

THEME: Healthy Eating and Nutrition

REPORT: Go-Sharpener Workshop

DATE: July 17, 2026

VENUE: G.D. Goenka Public School, Sarita Vihar

CONDUCTED BY: Ms. Tanya

ATTENDED BY: Classes 5 to 8

EVENT REPORT

A workshop on Healthy Snacking was conducted by Ms. Tanya from Groovy Foods in association with Go Sharpener for students of Classes V to VIII. The session aimed to create awareness about the importance of making healthy food choices and adopting nutritious eating habits in daily life.

Ms. Tanya engaged the students in an interactive discussion on balanced nutrition, the benefits of wholesome ingredients and the importance of replacing unhealthy snacks with nutritious alternatives. Through real-life examples and engaging activities, she encouraged students to understand how healthy eating contributes to better physical and mental well-being.

As part of the workshop, an exciting hands-on activity was organized in which students were asked to design their own healthy snack using nutritious ingredients. They were encouraged to think creatively, choose balanced ingredients and give their snack a unique and catchy name of their own choice. The activity inspired students to apply their knowledge of healthy eating while showcasing their imagination and creativity.

The participants enthusiastically presented their snack ideas, explaining the nutritional value of the ingredients they had selected. The activity witnessed remarkable creativity, originality and thoughtful planning by the students.

At the end of the session, the most innovative and well-designed healthy snack ideas were recognized and appreciated. The winners were awarded special hampers as a token of encouragement for their creativity and understanding of healthy nutrition.

The workshop proved to be highly informative, interactive, and enjoyable. It successfully motivated students to make healthier food choices while fostering creativity, critical thinking and awareness about balanced nutrition.

PICTURES

