

ST. MONTFORT SCHOOL, PATEL NAGAR, BHOPAL

Report on Fruit Salad Making Competition

With an objective to create and educate children about the importance and consumption of fruits in the regular diet, the kindergartners of St. Montfort School participated in the “FRUIT SALAD MAKING COMPETITION” held on 24th July 2021. The activity was to teach kids the health benefits of fruits-one of the mother nature's most amazing gifts. The students learnt about the different fruits, textures, colours, size and shapes. They also were sensitized on the importance of washing their hands and fruits before eating or cooking. They introduced themselves as little chefs as they continued to make their yummy fruit salads through a video of how they prepared the fruit salad with its ingredients. It was great to see them so thrilled and organised with their step by step preparation.

All their hard work and dedication was rewarded with certificates of appreciation which made them motivated to inculcate the positives of including fruits in their daily intake and thereby realising the fact that fruits are better than junk food.