



VEGETABLE ACTIVITY

Like fruits, vegetables are a great source of essential nutrients that we need for development. The higher the intake of vegetables, the healthier we are. Vegetables are in many different colours like green, yellow, and red, purple, orange and so on. We all get energy from vegetables. Some vegetables can be eaten raw as salad. The students of Sr.Kg. explored the names with spelling, colours, and benefits of vegetables through an activity on 10th September 2018. The students participated in an activity enthusiastically.