

PINKZ CAFE

VENUE: Pinkz Public School

GRADE: VI-B

'Health Is Wealth'

*Rich or not
We all have got
Chances in lifetime
To live quite sublime*

*More rich people become richer
And the majority poor more poorer
It's not how much money brings boost*

But having enjoyed life not its cost

*Healthy body makes an active mind
Once sick can't make good things rewind
Beware of taking too much of everything
Good health is wealth and the best thing*

Nutritious food and its importance:

Have you ever heard the expression, 'YOU ARE WHAT YOU EAT?' While we can't take this literally, this simple saying contains a lot of truth.

The foods you choose to eat determine which nutrients your body will receive and in what quantities. **Nutrients** are substances that allow your body to make energy, build and maintain tissues, and regulate bodily processes. If you eat a healthy diet filled with a variety of high-nutrient foods, you are more likely to enjoy good health than if you eat a poor diet that is lacking in nutrients. This lesson will provide an overview of **nutrition**, which is the process of taking in nutrients from foods, by looking at the six classes of nutrients:

- Carbohydrates
- Lipids
- Proteins
- Water
- Vitamins
- Minerals

Eating vegetables provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

THE REASON BEHIND PINKZ CAFE :

Most of the children know different types of fast food items, junk food and oily food. They are very fascinated to have variety of food items. Children don't know the dangerous results of fast food, in order to make the students aware of nutritious food and its importance to our daily healthy life. I have chosen this project as experiment to make the children a real life experience on nutrition food with different kind of varieties.

INAUGURATION:

Students have invited our school versatile management; Additional correspondent and Academic consultant to inaugurate the Pinkz cafe.



PARTICIPATION OF STUDENTS:

There are no doubt Pinkz kids always awesome with their performance on academics as well as co-curricular activities. There are twenty three different nutritional foods have been brought to the learning room by students. Each has brought tasty food and knowing the nutritional values in it. Students have learnt thoroughly how to prepare the dish, ingredients, nutritional values and benefits of their food. Students have participated very actively with their food items. All the food items were tasted by the management, teachers and students. Students got good comments on their food items. Children are very happy to participate in this activity and learnt more about the values of nutritional food.



CONCLUSION:

Participating in Pinkz café is a memorable and most interesting activity to the children where students have learnt many things about the tasty nutritional values of food. The student understood the process of preparing variety dishes and its benefits to our health. Also they are very conscious about junk food and how healthy to us. Students are very keen about the food items what they have to take for their good health in order to avoid any kind of unhealthy dishes.

Report Compiled BY

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