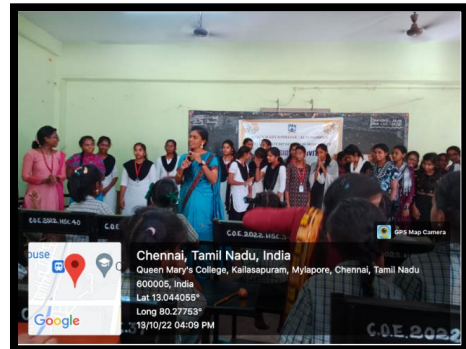


QUEEN MARY'S COLLEGE (AUTONOMOUS)

POST GRADUATE DEPARTMENT OF HOME SCIENCE

**EXTENSION ACTIVITY- AWARENESS PROGRAMME ON HEALTHY EATING
AND NUTRITION DURING CHILDHOOD FOR SSL SCHOOL CHILDREN**

(13/10/2022)





"Investing in early childhood nutrition is a sure fire strategy. The returns are incredibly high." (Anne M. Mulchy) keeping this in view the III B.Sc. NFSMD and III B.Sc. CND students of the Department of Home Science carried out an extension activity on October 13, 2022 for SSL school children in Queen Mary's campus. The activity aimed to create awareness on Healthy Eating and Nutrition during childhood.

The health and nutrition messages were disseminated to the children through Folk Song, Puppet show, Fashion show, Dance and riddles, besides many interesting games for the children. In order to inculcate the concept-Good Health through Good Nutrition, students of the Department of Home Science used catchy phrases set to filmy songs that caught the attention of school children instantly. Models of fruits and vegetables were prepared as attire for the Fashion show where the benefits of each food was narrated along with mime, ramp walk and dance. Children were excited to see the animated fruits and vegetables and had great fun learning the benefits of these healthy foods. The importance of consuming traditional foods and snacks was imparted through funny characters in a Puppet show. Children sportively participated in the riddle contest where they were sensitized to the ill effects of bad food habits. Winners of the contest received interesting prizes. In sum, the extension activity was an enjoyable educative experience for the children.

No of College student participants : 66

No of College student participants : 15

No of staff participants:14