

DIETETICS AND DELICACIES CLUB-Class IV

DATE-05.04.2023

The students discussed about the importance of nutrients in our diet. They understood the need of balanced food. Then they made Nutritional Chart on their own using various cut outs of different food items. They also talked about role of healthy food habits.

LEARNING OUTCOMES	ACTIVITIES INVOLVED
The students will	
<ul style="list-style-type: none">• explain the meaning of nutrients.	BRAIN STORMING -The students were engaged in the discussion on the importance of nutrients after watching the video.
<ul style="list-style-type: none">• understand the concept of different components of food.	DEMONSTRATION -The process was explained and demonstrated by the facilitator. The benefits of different nutrients were discussed.
<ul style="list-style-type: none">• discuss and distinguish between various nutrients required by our body.	ACTIVITY METHOD - The students made the Nutritional Chart on their own using various cut outs of different food items with proper labelling.
<ul style="list-style-type: none">• explain the nutritional chart and speak about importance of balanced meals for healthy living.	SPEAKING ACTIVITY - The students explained the nutritional chart.

pics

