

International School Award: Activity 2 “All Smile its festive time”

‘HEALTHY FOOD FOR A WEALTHY MOOD - La joie de la bonne nourriture’ was a collaborative project for classes VI and VII with partner school, Dunksung Girls High School South Korea. The project aimed at studying the varieties of food and eating habits of people in proposed partner countries with regards to their origin, ingredients, taste, preparation method and other interesting trivia, Apprehend the significance of good and healthy food thus admiring the difference of food cultures of various countries

The ISA activity was divides into five sub actives as follows:

- 1) The project is based on acquiring the knowledge and acceptance of the diverse food culture and eating habits of people in the chosen countries of study; evaluating and analysing the varied food ingredients, recipes, taste and habits among the people across these proposed partner countries; apprehending the significance of good and healthy food; admiring the difference of food cultures of various countries, comprehending that a fit and healthy body is the best fashion statement.
- 2) Students did research study, collected information and prepared a Recipe Book
- 3) Students presented their recipe book and shared the research on the differences in food cultures of the countries through a group presentation and/or video made by them.
- 4) They cooked at home (with the help and guidance of parents) any one dish of the country assigned to them (some minor modifications in ingredients being allowed) and brought it to class. They also presented the dish where they explain name of the dish, country associated, ingredients, quantity, method of preparation, nutritional value as per the chart, any custom/ season/ festival if associated with it.
- 5) They invented one good slogan on food and its importance to write in the recipe book. The best recipe book photo was uploaded on the School website and other social media.



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Conclusion: - This project led to increase in awareness among students, teachers and parents about various food cultures of different countries and living and eating healthy food. A remarkable change could be felt among all after connecting to the other parts of world as respecting other religions, food and admiring cultures followed there Thus the project ‘Healthy Food for a Wealthy Mood’ meets with all its objectives of acquiring and admiring the diverse food culture of different countries, of realising the importance of eating healthy food because every time you eat something, you are either feeding a disease or fighting it. A fit and healthy body is the best fashion statement