

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 IX – X

- Students begin by exploring content from the Britannica Library to understand lifestyle diseases and their impact on long-term health. Encourage them to read, observe, and connect daily habits with overall well-being.
- Students explore topics such as:
 - Lifestyle diseases (e.g., obesity, diabetes)
 - Importance of balanced diet and nutrition
 - Connection between food habits and health
- Encourage students to think about prevention, awareness, and healthy living.
- Students will analyse and reflect on their learning.
- They will:
 - Identify and explain the link between diet and long-term health
 - List common causes of lifestyle diseases
 - Reflect on one dietary change they can adopt in their daily life
 - Write a few lines explaining how this change can improve their health



Name:

Date:

Evaluating Evidence



Question: What is the question you're trying to answer?



Theories or Explanation: What theories or explanations currently exist?



Examining the Evidence:

Identify the Evidence:

Describe the Evidence:

Identify the Evidence:

Describe the Evidence:

Identify the Evidence:

Describe the Evidence:



Answer the Question: Reference the evidence in your explanation.