



EMIRATES FUTURE INTERNATIONAL ACADEMY

P.O. Box 128576, Musaffah, Abu Dhabi, U.A.E

ERGA Asynchronous Activities – Sustainability & Nutrition

EFIA/CIR-03/2026-27

Date: 13/04/2026

Dear Parents and Students,

Greetings from EFIA!

As part of the Eat Right, Get Active (ERGA) initiative, the school will conduct asynchronous activities for students across all Cycles. These activities aim to build awareness of healthy living and sustainable practices through meaningful, independent tasks.

GENERAL INSTRUCTIONS

- Platform: Activities and detailed specific instructions will be shared via Google Classroom (GCR).
- **Submission Deadline: All work must be completed and submitted on or before Thursday, 16/04/2026.**
- Support: For any queries, don't hesitate to get in touch with your respective class teachers.

ACTIVITY DETAILS BY CYCLE

Cycle	Grades	Activity Title	Task Overview
Cycle 1	1-5	Food Waste Detective	Observe meals for 3 days. Record food eaten and any waste. Identify two ways to reduce waste at home.
Cycle 2	6-8	7-Day Healthy Habit Tracker	Track water, activity, and food habits for 3 days. Write a 150-200-word reflection on patterns and improvements.
Cycle 3	9-12	My Carbon Plate Reflection	Analyse a 1-day diet's environmental impact. Set one nutrition goal and one fitness goal.

Note: For the detailed description of the tasks, kindly refer to the respective Google Classroom

SUBMISSION FORMATS

- Cycle 1 & Cycle 2: A specific format/template will be uploaded to Google Classroom for students to complete and submit.
- Cycle 3: Students may submit their work as a written reflection (150-200 words), an infographic, or a presentation.

We request all students to participate actively to ensure a successful and impactful learning experience.

Warm regards,

Saji Oommen

Principal, EFIA