

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

# **CLUB ACTIVITIES**

## CLASS IX & X

### **ACTIVITY**

Food Without Fire - Healthy and Nutritious

**DATE:** 23.10.2024

### **AIM**

To prepare a nutritious and visually appealing dish without using fire or heat, while exploring healthy food options and creative presentation techniques, and developing essential life skills.

### **MATERIAL REQUIRED**

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

### **PROCEDURE**

1. Fresh, healthy ingredients can be brought for the dish by the students.
2. Ingredients can be prepared without using fire or heat.
3. Creative presentation techniques can be used.

### **LEARNING OUTCOME**

Students will have developed their understanding of healthy eating habits and nutrition, learning to create a balanced and visually appealing dish without using fire or heat.

# INTRA COMPETITIONS

## TOPIC

Health lifestyle and Wellness of the world - Painting

DATE: 30.10.2024

## MATERIAL REQUIRED

- Medium size paper or chart sheet.
- Fabric paints / Water colour paints
- Paint brush
- Markers/ sketch

## CRITERIA FOR JUDGEMENT

1. Creativity
2. Presentation
3. Neatness
4. Innovation

## LEARNING OUTCOME

This activity will have fostered empathy and understanding, encouraging students to appreciate the unique perspectives and traditions of different cultures. They will have developed their research skills, gathering information about various health and wellness practices to inspire their artwork.

*All the best*