

# SIDDHARTHA PUBLIC SCHOOL



## REPORT- EGG AND YELLOW DAY



*"Eggs have several unique health benefits for all stages of life"*

*"Yellow reminds us of things bright, happy and beautiful"*

World egg day is a global celebration of the highly nutritious and brilliantly versatile egg, says the International Egg Commission (IEC). Established in Vienna in 1996, World Egg Day has since encouraged egg fans worldwide to think up new and creative ways to "honour this incredible nutrient powerhouse", says the IEC.

Egg is a super food for all age people. There are many benefits of eating eggs daily. Eggs are nutritious treat though it is small in size one large egg has about 77 calories and contains vitamin A, B5, B12, D, E, K, B6, folate, phosphorus, selenium, calcium, zinc 6gms of protein and 5gms of healthy fats, Eggs raise good cholesterol, Eggs help maintain your eyesight and It's a filling meal.

Colours are indeed the smiles of nature. Yellow- the colour of wisdom and intellectual energy had a positive influence on our tender tots. The motive of celebrating yellow day is to make the students aware of yellow colour, its significance and to develop fine motor skills in the students.

Keeping this in mind Siddhartha Public School celebrated "Egg Day" along with "Yellow Day" on 10<sup>th</sup> October 2022. A day dedicated to yellow colour was marked with students dressed in different hues and tints of yellow. Classroom was decorated according to the theme. Students were not only beautifully dressed but also brought egg which has yellow yoke. Teacher explained the benefits of eating egg. They spend the day with utmost enjoyment.









