



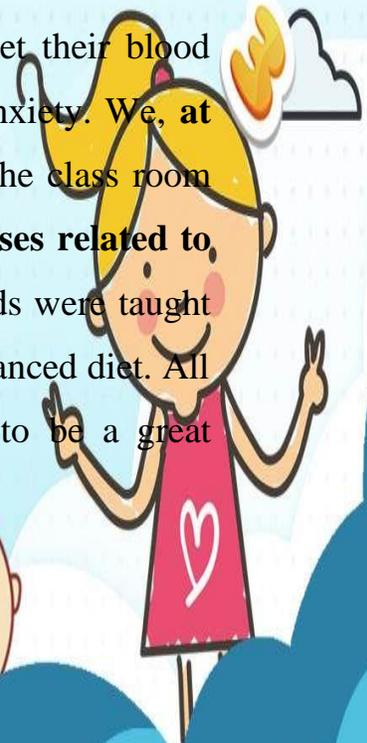
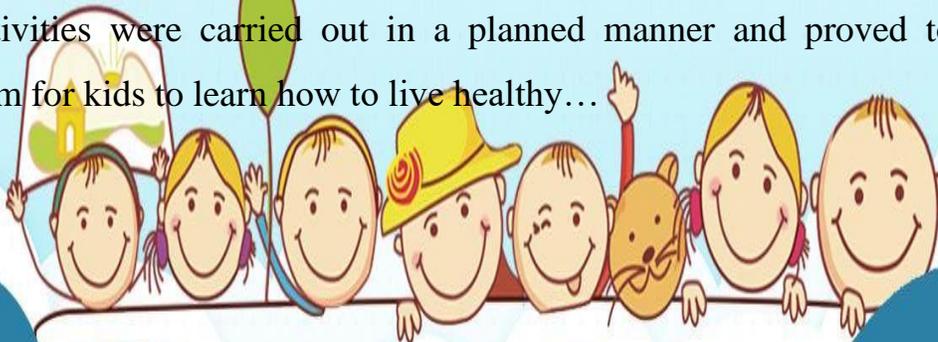
## REPORT ON WORLD HEALTH DAY -2021

**DATE: 7-4-2021**

**THEME: "Building a fairer and healthier world"**

**TITLE: WORLD HEALTH DAY CLASSROOM ACTIVITY**

World health day is a global awareness day that is celebrated every year on April 7<sup>th</sup> to commemorate the founding of the World Health Organization. With all that is going on in the world today. The **theme** for **World Health Day 2021** is 'Building a fairer, healthier world'. Stating that our world is unequal, WHO said that the COVID-19 pandemic has highlighted how some people can have better access to health services and live healthier lives than others. We as teachers need to review the importance of living a healthy lifestyle and inculcate those values in our students. Its great day for students to get out of their seats and get their blood pumping or enjoy some much need meditation to help with their anxiety. We, at **New Indian Model School Dubai** conducted various activities in the class room on the same day such as **making posters, find out idioms & phrases related to, health and fitness, slogan writing and poem writing**. Besides, kids were taught about the healthy habits to follow and how to stay fit by taking a balanced diet. All the activities were carried out in a planned manner and proved to be a great platform for kids to learn how to live healthy...





World



Health



Day



**WORLD HEALTH DAY!**

HEALTHY BODY MAKES. ACTIVE MIND. WE SURE CAN'T MAKE. GOOD THINGS BEHIND.

**WORLD HEALTH DAY 2021**

**JACOBS 1<sup>st</sup> APPLES**

An Apple a day keeps a doctor away!

Put an apple of the world -  
Feel very healthy

**PARAPHRASE**

Exercise not only changes your body, it changes your mind, your attitude &

**FAIR AND HEALTHIER WORLD**

Build a healthier world

we must get health services to all communities

**WORLD HEALTH DAY**

building a fatter & healthier world

**WORLD HEALTH DAY**

clean bill of health

the real of health

under the weather

at doctor's day

on one's last legs

Done By: [Name]





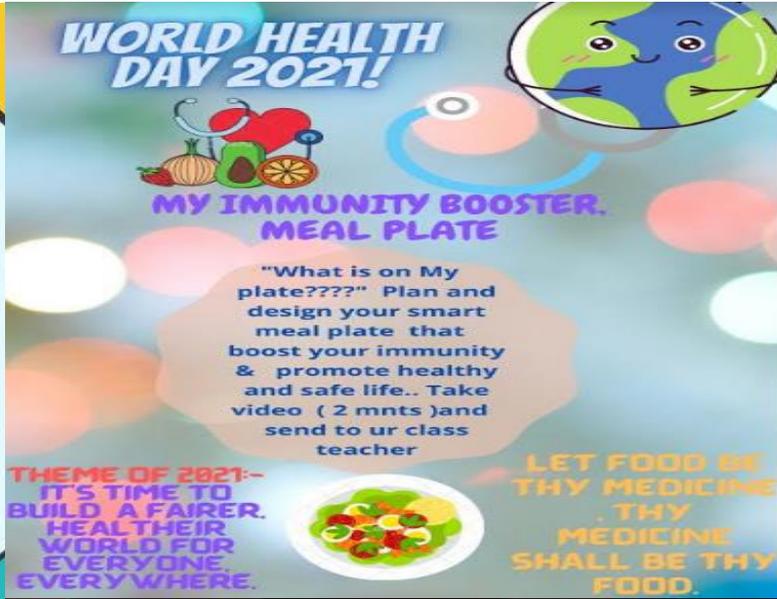
**DATE:7-4-2021**

**TITLE: COMPETITION ON "MY IMMUNITY BOOSTER MEAL PLATE"  
 "Let food be thy medicine, thy medicine shall be thy food"**

Is a famous saying that we all have heard. This saying helps us clearly understand the importance of taking the right foods in order to maintain our health. The immune system has a vital role: It protects your body from harmful substances, germs and cell changes that could make you ill. It is made up of various organs, cells and proteins. We must acknowledge that the body's immune system develops and strengthens as a result of nurture and care over the course of different stages of life, which begins as early as the fetal stage. The body's immune system is the first line of defense against infectious diseases and to function efficiently it needs healthy and balanced food.

Realizing the importance of boosting immunity In the present scenario of COVID-19, NIMS Dubai FN conducted a competition on **IMMUNITY BOOSTER MEAL PLATE** as a part of **WORLD HEALTH DAY** which helped students to

investigate about various food items which boost the immunity and motivated them to use in their daily life. Growing kids with the right choice of foods right from childhood will help them lead a healthy and happy life.



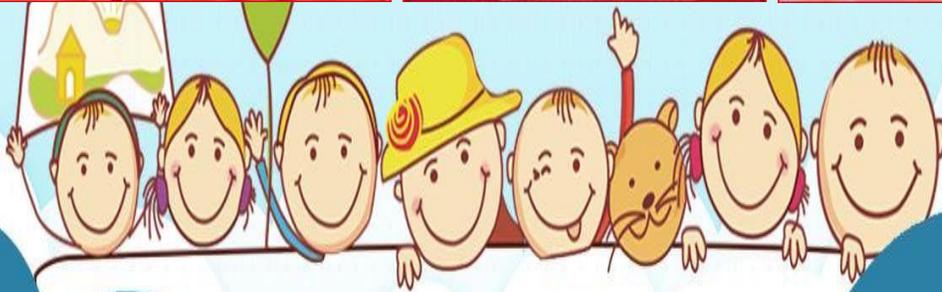
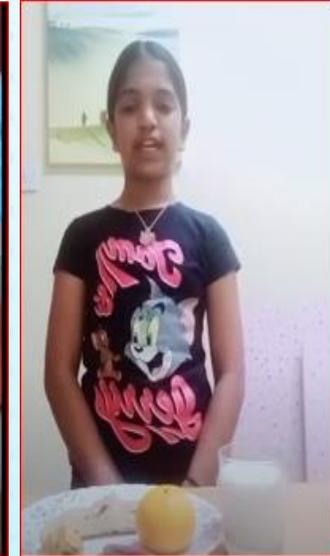
**WORLD HEALTH DAY 2021!**

**MY IMMUNITY BOOSTER. MEAL PLATE**

"What is on My plate?????" Plan and design your smart meal plate that boost your immunity & promote healthy and safe life.. Take video ( 2 mnts )and send to ur class teacher

**THEME OF 2021- IT'S TIME TO BUILD A FAIRER. HEALTHIER WORLD FOR EVERYONE. EVERYWHERE.**

**LET FOOD BE THY MEDICINE . THY MEDICINE SHALL BE THY FOOD.**





Banana is rich in vitamin B6. Cucumber is rich in vitamin K. Grapes is rich in calcium. Eggs are rich in protein.

7/4/2021

## MY IMMUNITY BOOSTER MEAL PLATER

### Winners of the competition:

#### 1st Prize

- Diya - 7J
- Afifah - 7M

#### 2nd Prize

- Kezia - 7J
- Aparna - 7J

#### 3rd Prize

- Kadeeja - 6G
- Gouri - 7J

