

3. Apr 2018 (10.04.18) - **Chart Preparation** done by the students of grade I & II. Students have done a **Food Pyramid** in a chart to know more about the balancing food diet in both the states. (Tamil Nadu & Jammu Kashmir)

## Activity: 3

Food Pyramid will be made to know more about the balancing food chart in both the states (Tamil Nadu & Jammu Kashmir)

01	Event Name	Food Pyramid- Tamil Nadu & Jammu Kashmir food items
02	Venue	Classroom, Pushpalata Vidya Mandir
03	Date	10.04.18
04	State Pair	Tamil Nadu with Jammu Kashmir
05	Brief about the event	Children were asked to bring the pictures of Tamil Nadu and Kashmiri food items and charts and done the activity on 10.04.18 at Pushpalata Vidya Mandir, Tirunelveli in their respective classes.
06	Report of the event	Children were divided into 5 groups and they were asked to paste the pictures in the charts. The students learnt the staple food of Tamil Nadu and Jammu Kashmir from this activity. They involved themselves with great interest to know about the names of various food items of Jammu Kashmir.
07	Images & Videos	Images (01 No.)

Image 1

## Kashmir Food Items

Names :-

1. Rogan Josh
2. Yakhni
3. Keshmiri Miji Goed
4. Dumaloo
5. Cheaman
6. Kulcha