

### **ACTIVITY NO. 6 - YUMMILICIOUS**

|                           |                              |
|---------------------------|------------------------------|
| <b>Subject</b>            | <b>Environmental Science</b> |
| <b>Class</b>              | <b>III</b>                   |
| <b>Chapter/Unit</b>       | <b>Food We Eat</b>           |
| <b>Topic</b>              | <b>Balanced Diet</b>         |
| <b>Time</b>               | <b>35 minutes</b>            |
| <b>Nature of Activity</b> | <b>Individual</b>            |

**What will I learn (Learning Outcome)?** To identify the nutrients, present in the ingredients used to prepare the sprout salad.

**Skills:** Understanding, Analyzing and Applying

**What I have to do?** Prepare a sprout salad

**What do I require?** Sprouted mung beans, veggies like chopped capsicum, pomegranate, onion, coriander, boiled potato (in pieces) and spices

**What do I need to know?** Nutrients are the components of food that our body needs in adequate amount for proper growth, to reproduce and to lead a normal healthy life.

➤ **Teacher's Activity**

Teacher will:

1. discuss the basic nutrients
2. give following instructions-
  - a) Take a bowl and put all the ingredients in it.
  - b) mix it well and enjoy the meal
  - c) complete the observation table.

**How will I proceed?**

➤ **Student's Activity**

Students will prepare sprouts salad and complete the table.

### **What have I observed?**

| S.No. | Ingredients of salad | Nutrients | Importance of nutrients present in food item |
|-------|----------------------|-----------|----------------------------------------------|
| 1     |                      |           |                                              |
| 2.    |                      |           |                                              |
| 3.    |                      |           |                                              |
| 4.    |                      |           |                                              |
| 5.    |                      |           |                                              |
| 6.    |                      |           |                                              |
| 7.    |                      |           |                                              |

### **What have I learnt?**

1. Cereals, rice, potato are energy giving foods.
2. Pomegranate is a source of Potassium, Folate, Vitamin C and Vitamin E.
3. Citrus fruits are source of Vitamin C.
4. Sprouts are a rich source of protein.

### **What am I curious to learn?**

Let us find out whether plants also require nutrients like us. If yes, how do they get these nutrients?

### **Let me evaluate myself**

1. What is a balanced diet?

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2. Which nutrients are present in mung beans?

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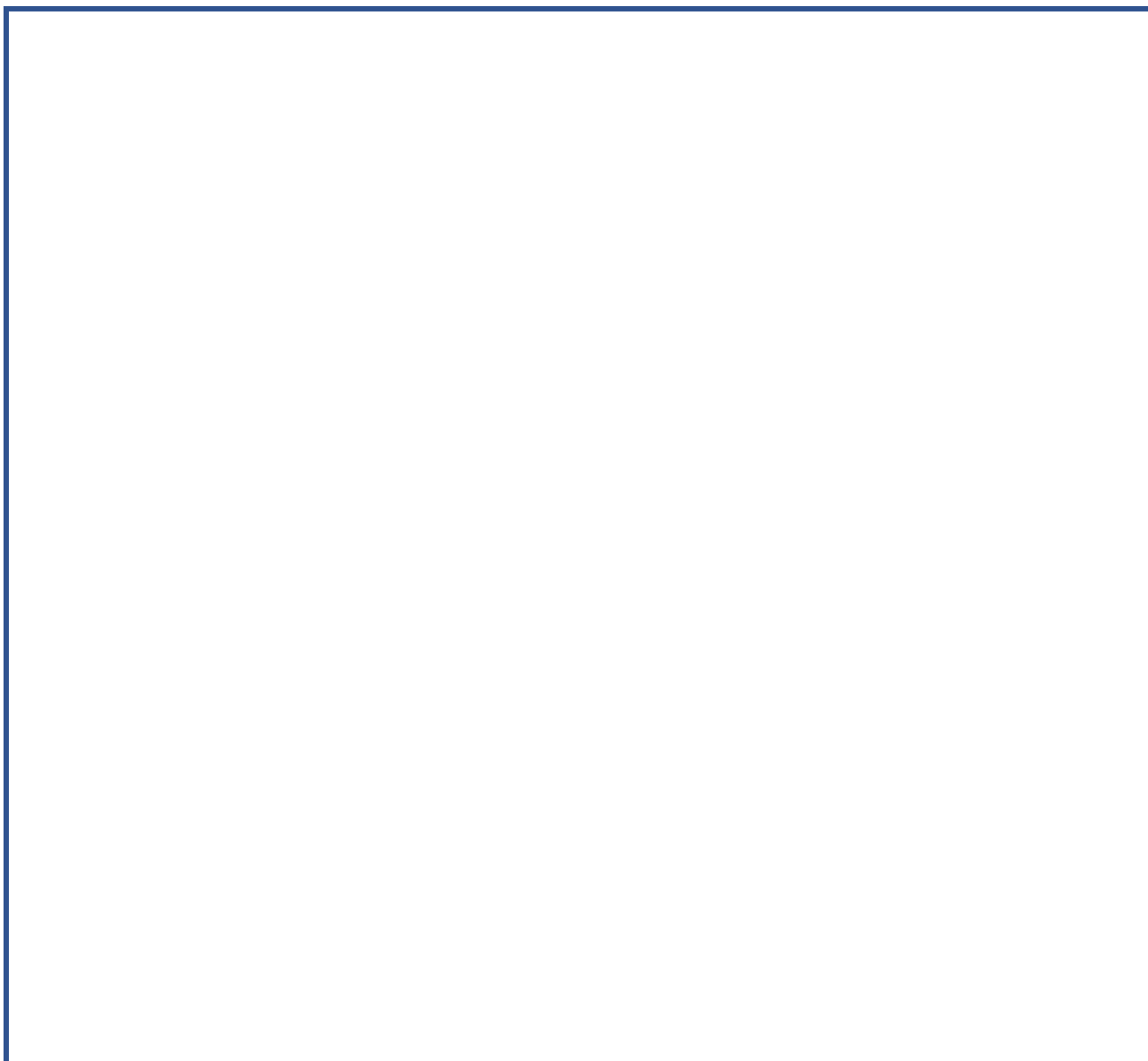
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3. Which nutrient builds and repairs tissues in our body?

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4. Draw a balanced diet chart.



5. Complete the following table:

A balanced diet must contain different nutrients in right proportion.

| NUTRIENTS     | USE IN BODY | FOOD SOURCE |
|---------------|-------------|-------------|
| VITAMINS      |             |             |
| PROTEINS      |             |             |
| CARBOHYDRATES |             |             |
| FATS          |             |             |