

POLITE BITES

Date:17-04-25

Objective of Activity:

- The correct use of spoon and fork.
- Spread awareness of table manners.
- Encourage independent eating habits.
- Inculcating the good habit of healthy eating

OVERVIEW

A series of engaging and educational activities were conducted for students of Classes I, II, and III to promote essential life skills, including table manners, hygiene, and healthy eating habits. Each activity was tailored to the respective age group, ensuring interactive and practical learning experiences that fostered politeness, cleanliness, and nutritional awareness.

CLASS-I

Objective: Teach basic table manners in a fun and interactive manner.

A delightful activity named "**Polite Bites**" was organized for the students of **Class 1** with the aim of teaching **basic table manners** in a fun and interactive way. The activity helped young learners understand the importance of being polite and tidy while eating.

The teacher began the session by explaining simple and essential table manners like:

- Washing hands before meals
- Sitting properly at the table
- Using a spoon and fork correctly
- Not talking with food in the mouth
- Saying "please" and "thank you"

Outcome: Students developed an understanding of basic table etiquette, enhancing their social skills and dining behaviour in a playful and memorable way.

CLASS-II

Objective: Promote proper use of cutlery and dining courtesy.

A fun and educational activity was conducted for students of **Class 2** to promote good table manners and hygiene. The main focus of the activity was to teach the proper use of **spoon and fork**, which the students had enthusiastically brought from home.

The session began with a short demonstration by the class teacher, who explained the importance of using cutlery while eating and how it helps maintain cleanliness and develop good eating habits. Students were then encouraged to practice using their own spoons and forks during snack time.

Concept of “B” (Bread) and “D” for drink was explained. How to use courtesy words like Please, excuse me thank you while dining.

Outcome: The activity improved students’ confidence in using cutlery and reinforced polite dining behaviour, fostering hygiene and etiquette.

CLASS-III

Objective: Create awareness about nutrition and healthy eating habits.

To promote healthy eating habits and create awareness about nutrition, a fun and informative activity was conducted for the students of **Class III**. The main theme of the activity was “**Healthy vs. Junk Food**”, where students were encouraged to bring examples of both types of food from home.

The activity began with a brief introduction by the class teacher, who explained the difference between healthy and junk food, and why it is important to choose nutritious options for a healthy lifestyle. Students were then invited to display and talk about the food items they had brought.

Some children brought **fruits, salads, sprouts, dry fruits, and homemade snacks**, while others brought **chips, chocolates, cold drinks, and packaged foods**. Each student got a chance to share their thoughts and understand the effects of these foods on our body.

Outcome: The activity successfully raised awareness about the benefits of nutritious foods and encouraged students to make healthier dietary choices.

The activities for Classes I, II, and III were highly effective in achieving their objectives. By combining interactive demonstrations, practical exercises, and open discussions, the activities ensured that students not only learned valuable skills but also enjoyed the process. These initiatives laid a strong foundation for lifelong habits in table manners, hygiene, and nutrition.



