

Lesson Plan -Nutrition

Subject: Science Chapter: Health & Disease Topic: BMI

Extension Lesson Plan - 3 : BMI Monitoring and diet plan app

(This Problem is an extended part of the project work that students have already done on BMI.)

Once students have made the game on nutrition, they will be asked to create a mobile app which can be very handy and can be used by any one to calculate their BMI and it will also suggest a diet plan based on their current BMI. Students will need to work in a group and initially design the features of the app followed by a sketch and storyboard of the app and finally they will develop the app. To develop the app they can use any application like suggested below but not limited to:

1. Scratch
2. MIT AI
3. Android Studio
4. Visual Studio