
Nutritional Day

(23/11/20 16)

Assembly was conducted by four classmates , Ritu Pathak & Shweta Shinde. Both enacted a role play on what are the ill effects of junk food and how, we as a woman are suppose to take care of our health in matter of eating healthy and also by taking care of our daily routine. They talked about time management, health management and also about having perfect amount of fruits and vegetables to keep one's self, healthy. Another role play was on Junk food v/s Healthy food. It was enacted by Mansi Patel & Natasha Chimah. Natasha played the role of Junk food & Mansi played the role of Healthy food. They debated about the the good effects and bad effects of junk food on our health & also the nutritional food with it merits. They talked about how the Junk food will effect our lives in long run & how nutritional food is always beneficial to us in every way keeping in mind the daily routine & eating habits. The last point of the nutritional day was talking about " Reality of advertisements, when it comes to food.". Anjali Shah & Sneha Salian made a PPT on the respective topic. Which covered the advertising overview of the nutritional food. The effects and impacts of media on food and the common audience and also the How it affects the food patterns in children & adults. That talked about the products, to attract consumers use different techniques & claim false ingredients and food taste in general. Described about all the products which are harmful for the children and the adults. Of which the media focuses more on the children as their target audience. Brands like MCD, Kinderjoy, M'cvities digestive biscuits, Kellogs K, Endura mass, Revital, poppins etc. All the products were taken into consideration with the psychological outcome of the children & adults after they watch the advertisement. Facing all these problems, What solutions we need to take into consideration as student – teachers. In the end of the PPT, class mates also asked their doubts and also discussed about their own experiences of nutritional food and their own set of drawbacks on such type of food items. The PPT discussion was concluded and our teachers appreciated our work as well. The assembly ended with a happy conclusion of healthy diet to everybody in the class our Megha Gokhe Ma'am & Anju Chaplot Ma'am.

"The first wealth is health."

— Ralph Waldo Emerson