

EAT RIGHT CREATIVITY CHALLENGE

REPORT

'Eat Right School' Programme was initiated by Food Safety and Standard Authority of India (FSSAI) for children to inculcate amongst them, the habit of eating safe, healthy and sustainable.

The CBSE initiated Second Eat Right Creativity Challenge was organised in DPS Vasant Kunj from 1st December 2020 – 9th December 2020 in order to encourage the creative talent of the students and to enable them to develop healthy dietary habits.

The theme of the competition was '**Food Safety during COVID-19**' which includes personal and surrounding hygiene, hygienic and sanitary practices, food safety and nutrition to prevent spread of Covid-19 disease.

The competition was conducted for two categories Poster Making Competition and Photography competition was organised for various classes.

The theme of the competition was (The Theme is common to all the Competitions)

1. '**Eat Safe, Eat Healthy**' includes healthy balanced diet, eating local seasonal foods, minimizing consumption of foods high in fat, salt and sugar, eliminating trans fats from our diet, prevent food loss and food waste, conserve water, use of safe and sustainable packaging.

2. '**Food Safety during COVID-19**' include personal and surrounding hygiene, hygienic and sanitary practices, food safety and nutrition to prevent spread of Covid-19 disease.

POSTER COMPETITION-

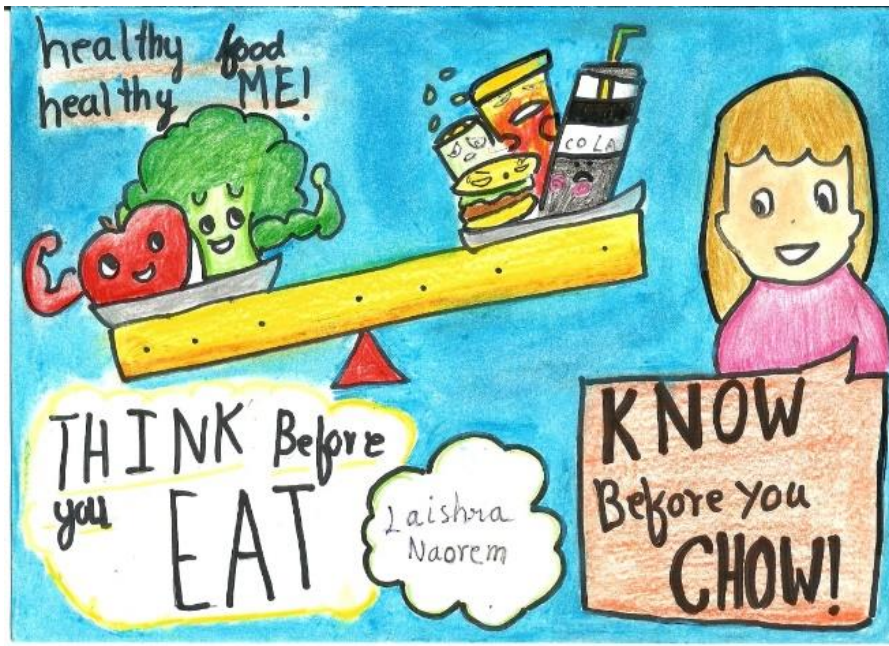
Eat Right Poster Competition was conducted at two levels.

Level 1 for Classes III-V and Level 2 for Classes VI-VIII.

The competition sparked the creativity of the students and also helped to gauge their awareness quotient. They displayed their artistic skills through an array of posters on the given theme.

Three best entries from each level were uploaded on the DOE website.

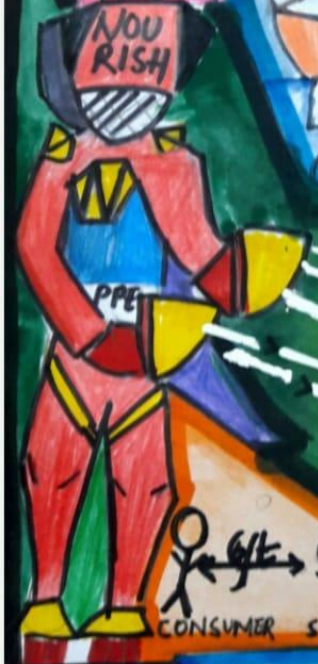
Selected entries from Level-1- (from Classes III – V)



NOURISHMAN

Says:

SANITISE AFTER TOUCHING IN SHOPS



80°C COVER FOOD

WASH FRUITS BEFORE USE



PROTECTION BEAM!!



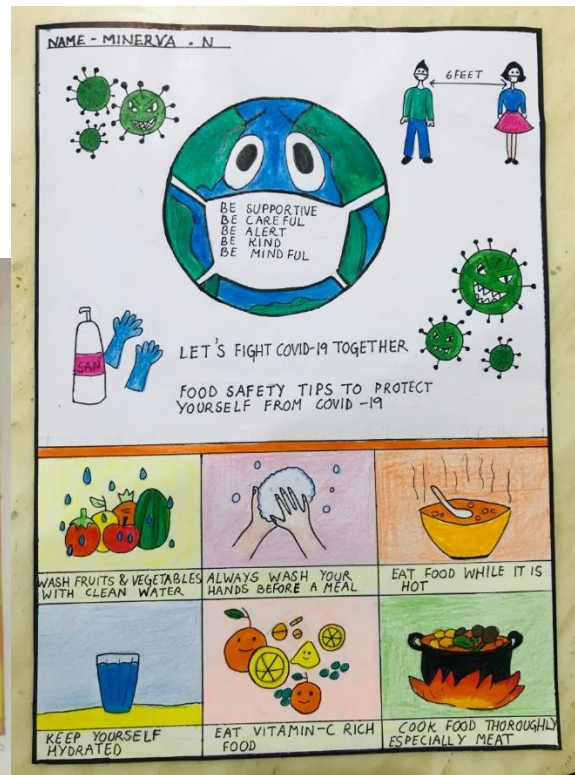
WEAR GLOVES WHILE COOKING

AVOID STREET STORE FOOD

COOK WELL AT HOME

OUR NEED for a HEALTHY NATION
FOOD SAFETY & SANITATION

Selected entries from Level-2 (for Classes VI-VIII)



PHOTOGRAPHY COMPETITION-

Eat Right Photography Competition was conducted for Classes IX-XII.

The competition helped in the dissemination of knowledge of good eating habits in the students. They displayed creativity, imagination and an ability to capture the emotions through their dazzling photographs.

Selected entries-





