



Cambridge School Mangaluru

CIR/NOV./2017-18

GRADE III TO X

Dear Parents,

Date:

Warm Greetings from Cambrigian family.

Nutrition is the area of health that focuses on planning a healthful diet and includes choosing a variety of foods from the Food Guide Pyramid, adhering to dietary guidelines, reading food labels, making food selections to reduce the risk of disease, making healthful selection when dining out, considering food safety, maintaining desirable weight, avoiding harmful eating patterns and recognizing eating disorders. A key part of learning about and adopting healthy lifestyles involves children seeing these modelled positively and enthusiastically by the important people in their lives. So here we provide opportunities for them to learn about eating nutritious foods and how that contributes to good health.

You are requested to go through the details and prepare your ward accordingly.

#	Competition	GRADE	DATE	Instructions
2	Show and Tell [Healthy & Unhealthy Food]	III	15.11.2017	Each student will get picture related to the topic and speak for 2 minutes.
2	Nutriman	IV	16.11.2016	Students will form a group of 4 members and prepare a Nutriman, the puppet and paste all the nutritious food items in a creative way. Material required : Cloth , Chart paper, colours and pictures of food item
3	Food Cupboard	V	15.11.2016	Student will form a group of 4 members and prepare a food cupboard and paste all the Nutritious food items / pictures in a creative way . Material required : 1) Cloth , Pictures of food items, cardboard box.
4	Paper Plate Meal designing 'a healthy meal'.	VI	15.11.2017	Chart paper, cutouts of dishes, glue, sketch pens.
5	Slogan Writing. Topic : Nutrition and hygiene awareness	VII	15.11.2017	Chart Paper, Sketch Pens, etc.
6	Healthy Diet Chart for School kids. (2 in a team)	VIII & IX	15.11.2017	Chart paper, Colour paper & topic related pictures.
7	Master Chef (Cook without fire)	X	16.11.2017	Material as per the recipe. Time Limit: 1 ½ hour

#	Activity	GRADE	DATE	Materials Required
1	Jewellery Dal Pasting	III	22.11.2017	Materials shall be provided in the school.
2	Chinese Fan Making	IV	22.11.2017	
3	Pomander Making	V	22.11.2017	
4	'Role Play' Topic: 'Personal Hygiene.'	VI	23.11.2017	Group Activity
5	Preparing a First Aid Box	VII	23.11.2017	3 students in a team. Chart paper, cotton, band aid etc.....
6	Paper Presentation Topic: 'Healthy Children, Healthy Nation'.	VIII	23.11.2017	2 students in a group
7	Diet chart for Diabetic Patient.	IX & X	23.11.2017	2 students in a team. Chart paper, colour pens, decorative items.

Holidays for this month:

1. 01.11.2017. : Karnataka Rajyotsava
2. 06.11.2017 : Kanakadasa Jayanthi

Kindly Note:

1. 09.11.2017 : Science Olympiad Exam.
2. 10.11.2017 to 15.11.2017 : III Unit Test : Grade X
3. 25.11.2017 : Open House Grade X
(Timings: 09:00A.M to 11:00A.M.)

With regards
PRINCIPAL