



Cir/24/23-24

Date: 01.09.2023

Dear Parents,

Greetings from Ryan International School, Kondapur!

National Nutrition Week (NNW) is observed in the first week of September (1st September to 7th September) in India. The day was launched by the Ministry of Women and Child Development's Food and Nutrition Board in 1982 to raise awareness on the importance of nutrition for the human body.

The objective is to intensify awareness generation on the importance of nutrition for health which has an impact on development, productivity, economic growth and ultimately national development.

4th September 2023, National Nutrition Week (NNW)	
GRADE	COMPETITIONS/ACTIVITY
MONT I TO III	Show and Tell Competition: Students can bring a picture of a healthy vegetable and speak about its nutritious value. Criteria: Content, Relevance, Fluency, Pronunciation and Overall Presentation. Time Limit: 1min
GRADE I and II	Role Play Competition - 'Junk Food that I will give up'. Children dress up as their favourite unhealthy food or drink and speak about how it harms the body. Criteria: Clarity of speech; Content, expression of feeling; use of body language; accuracy of the role, Overall presentation. Time Limit: 1min
GRADE III to V	Poster making Competition: Eat Well Guide: Healthy Eating Poster Paper: A4 Size Paper Medium: Colour Pencils

Note :

❖ All the above activities will be conducted in the class.