

Weekly Task

Sept Week 1



Nutrition Week – Healthy Body, Healthy Mind

Objective:

To develop awareness about balanced nutrition, healthy eating habits, and the importance of food choices by exploring food-related topics using Britannica Library.



Students will:

- Identify different food groups
- Understand the importance of nutritious food
- Develop healthy lifestyle awareness
- Use Britannica Library for age-appropriate research and visuals

Skills & Values:

Core Values

- Healthy habits
- Self-care awareness
- Curiosity about food choices

Key Skills

- Observation skills,
- Vocabulary building
- Visual literacy
- Oral communication
- Creative thinking

Introduce the Weekly Theme / Genre:

Begin with a class discussion:

- What foods do you eat every day?
- Why do we need fruits and vegetables?
- Which foods make us strong and healthy?

Explain that National Nutrition Week, observed from 1st to 7th September, is celebrated to spread awareness about healthy eating habits and the importance of proper nutrition for overall health and well-being.

Suggested Activities by Grade Band

Grades I & II

- Students begin by exploring food pictures and short readings from the Britannica Library to understand different types of food and their importance. Encourage them to observe, identify, and discuss various food groups.
- Students explore topics such as:
 - Fruits (sources of vitamins and energy)
 - Vegetables (important for growth and health)
 - Grains (provide energy)
 - Dairy items (help in building strong bones)
- You may guide them using prompts like:
 - Can you name different types of foods you see?
 - Which foods are healthy and why?
 - What do you eat in your daily meals?
- Students will express their understanding through drawing and sharing.
- They will draw a “Healthy Plate” including different food groups. Label at least three food items .
- Ask them to share one food they like and explain why it is healthy
- Encourage them to use colours, labels, and simple sentences.



Name:

Date:

Junior Journal

Today's prompt: _____

Write and draw.

Handwriting practice area with four sets of lines. Each set consists of a solid top line, a dashed middle line, and a solid bottom line. The first set has a red bottom line, while the others have grey bottom lines.

