

HEALTHY FOOD WEEK

"Year Of Family"

Greetings from Al Ameer!!!

Dear Parent,

We are pleased to announce that the Science & SDG Club will organize a **Healthy Food Campaign** starting on **27 April 2026**. The campaign aims to promote healthy eating habits, highlight the benefits of nutritious food and emphasize the link between well-being and sustainable living. In line with the UAE's **Year of Family 2026** under the slogan "**Growing in Unity**", it will also encourage families to adopt healthier lifestyles.



ACTIVITIES PLANNED FOR HEALTHY FOOD WEEK

Grade 1 to 5

"I AM A SUPER FOOD EXPLORER"

- ▶ **Students** will participate in a week-long challenge called **"I am a Super Food Explorer"**.
- ▶ **Each** class will have an **"I Eat Healthy"** chart.
- ▶ **Class teachers** will grade 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 the title **"I Am a Super Food Explorer"**.



Grade 6 to 8

"1-Minute Healthy Product Pitch"

- ▶ **Students** are required to create a 1-minute video presenting a healthy food item as an advertisement.

 **Guidelines:**



- ▶ **Choose** or prepare a healthy food item (snack / meal / drink) at home.
- ▶ **Record** a 1-minute video promoting your product creatively.
- ▶ **Include:** A catchy product name a short engaging advertising pitch and a calorie chart / nutritional information.
- ▶ **Be** creative: Use humor, storytelling or unique presentation styles.

 **Submission Details:**

- ▶ **Submit** videos via the designated platform (google drive)

https://drive.google.com/drive/folders/1Ew_FCFCNHnTZdEeLMrxNITfefsIXPAEA?usp=drive_link

- ▶ **Deadline:** on or before May 2.
- ▶ **Ensure** good audio and clear visuals.

 **Evaluation Criteria:**

- ▶ **Creativity** and originality/ **Clarity** of the message/ **Accuracy** of nutritional information.
- ▶ **Overall** presentation.
- ▶ **The best three** will be awarded.

Grade 9 to 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.



We look forward to your enthusiastic participation!!!!

Yours Sincerely,

Dr. S. J. JACOB

PRINCIPAL



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