

EAT Right! LIVE Bright!



REF: EFIA/CIR-017/2021-22

19/06/2021

With great delight, **EFIA** launches an EAT RIGHT AND LIVE BRIGHT drive to increase awareness of food groups and calories, as well as fostering behavioural change towards a healthy diet and the necessity for our students to be physically active.

As always, let us encourage our children to eat right and stay healthy. All students are requested to be a part of this endeavour by bringing nutritious home-cooked meals to school throughout next week. **Kindly refrain from bringing noodles, chips, biscuits, packaged food, etc. for regular breakfast.**

- **Sunday (20-06-21)**: Favourite fruits along with a nutritious snack.
- **Monday (21-06-21)**: Bowl of nuts along with a nutritious snack.
- **Tuesday (22-06-21)**: Salad along with your regular healthy snack.
- **Wednesday (23-06-21)**: Healthy, home-made sandwiches.
- **Thursday (24-06-21)**: Veggies and Sprout Salad along with your regular healthy snack.

Events/Competitions

Grades	Events	Topic
Gr: 6 to 8	Poster /Collage making	My Plate My Healthy Lifestyle Healthy plate made from food from each of the five food groups along with the importance of enjoying active playtime.
Gr. 9 to 12	Newsletter	Healthy Eating Habits / Diet plan for a day/Fitness idea
Gr.6 to 12	Healthy snacks making competition (Video)	Preparation of nutritional snacks
Gr.6 to 12	Webinar by Ms Hemalatha.R Yoga Instructor -Chithanya Wellness Yoga Academy	HEALTH ISN'T A GOAL ITS WAY OF LIVING (On 24 th June during Club Period)

- Video:Timing 2 to 3 minutes maximum (Presentations along with recipe)
- Poster/ Collage making: A3 size (Photo of the student along with exhibit)
- Dress code: Regular school uniform
- Kindly ensure that the background is neat and bright.(Video and Photograph)

Please send the entries through homeroom classroom along with your name, grade & section latest by June 23rd 2021

The best entries will be uploaded on EFIA Facebook page

Mr. Saji Oommen
Principal