

Weekly Task

Sep 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 VI– VIII

- Students begin by researching nutrients and their functions using the Britannica Library. They explore how different nutrients contribute to body functions such as energy, growth, and protection from diseases.
- They will also identify common deficiency diseases caused by lack of specific nutrients and understand their impact on the body.
- Students will:
- Create a Cause & Effect chart showing:
 - Nutrient → Function
 - Nutrient deficiency → Disease
- Write a short explanation:
- How does a balanced diet help in growth and immunity?
- Present one real-life example (e.g., importance of iron-rich foods)



Name:

Date:



Cause and Effect

Cause



Effect