

WORLD FOOD DAY: Grades V-VIII

Dear Parents

Namaskar!

As a part of our SDG initiative, we would be launching our campaign **SGS Food Warriors** to support **SDG 2 Zero Hunger** on **World Food Day** i.e., 16/10/2023. Our Sparshites of Grade V to VIII would be the torch bearers of this campaign.

Grades	Activity	Task
V	Reuse leftover challenge	Children will bring food made from leftovers (like chappati, rice, bread sides, idli, pasta etc.) Some amazing recipes can be made out of leftover food (for example: Bread upma, churma, fried rice, lemon rice, Chinese idli, sabji pakoda, stuffed parantha, pizza parantha, stuffed roll, sandwich etc.) Children will share the food with their friends
VI	The Perfect Platter	Children will bring any one food item from the nutrient group of food pyramid (carbohydrates, proteins, fats, vitamins and minerals). They will then collaborate with their friends to create a perfect platter with balanced diet. (with all nutrients) Carbohydrates: Jeera aloo, aloo parantha, pulav, bread sandwich, dosa, idli, roti etc. Fats: French fries, cheese rolls, corn cutlets, bread rolls, Poori/parantha etc Protein: Kala/safed chana chat, daal, sprouts, soyabean, daal-oats chilla etc Vitamins and Minerals: Salad, sprouts, green- leafy vegetables etc

VII	Millet Mania	To support the <i>Global Shree Anna Campaign</i> our children may bring any one millet food item like <i>millet upma, millet dosa, millet idli, millet khichdi, millet chilla, ragi- ladoo, ragi masala roti,ragi cutlets, millet pulav, millet uttapam.</i>
VIII	Food Preservation- Key to reduce food wastage	<i>Children will create lemon pickle in school to understand the concept of food preservation with natural ingredients. (Each child to bring 5 lemons for the same)</i>

Warm Regards

Neha Singh

Headmistress

Sparsh Global School