

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 categorize 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?
