

Pre- Content/Content / Post –content	Learning Outcome/objectives	
	<u>General</u>	<u>Specific</u>
<u>Pre –Content:</u> Students know the most important features of living things is their ability to grow and reproduce. They know how animals reproduce and multiply in numbers. It is only after growing up to a certain age that human beings and other animals can reproduce. Why can human beings and other animals reproduce only after a certain age? <u>Content:</u> • Adolescence and Puberty. • Changes in puberty and adolescence. • Secondary sexual characteristics. • Hormones. • Reproductive phase of life in humans. • Determination of sex of a baby. • Role of hormones in completing the life history of insects and frog. • Reproductive health. <u>Post Content:</u> The students at the end of this chapter should be able to comprehend the following concepts: • Reason out how hormones cause sudden changes inside our body. • Describe why mood swings occur during puberty, and not to feel anxious if they reach maturation earlier or later than anyone else. • Give reason as how the nutritional requirement changes during puberty and why it is important to eat nutritious and healthy food. • Associate and discuss dangers with drug abuse and will responsible teenagers.	Students will be able :- • evaluate and appreciate the role of woman in maintaining the health of the family. • explore the various ways to maintain personal hygiene for good health. • co-relate the importance of exercise and balanced diet in leading a healthy life.	Students will be able to :- • develop the definition for adolescence and puberty. • enlist the physical, emotional and other biological changes during puberty. • analyse and deal with the health issues like pimples, weight gain and develop confidence • identify the location of endocrine glands in the diagram of human body. • compare the function of male hormone testosterone and female hormone estrogen. • evaluate the role of hormones and their importance.

Home Work / Assignments

- Exercise questions
- Extra questions
- Worksheets

AND PROGRESS**MONTH: JANUARY****CLASS: VIII**

Teacher's Activity	Student's Activity	Teacher's Observation and Remedial action taken
Teacher will: explain the physical, emotional and other biological changes of puberty. <u>Annexure 10 (A):</u> explain Diet Chart of an adolescent girl explain important endocrine glands and their main functions. discuss the importance of menstrual cycle and its different phases through a video explain diagrammatic flow chart on sex determination in humans through ICR <u>Annexure 10 (B):</u> explain Nutritional Value of Food products	Students will: list the physical and biological changes that you came across as an adolescent comparing to age before puberty. <u>Annexure 10(a):</u> paste the Diet Chart in their notebooks. draw the table of important glands and their main functions in their notebooks. understand the importance of menstrual cycle and will draw the Flowchart in their notebook. draw the flow chart sex determination in humans in notebooks <u>Annexure 10 (b):</u> discuss about the importance of Nutritional Value of Food products.	

Teaching Aids – Activeinspire, Textbook, ICR.**Methodology / Innovative Methods:** Activity based teaching, Know to Unknown, Discussions.

Interdisciplinary Links – English – It will improve the power of expression while explaining the activity and also vocabulary. Maths – To calculate the average rate of growth in height by end of adolescences period. Hygiene & Physiology – Reproductive health and personal hygiene. Home Science – Nutritional needs of the adolescent. Art – Neatness in drawing the diagrams.

HOD**Coordinator****Vice-Principal****Principal**

ANNEXURE 10 (A), (a)

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 understand 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

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.

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?

What have we learnt?

1. What is a Balanced Diet?

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

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

4. How can we prevent deficiency diseases?

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

What more can we do?

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

ANNEXURE 10 (B), 10 (b)

ACTIVITY NO. 10 – GROWING UP

Subject	Science
Class	VIII
Chapter/Unit	Reaching the age of Adolescence
Topic	Nutritional Needs of the Adolescents
Time	30 minutes
Nature of Activity	Individual

What will I learn (Learning Outcome)?

Will comprehend the importance of balanced diet and compare the positive effects of nutritious food and the negative effects of junk food.

Skills: Evaluating, Applying, Analyzing and Creating

What I have to do?

To understand the importance of balanced diet in Adolescence

What do I require?

Pencil/pen, marker and white sheets.

What do I need to know?

Adolescence is a stage of rapid growth and development. Hence, the diet for an adolescent has to be carefully planned. A balanced diet means that the meals include proteins, carbohydrates, fats and vitamins in requisite proportions. To keep the body healthy, every human being, at any age, needs to have a balanced diet.

➤ **Teacher's Activity**

Teacher will-

1. explain the topic
2. make arrangements for the activity and will explain the steps of the activity.
3. ensure that each participant of the pair performs the activity on his/her own.
4. ask the students to write down the items of food in your breakfast, lunch, dinner and any other meal they have had on the previous day.
5. ask the students to categories them as nutritious or junk food and write the protein, carbohydrate, fat vitamin and mineral sources in their meals.

How will I proceed?

➤ **Student's Activity**

Students will follow the instructions given by the teacher and will record their information in the table given below.

What have I observed?

S. No.	Meals of the day	Nutritious food/ Junk Food	Protein source	Carbohydrate source	Fat source	Vitamin and Mineral source
1.	Breakfast i. ii. iii.					
2.	Lunch i. ii. iii.					
3.	Dinner i. ii. iii.					
4.	Any other meal					

What have I learnt?

Balanced diet includes _____, _____, _____ and _____ in optimum proportions. Balanced diet is important for _____ and _____ of a child.

What am I curious to learn?

- Let us evaluate how balanced diet is important for the growth of the body using the information from newspaper, magazines and internet.
- Let us prepare a Diet Chart for- (a) Infant (b) Toddler (c) Teenage Girl (d) Adult Woman. Is the Diet Chart same for all? Explain why.

Let me evaluate myself

1. List the changes in the body which take place during adolescence.

2. Why should adolescents have a balanced diet?

3. Why we should not take medicines and drugs unless prescribed by a doctor?

4. A few of Sonal's classmates eat potato chips and burgers regularly during the recess at school. Are they healthy eating habits? Give reasons.

5. Shyam always eats only dal and rice in every meal. He often falls ill and has become prone to diseases. Can you suggest changes in his diet which can make his healthy and free from disease?
