

CR.NO:016/25

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25/04/25

# HEALTHY FOOD CAMPAIGN

FROM APRIL  
28TH, 2025

Dear Parent,

We are pleased to inform you that the Science and SDG Club is organizing a Healthy Food Campaign starting from April 28th, 2025. This campaign aims to promote awareness about the importance of healthy eating habits, the scientific benefits of nutritious food, and the connection between personal well-being and sustainable living.

Activities Planned for HEALTHY FOOD WEEK :

**Grade 1-5: "I Am a Food Champion":** Students will participate in a week-long challenge called "I am a Food Champion." Each class will have "I Eat Healthy" chart. Class teachers will grade the students based on their daily healthy food choices and efforts to avoid food waste. By the end of the week, the best student will be awarded with the title "I Am a Food Champion."

**Grade (6-8): RAINBOW SALAD DAY:** Make your rainbow salad and post a video.

Videos can be uploaded in:

[https://drive.google.com/drive/folders/1i\\_GbK83C5Rpd4q-dcG\\_SxR9uj2FhvhyO?usp=sharing](https://drive.google.com/drive/folders/1i_GbK83C5Rpd4q-dcG_SxR9uj2FhvhyO?usp=sharing).

The most nutritious and colorful salad will be awarded appropriately.

Submission date: On or before 10/5/2025

**Grade 9-12: Campaign - "Nourishing the Future: Ending Hunger Starts with Us"**  
Selected students from Grades 9-12 will participate in the campaign "Nourishing the Future, Ending Hunger Starts with Us." Through various activities such as presentations, speeches and poster- making.

We encourage all students to participate actively, reflect on their daily food choices, and contribute to building a healthier and more sustainable future.

*Yours Sincerely,*  
**Dr. S. J. JACOB (PRINCIPAL)**