



Health & Wellness Club Activities and Intra Competitions for the Month of
October 2024

CLUB ACTIVITIES

CLASS III - V

ACTIVITY

3D paper fruits and vegetables

DATE: 23.10.2024

AIM

To enable the students to develop their fine motor skills and dexterity through the assembly process, and enhance their creativity.

MATERIAL REQUIRED

- Colorful paper or cardstock
- Scissors
- Glue
- Green paper or stick (for stem)
- Markers or paint (optional)

PROCEDURE

1. A simple shape like an apple, banana, or carrot will be selected by the students.
2. The fruit or vegetable shape will be drawn on the paper by the students.
3. The shape will be cut out, ensuring the edges are kept smooth.
4. Multiple layers of the same shape, slightly smaller each time, will be cut out to create depth.
5. The layers will be glued together, starting from the largest to the smallest.
6. Markers or paint will be used to add details like seeds, texture, or color.
7. A small green paper strip or stick will be cut to create a stem.
8. The stem will be glued to the top of the fruit or vegetable.
9. The 3D paper fruit or vegetable will be showcased.

LEARNING OUTCOME

Students will have understood the concept of layering and depth in art, and may also learn about colors, textures, and patterns, as well as the importance of fruits and vegetables in a healthy diet.



INTRA COMPETITIONS

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TOPIC

Food Without Fire - Healthy and Nutritious

DATE: 30.10.2024

MATERIAL REQUIRED

- Chopped/sliced vegetables or fruits
- Bowl or platter
- Spoon
- Required items for the health dish (e.g., fruits, nuts, seeds, whole grains)

CRITERIA FOR JUDGEMENT

1. Presentation
2. Creative
3. Taste
4. Neatness

LEARNING OUTCOME

Students will have developed an interest in healthy cooking processes, exploring creative and nutritious food preparation methods that don't require fire or heat.

All the best