

## DIETETICS AND DELICACIES CLUB

DATE-23.12.2024

### STAYING FIT AND ACTIVE

The students were instructed to bring the material for creating a poster on STAYING FIT AND ACTIVE. They were also told to watch the YouTube video sent in advance to learn the method and awareness about various ways to remain fit and active.

LEARNING OUTCOMES	ACTIVITIES INVOLVED
The students will be able to :	
<ul style="list-style-type: none"><li>• <b>explain the importance of being fit and active.</b></li></ul>	<b>BRAIN STORMING</b> -The students were engaged in the discussion after watching the video link shared before the activity.
<ul style="list-style-type: none"><li>• <b>understand as to how to make the poster and create a web chart.</b></li></ul>	<b>DEMONSTRATION</b> - The facilitator instructed the students how to make the poster. They were also directed to use innovative ways to decorate it . An interaction with the kids was done to make them understand the ways/importance of remaining fit and active.
<ul style="list-style-type: none"><li>• <b>discuss the benefits and ways of staying fit and alert.</b></li></ul>	<b>SPEAKING ACTIVITY</b> - The students narrated their routine how they keep themselves engaged and active throughout the day.They made the poster and created a web chart showing different yoga poses/sports/athletics etc.

