



THE BISHOP'S SCHOOL, CAMP

PRE-PRIMARY SECTION



REPORT ON WORLD HEALTH DAY/ FIRELESS COOKING ACTIVITY 2023-2024

HEALTH FOR ALL!

Being healthy is a success that many people forget to celebrate.

World Health Day is a global health awareness day celebrated every year on 7th April, under the sponsorship of the World Health Organization. It is a great time to remind people to take care of themselves. As it is the 75th anniversary, World Health Organization chose the theme 'Health for All'.



The children of the Pre-Primary section celebrated World Health Day on the 5th of April, 2023. A small Powerpoint Presentation was shown to the children in class informing them about World Health Day and why it is celebrated. The importance of being healthy, eating healthy, exercising daily, sleeping well, drinking plenty of liquids and most importantly being happy were highlighted.

A good laugh and good sleep are the best cures in the doctor's book.



Once the children were informed of the importance of health a 'Fireless Cooking Activity' was organized for the children of Upper Kindergarten. We had little cooking masters who were all set up to make their Corn Salad. The ingredients required were a bowl of each-

boiled corn kernels, chopped cucumbers, cubes of boiled potatoes, grapes cut into halves or pomegranates.

All the ingredients were put in a bowl and garnishing like chaat masala, lime and chopped corrinader were added by the teacher for each of them.

The little chefs did a fairly good job by churning all the ingredients together and at the end they relished the salad prepared by themselves. No doubt we did have salad spread out on the floor as well but that didn't stop our MasterChefs from enjoying the activity.



Many of our children even dressed as Chefs and this added an authentic touch to the activity.

The smiles on the children's faces were priceless as they were overjoyed with what they had prepared.

A word of appreciation for all the parents who were so enthusiastic about the entire activity and sent their children so well prepared.

The greatest wealth is health!

Report by

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