



# **DELHI PUBLIC SCHOOL**

## **KAMPTEE ROAD, NAGPUR**

**RAINBOW ON MY PLATE**

**21<sup>ST</sup> JANUARY, 2026**

Delhi Public School Kamptee Road, Nagpur conducted a meaningful and engaging morning assembly on the theme ‘Rainbow on My Plate’ for the students of Nursery Catfish. The assembly focused on developing healthy eating habits at an early age and highlighted the importance of a balanced diet in a simple and child-friendly manner. Parents were also a part of this well-planned presentation which made the assembly more enriching.

The assembly began with an inspiring thought that emphasised the value of good habits and healthy choices. The students confidently shared information about eating a variety of fruits and vegetables to stay healthy. Through short talks and expressions the students conveyed the message of balanced nutrition. A lively dance performance on the song ‘Where is Pumpkin’ beautifully depicted the inclusion of green leafy vegetables in daily meals and kept the audience engaged.

The students also recited a delightful poem on ‘Fruit Salad’ which reinforced the message that ‘Health is Wealth’. Colourful posters and visual aids further strengthened the learning experience and made the message easy to understand. The assembly was informative and enjoyable and successfully inspired everyone to reflect on healthy food choices and adopt positive habits in daily life.



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## Colourful Choices for a Healthy Life

Delhi Public School Kamptee Road, Nagpur witnessed a delightful and informative morning assembly by the Nursery Catfish students on 21st January, 2026 centred on the theme 'Rainbow on My Plate'. With the presence of parents, the young learners confidently conveyed the importance of healthy eating through talks, poems, colourful visuals and a lively dance performance. The assembly beautifully highlighted the value of a balanced diet and good food habits in a simple, joyful and age-appropriate manner, inspiring everyone to make nutritious choices for a healthy life