

Lesson Plan -Nutrition

Subject: Science

Chapter: Health & Disease

Topic: BMI

Extension Lesson Plan - 1 : Nutrition Game

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

Once students have prepared the spreadsheet to calculate the BMI of their classmates to find out the students in the underweight category along with a diet plan for their underweight friend, students will interact with a nutritionist online / offline mode and based on the discussion with the Nutritionist, students will create a game so that they can make people aware about how to maintain a good Diet plan and also a healthy BMI and benefits of the Same.

To create the game students can use applications like:

1. Scratch
2. mBlock