

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 III – V

- Students begin by reading age-appropriate articles from the Britannica Library to understand different food groups and their importance for the body. Encourage them to read carefully and identify key nutrients.
- Students explore topics such as:
 - Carbohydrates (energy-giving foods)
 - Proteins (body-building foods)
 - Vitamins and minerals (protective and regulatory nutrients)
- You may guide them using prompts like:
 - What are the main food groups?
 - Which foods give us energy?
- Encourage students to connect these ideas to their daily meals.
- Students will organise and present their understanding. They will list examples of foods under carbohydrates, proteins, vitamins, and minerals
- Present their findings in small groups



Name:

Date:

List-Group-Label

Word List:

Rice , Roti (chapati) , Bread , Potatoes , Pasta

Category Label:

Carbohydrates

Words

- *Rice*
- *Roti (chapati)*
- *Bread*
- *Potatoes*
- *Pasta*

Category Label:

Words

Category Label:

Words

Category Label:

Words

Explanation

*Carbohydrates
give us energy,
so I eat rice and
roti.*

Explanation

Explanation

Explanation