

CLASS: VIII

SUBJECT: SCIENCE

CHAPTER: 10. REACHING THE AGE OF ADOLESCENCE

SUBTOPIC: NUTRITIONAL NEEDS OF ADOLESCENTS

EXPERIENTIAL LEARNING

ACTIVITY:

Aim: To enable the students to realize the importance of their nutritional needs.

Materials Required: Charts, Sketch pens, Sketch pencils.

Procedure:

- Students will be instructed to prepare charts or posters which carry the details of the balanced diets.
- They will be guided to show the healthy breakfast, lunch and supper to create an awareness among the youngsters about the food that should be consumed during the transition period.
- The best charts will be pasted in the classroom and the students will be allowed to talk about the need of healthy food for their growth and development.

CURIOSITY QUESTION:

Does anyone have a dream of becoming a model?

ANSWER GUIDE:

- What happens to your dream if you eat junk foods?
- If you don't intake the actual requirement of required nutrients, what will be its consequences?