

D.A.V PUBLIC SCHOOL, CHENNAI

CLASS: VI

SUBJECT: SCIENCE

CHAPTER 2: COMPONENTS OF FOOD

SUBTOPIC: BALANCED DIET

EXPERIENTIAL LEARNING

ACTIVITY

- Students are divided into 4 groups, each group is instructed as follows
Group 1 to bring different types of Fruits,
Group 2 should bring Rice & Dhal,
Group 3 should bring Nuts.
Group 4 should bring different types of Junk foods.
 - Food items brought by different groups are displayed in the class.
 - A discussion will be conducted on the food items that are on display.
1. Does the bowl with Junk food give any nutrients to the body?
 2. Why is it necessary to take a balanced diet?

Curiosity Question:

Why are some people very thin and some are very fat?

ANSWER GUIDE:

1. What will happen to our body when only carbohydrates are taken in?
2. Why is our body not healthy even though the intake of Vitamins and Minerals are high?