



RYAN INTERNATIONAL SCHOOL – GANDIMAISAMMA

National Nutritional Week – 3rd September, 2025

Circular No: Cir/35/25-26

Date: 02/09/2025

Dear Parents,

Greetings from Ryan International School!

We are pleased to inform you that our school will be celebrating **National Nutritional Week on 3rd September, 2025 (Wednesday)** to create awareness about proper nutrition, healthy lifestyle, and prevention of malnutrition.

On this occasion, various activities and competitions will be organized for the students. Details of the activities and competitions are provided below.

Kindly prepare your child accordingly.

National Nutritional Week – 3 rd September, 2025	
Sections	Speaking/Writing/Drawing/Craft Competitions
Mont	Fruit & Veggie costume parade (Role-play based) Objective: To encourage love for healthy foods through dramatization. Instructions: Students dress up as their favorite fruit or vegetable using simple costumes, caps, or paper cut-outs. Each child introduces themselves: “Hi, I am Mr. Carrot. I am rich in Vitamin A, which is good for your eyes!” Teachers help with simple lines for shy students. Learning Outcome: Improves confidence, public speaking, and knowledge of nutritional value. OR Healthy Snacks Students bring and share healthy snacks, discussing their nutritional benefits.
I – II	Objective: To teach about eating colorful fruits and vegetables for different nutrients. Instructions: Give students an outline of a rainbow with 5-6 arcs. Each arc represents a food color group: Red, Orange, Yellow, Green, Purple/Blue, White. Students paste or draw healthy foods of that color in each section. Learning Outcome: Students understand that different colors of foods give different vitamins and minerals.
III – V	Activity Name: Build your Healthy Lunchbox

	Objective: To help students apply their knowledge of balanced nutrition in a relatable, everyday context. Instructions: Each child to draw an outline of an empty lunchbox. Use small cut-outs or drawings of various foods from different food groups — fruits, vegetables, dairy, proteins, and grains. Students “pack” their lunchbox by pasting or drawing a combination of foods that make a balanced meal. Encourage them to include at least one item from each food group. Once done, students can present their lunchbox to the class, explaining their choices. Learning Outcome: Students learn to make healthy, balanced food choices in a fun and practical way.
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Warm Regards,

Head Mistress

Ryan International School – Gandimaisamma.