

Subject: Science

Activity - Importance of Balanced Diet

Chapter- Reaching the Age of Adolescence

Class: VIII

Duration: 30 minutes

Nature of the activity: Group

Learning Outcome: Students will be able to demonstrate the importance of wholesome diet and analyse the negative effects of unbalanced diet.

What we have to do?

Understand that health is not simply the absence of disease/illness. Recognize the importance of a balanced/ wholesome diet. Recognize the negative effects of not taking/ getting proper meals.

What do we require?

Chart Papers, Markers, Cards, Writing Board/ Black Board

What you need to know?

Balanced diet is a diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.

How do we proceed?

- **Teacher's Activity:**

Teacher will divide the students into groups and allocate the 4 tasks.

- **Student's Activity:**

Every group should appoint a reporter.

- Every group should be given 15 minutes to complete the task assigned to them.
- The reporter should present on behalf of the group.

Task for Group 1

- Prepare a menu for any one healthy meal (breakfast, lunch or dinner) and justify why the group considers it as healthy. Also name the nutrients present in the meal and write their functions in the table given below.

Task for Group 2

- Develop at least 6 slogans on promoting healthy eating habits and justify why the group thinks these slogans are important

Task for Group 3

- Create an advertisement for selling health food and suggest how you can build awareness on healthy eating habits among your peers.

Task for Group 4

- How do you think media influences the eating habits of young people? Please share at least three examples.

What do we observe?

Table for Task 1

<u>Food items</u>	<u>Major nutrients</u>	<u>Functions</u>
Dal		
Roti		
Rice		
Potato		
Green leafy vegetables		
Oil,ghee		

Which diet is more beneficial for us? Balanced diet/ Unbalanced diet.

What have you learnt?

The difference between balanced and unbalanced diet is _____.

Adolescents should have a balanced diet because _____

_____.

What more can we do?

Prepare a Balance Diet Chart for- (a) Infant (b) Toddler (c) Teenage Girl (d) Adult Woman

EXTENDED LEARNING WORKSHEET:

1. Onset of Puberty starts at what age in (a) Boys and (b) Girls?

2. What is the role of exercises in maintaining a healthy body?

3. How can we prevent deficiency diseases?

4. What is the reason behind acne and pimples during the adolescent period?

5. Neeru always eats only dal and roti in every meal. She often falls ill and has become prone to diseases. Can you suggest changes in her diet which can make her healthy and free from disease?
