children, who do not always understand the health consequences of their eating habits junk food may appear especially appetizing. However, regularly consuming fattening junk food can be addictive for children and lead to complications like obesity, chronic illness, low self-esteem and even depression, as well as affecting how they perform in school and extracurricular activities.

The activity SNEAKY CHEF was introduced with a video on importance of healthy food in our life on 4.5.18. After showing video to the students, a discussion was done with them regarding healthy food. The awareness among the students were spread on the importance of eating healthy food and avoiding junk food.

On 11-5-18, there was a class competition on presentation and preparation of one healthy dish in the classroom. Three students were selected from each section.

On 14-5-18, there was grand finale of “The sneaky chef—my healthy plate competition”. The selected students from each section prepared a healthy dish and presented it on a table outside their respective classes. In this way, all the students came to know about the importance of eating healthy food in their life

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1 st Harshit-1-A	2 nd - Eshani-1-A Angad -1B	3 rd Nikunj 1-D Aayush-1C
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