

# Assam Goes Online (AGO)

**Class – 6**

**Subject – Science**

**Topic – Components of Food**

**Learning Objectives:**

- 1) To inform students about the various components of food and its importance in their life.
- 2) To inform students about the various sources of food.
- 3) To make them understand the need of a balanced diet and also about various deficiency diseases.

Sl no.		Activities	Resource
Day 1	10 minutes	Students to make a list of food items they eat in a day and what are the food components exists in their food (e.g. vitamin, fat, carbohydrates etc, )	Students can use their textbooks or can go through internet.  Use of Google to find the content.
	40 minutes	Introduction to the chapter (Teacher will now introduce the chapter with various tools like textbooks, Google, Youtube etc). The teacher will give a basic idea about the topics and discuss in detail with students about each topic	Video link: <a href="https://www.youtube.com/watch?v=3sdSnroSgFc">https://www.youtube.com/watch?v=3sdSnroSgFc</a>  The students can refer to this link to understand the chapter. Or can have a discussion with the teachers to understand the topic.



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Day 2	40 minutes	<p>By consulting their parents, students will make a diet chart of the food they consume in a day and then compare it with an ideal balanced diet for their age group to see if they are missing any of the food items.( They may use Excel Charts to compare or can write it down in their notebook). They will share the same with the teacher.</p> <p>Students will also collect prices of various food items by their parents, vendors or from any seniors and can make a price chart accordingly. With that price list they can find out any other alternative for much cheaper rates.</p>	Use of Google to find out ideal balanced diet.
	30minutes	<p>Since we are so much compromised due to lack of Immunity and are constantly attacked by deadly diseases, the students can talk to an expert about the need of wholesome food for building immunity among people.</p> <p>Or, the students will find out what type of food they should take which will boost their immunity and keep them healthy. They will share their findings with the teacher.</p>	
Day 3	60 minutes	<p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>• Since Obesity is a very common food related disorder so a student can calculate his or her BMI and compare it with the BMI results of other students over any electronic media. For that they require weighing scale and a measuring tape. (If equipment is not present, they can use ruler as measuring device and weight can be taken in approx. value).</li> </ul>	Google to search BMI formula

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|  |  | <ul style="list-style-type: none"><li>• With the help of parents, a student can find out any myths behind food that is prevailing in their locality and then note it down or can share it with others by posting it in WhatsApp. For e.g. –<ul style="list-style-type: none"><li>– Why we should not consume leafy vegetables at night?</li><li>– Why consuming basic food (khar) with acidic food (lemon) is forbidden? Etc.</li><li>– Curd should not be consumed at night.</li><li>– fish and Milk should not be consumed together.</li><li>– Raw vegetables are better than cooked vegetables.</li><li>– Students will share the findings with their teachers.</li></ul></li></ul> |  |
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