

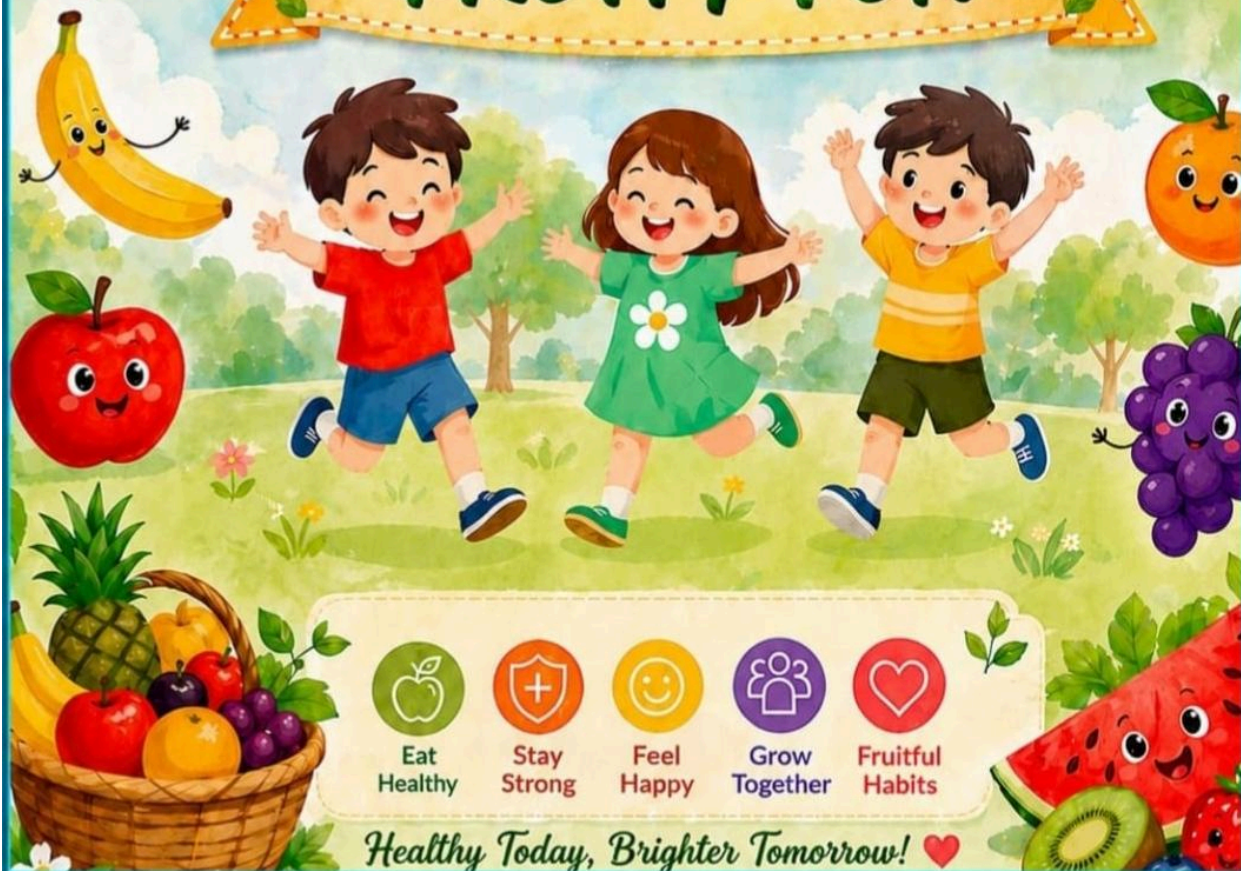
Saraswati Model School

Sector 10, Dwarka, New Delhi

Activity of the Month – October (2026-27)

5 Days, 5 Fruits

“FRUITY FUN”



Eat
Healthy



Stay
Strong



Feel
Happy



Grow
Together



Fruitful
Habits

Healthy Today, Brighter Tomorrow! ❤️

ACTIVITY OF THE MONTH - FRUITS WEEK CELEBRATION

Dear Parents & Students,

Greetings!

To promote healthy eating habits among our students, **Saraswati Model School** is organising **5 Days, 5 Fruits** 🍎🍌🍇🥝🍌 **"FRUITY FUN"** week for students of classes **Nursery to 2nd**. This exciting activity will be held from **October 5 to October 9, 2026**.

ACTIVITY DETAILS:

Each day, students are encouraged to bring the specific fruit to the school, for their fruit break.

- ✓ **Monday (Oct.05): Apple**
- ✓ **Tuesday (Oct. 06): Banana**
- ✓ **Wednesday (Oct.07): Grapes/Guava**
- ✓ **Thursday (Oct. 08): Kiwi/Chiku**
- ✓ **Friday (Oct. 09): Papaya**

- Teachers will discuss the nutritional benefits of each fruit in class and engage students in fun, fruit-related discussions and activities.
- Students will also be encouraged to **speak 2-3 lines** about each fruit helping them build confidence and communication skills.

OBJECTIVE:

The goal of this activity is to encourage students to adopt healthier eating habits and understand the importance of including fruits in their daily diet.

We look forward to a fruitful and exciting week of learning and health!

Thanks & Regards,
Ms. Ambika Chawla
Activity Incharge
Saraswati Model School
Dwarka, New Delhi.