

My Vitality is my Health

The department of activity in the college of education of Zulfa (Department of female students) made an activity entitled " My Vitality is my Health" on Tuesday, 06/06/1434 (MP). Some other college departments were involved in the activity as well.

The department of Mathematics participated with a corner. The corner included brochures about healthy food, soap, hair brush, nail scissor, toothbrush, dining table and waste bags. All the brochures had guidelines about health and it included giving fruits for decoration.

The department of educational sciences attended the activity as well. It offered leaflets and sanitary tools to the audience.

The department of domestic economy presented a program entitled "My food is my life". The program involved a visual show and included some competitions. Juice, milk, fruits and other healthy food were offered to the audience.

The department of English language also participated in the annex building by presenting brochures about health. The brochures included juice, fruits, dates, milk and others. Small banners were put on healthy food.

Finally, the department of Arabic language took part in the activity. It displayed some types of food and juice and explained the benefits of each type. It also distributed cards, brochures and leaflets illustrating the importance of water, fruits and healthy food. Some other foods which contain vitamins were exhibited such as dates, dairy products and chocolate.

