

WHOLESOME DIET PRESENTATION

PRE PRIMARY

“Healthy habits start early! Teaching kids to love wholesome foods is a gift that will last a lifetime.”

Eating healthy provides the necessary nutrients that our body needs to create new cells, clear out toxins and to function every day. To inculcate mindful eating habits among students WHOLESOME DIET PRESENTATION has been organised for pre-primary students.

WHOLESOME DIET PRESENTATION



7.8.24 Pre Primary F, G

8.8.24 Pre Primary E, D, C

9.8.24 Pre Primary A, B



To prepare your child for this presentation, please help them in:

- ❖ Learning about different food groups (fruits, vegetables, whole grains, lean proteins, and healthy fats).
- ❖ Understanding the concept of a balanced diet and its significance.
- ❖ Identifying and naming various wholesome foods.



To make this presentation engaging and interactive, we encourage students to:

- ❖ Learn 7 to 10 lines on the topic balanced and wholesome diet.
- ❖ Bring related props and dress up as their favourite fruit or vegetable (optional).

Objective: To educate students about the benefits of a balanced diet, nutritious food groups, and healthy eating habits.

To give them stage exposure and enhance their confidence level.

We look forward for your child's enthusiastic participation.

Regards

Class Teacher

