



"Healthy eating is the foundation for a healthy mind and body, and what better way to encourage this than with a fun and interactive approach!"

Dear Parents & Students,

Greetings!

To promote healthy eating habits among our students, **Saraswati Model School** is organizing a **5 Days, 5 Fruits Week** for students of classes **Nursery to 2nd**. This exciting activity will be held from **October 13 to October 17, 2025**.

ACTIVITY DETAILS:

- Each day, students are encouraged to bring the specific fruit to school:
 - **Monday (Oct 13):** Apple
 - **Tuesday (Oct 14):** Banana
 - **Wednesday (Oct 15):** Grapes
 - **Thursday (Oct 16):** Kiwi
 - **Friday (Oct 17):** Papaya
- Teachers will discuss the nutritional benefits of each fruit in class and engage students in fun, fruit-related discussions and activities.
- Students have to speak three lines about each fruit.

OBJECTIVE:

The goal of this activity is to encourage students to adopt healthier eating habits and understand the importance of incorporating fruits into their daily diet. [We look forward to a fruitful and exciting week of learning and health!](#)

Warm Regards,
Ambika Chawla
Activity Incharge
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