

Lesson Plan -Nutrition

Subject: Science

Chapter: Health & Disease

Topic: BMI

Objective: This lesson plan will enable students to understand the concept of Body Mass Index (BMI), the criteria for underweight and obesity by the BMI and explore its relationship with our physical structure and diet plan. Students will compare the BMI of their classmates and will also create a diet chart for the malnourished and underweight students.

Level 1

Student Activity:

Problem: Maharashtra govt. has launched a programme to provide nutritional food to some of the students in your school who are malnourished. Your Headmistress has given you the charge to make a record of students who are under the malnourished/underweight category.

Instructions;

Step 1: Explore what BMI is and how it is calculated.

Step 2: Use a measuring tape and weighing machine to measure the height & weight of 8 of your friends (4 Boys, 4 Girls) and note the data in your copy/ notebook.

Step 3: Use a spreadsheet application to put the data in a table.

Step 4: Use a formula to calculate the BMI of your friends and create a chart to compare the BMI of your friends. Try to identify if any relationship exists between BMI and height and weight

Step 5: Find out the students who are malnourished/underweight and create a diet plan for them.

* Suggest some of the measures to tackle malnutrition in the developing world as an emerging issue (optional)

Note: Students can use an internet search to find information about nutrition calories as per the quantity of food.

** Mention sources for all the information, data and pictures used in the project.