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	Dramatic Play – Healthy Plate 1. Teachers shall create props for vegetables and other food items using the template provided and place everything on the table. Ensure that all the items are clearly visible. 2. Then give one plate to each child and encourage them to choose what their favourite items from the templates are and what they would like to eat most of the time. Discuss about healthy and unhealthy food habits. 3. Show them how a healthy plate of food looks like with vegetables and little carbohydrates using examples.				1. Crayons 2. Paper plate Text box		
	Review of Colours 1. Provide a colour chart along with objects that match the colour. 2. Give turn to each child to match the object with colour in the chart.				1. Colour chart 2. Collect objects related to the colours in the chart. Text box		
	Craft – Types of Nutritious foods 1. Provide a copy of the activity sheet to each child. 2. Provide the cut and coloured templates of different kinds of foods. 3. Teacher shall discuss about the various groups of food present on the table and encourage the children to choose one food item per category. 4. Once they choose, children can stick the templates appropriately. 5. Discuss about the benefits of healthy eating.				Text box Text box		
	Music – Spin Drum Teacher shall create a spin drum using the materials given. Cut two small paper cups horizontally in half. On one base, stick a rope of wool with two beads attached in the ends as shown in the picture. Also stick a chopstick or a bamboo stick in the center with a small curve cut on one end to hold it. Now stick both the cups bases together using glue and tighten it with cello tape or duct tape. Teacher shall make 2 or 3 of these for the children to play with. Provide these during the class and sing regular rhymes for the children to play the drum and make music. Teacher can decorate it as colourful as possible.				Small paper cups, glue, wool, beads, chopstick, cello tape, poster colours. 		
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