



Std 2 celebrated National Science Day – ‘Know Your Plate’ a colourful garden of knowledge where food tells its tale, labels reveal secrets, and every choice we make paints the picture of a healthier life.

Fruits



Children researched about fruits and discovered that while they are full of health and goodness, some are treated with artificial colours, wax, and chemicals. They educated others how to wash, observe, and check the fruits before eating them.

Vegetables



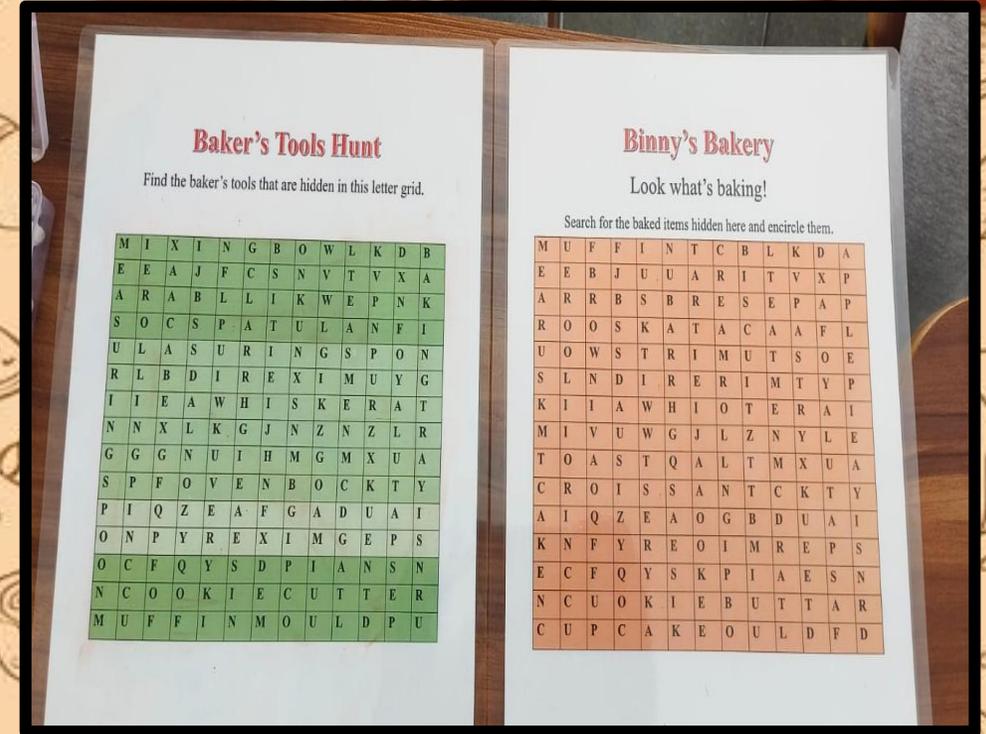
Roots, stems, and leaves may sparkle like treasures, but chemicals can hide inside. Children learnt ways to wash and check every bite!

Dairy products

Dairy products like milk, cheese, and yogurt are creamy treasures, but some may hide water, starch, chemicals, preservatives, and additives. Children learnt to check them with iodine, smell, taste, and other simple tests before consuming them.



Baked food



Bakery items can be sweet treasures, but children learnt to choose healthy ingredients like whole wheat, natural fruits, and honey instead of maida, artificial colours, and preservatives.

Frozen food



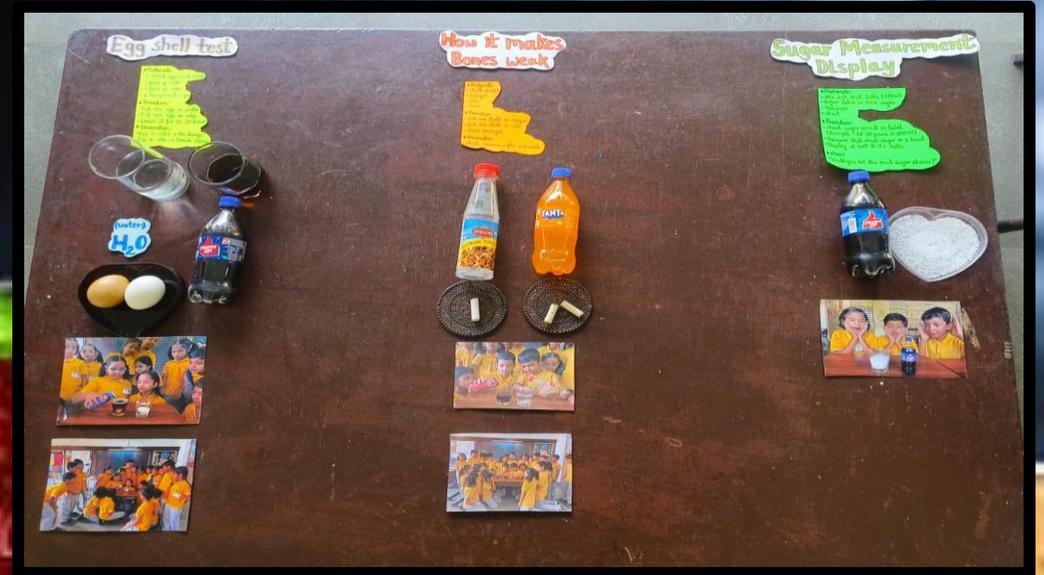
Not all frozen foods are safe: some hide sugar, salt, preservatives, sodium, and chemicals, refined oil etc. Children learnt to uncover the truth before they consume them.

Fried food



Fried foods like samosas, pakoras, and fries may smell and taste delicious, but some hide extra oil, trans fats, salt, and chemicals. Children discovered how to enjoy them wisely and choose healthy and fresh food items more!

Drinks



Juices and sodas may shine like rainbow potions, but some contain too much sugar, preservatives, and artificial flavours. Children learnt to choose healthy drinks!