



CO CURRICULAR ACTIVITY-1

Grade 6-8 (APRIL 2023)

HEALTH & FITNESS



CO CURRICULAR ACTIVITY-1

Grade 6-8 (APRIL 2023)

Title of the activity: Menu chart during Ramadan

Duration of the activity: 40 mins

Classes: Grade 6, 7, 8

Teachers Responsible: Ms Sameera & All Class Teachers

Description of the activity:

- ❖ The food pyramids and basics of Healthy food are Similar in Ramadan and in other months and also taught how to arrange a nutritious plate.
- ❖ The value of exercise was stressed to the students.
- ❖ Various suggestions for healthy diet were discussed.
- ❖ Students were instructed on the do's and don'ts of eating during Ramadan.
- ❖ The task of preparing a menu plan / Calorie chart along with instructions to research the nutritional content of the ingredients.

Learning Outcome:

1.Knowledge:

- ❖ The ultimate goal of health education is to promote, maintain and improve individuals' and community health.
- ❖ Students understood how to achieve and maintain a health-enhancing level of physical fitness.

2. Skills:

- ❖ Decision Making.
- ❖ Goal Setting.
- ❖ Practicing Health-Enhancing Behaviours.
- ❖ Balance and coordination.

3. Attitudes:

- ❖ Focus on strength instead of weaknesses.
- ❖ Incorporate fitness and nutrition in our daily routines.

24/203

27/3/2023 - 2/4/2023

MEAL PLAN		
MONDAY	TUESDAY	WEDNESDAY
- Dattes	- Dattes	- Dattes
- Fastfood soup	- Cake	- Vada
- Rosemilk	- Wadumelon	- Corn S
- Macaroni	- Egg semiya	- Carom puddin
- Masala corn	- china grass	- Nam
- White pasta	- Pizga	- Shank
- Prawn Biriyan	- Chapati	- Mixer Fried
- Raita	- Paneer Butter Masala	- Cur Rice

Menu chart

DAY

Monday	Tues	Wednes	Thurs	Fried	Saturday	Sun
<ul style="list-style-type: none"> • Pasam • Miel • Beef • Fried • White Boil • Juice • Fruit Salad • Cup of Tea 	<ul style="list-style-type: none"> • Food • Juice • Chicken • 65 • White • Boil • Juice • Cup of • Juice 	<ul style="list-style-type: none"> • Samosa • Juice • Mango • Mullaingu • Fry • White • Boil • Juice • Juice • Banana 	<ul style="list-style-type: none"> • Chicken • Mullaingu • Chicken • Fry • White • Boil • Juice • Banana • Juice 	<ul style="list-style-type: none"> • Food • Juice • White • Boil • Juice • Carrot • Potatol • Tea • Banana • Juice 	<ul style="list-style-type: none"> • Food • Juice • Mango • Mullaingu • Fry • Juice • White • Boil • Juice 	
<ul style="list-style-type: none"> • Rose • Milk • Chicken • Hotl • Chicken • Samosa • Veg Samosa • Mango • Dates • Water • Fruits 	<ul style="list-style-type: none"> • Water • Dates • Fruits • Rose • Milk • Veg • Samosa • Chennett • Chutney • Rose • Milk 	<ul style="list-style-type: none"> • Water • Dates • Mango • Vada • Veg • Samosa • Chicken • Samosa • Chutney • Rose • Milk 	<ul style="list-style-type: none"> • Water • Dates • Mango • Vada • Chicken • Samosa • Veg • Rose • Milk • Sadja 	<ul style="list-style-type: none"> • Water • Dates • Mango • Vada • Chicken • Samosa • Veg • Rose • Milk • 65 	<ul style="list-style-type: none"> • Water • Dates • Mango • Vada • Chicken • Hotl • Chicken • Samosa • Veg • Rose • Milk 	

DONE BY,
R. AFRA
VIII "A"

ASSIGNMENT

A Healthy diet chart for Ramadan.

HEALTHY-♥	IFTAR	SNAK	SUCCER
MONDAY	Channa Salad	Lemonade	Cherry mushroom Omelette
TUESDAY	Onion Pakoda	Rothafiga	Tomato Juice with Fried chicken
WEDNESDAY	Egg Puffs	watermelon Juice	Roti with chicken gravy
THURSDAY			Sandwich and Milk
FRIDAY			Curd Rice with Mango pieces
SATURDAY			Roti with Paneer
SUNDAY			Scrambled egg with Beans

THURSDAY	Gobi mutton samosa	juice	Chicken gravy
FRIDAY	Roasted chicken with mixed vegs	Dal with walnut	Sandwich and Milk
SATURDAY	Spaghetti with meat balls	Orange Juice	Curd Rice with Mango Pies
SUNDAY	Potato Fry	Banana's	Roti with Panner
			Samosa Custard

SU	MON	TUES	WED	THURS	FRI	SAT	SUN
IF TAR	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt

IF TAR	SU	MON	TUES	WED	THURS	FRI	SAT	SUN
Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt

FTAR	SUHOR	DAYS	MON	TUES	WED	THURS	FRI	SAT	SUN
DATES, BOUL, OF FRUITS, BROOM, DRINK	DATES, BOUL, OF FRUITS, BROOM, DRINK	DATES, BOUL, OF FRUITS, BROOM, DRINK	DATES, BOUL, OF FRUITS, BROOM, DRINK	DATES, BOUL, OF FRUITS, BROOM, DRINK	DATES, BOUL, OF FRUITS, BROOM, DRINK	DATES, BOUL, OF FRUITS, BROOM, DRINK	DATES, BOUL, OF FRUITS, BROOM, DRINK	DATES, BOUL, OF FRUITS, BROOM, DRINK	DATES, BOUL, OF FRUITS, BROOM, DRINK

SUN	MON	TUE	WED	THURS	FRI	SAT	SUN
IF TAR	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, fruits, milkshake, Nuts, Yogurt

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATES, LEMON JUICE, RAJDI, KANTI	DATES, LEMON JUICE, RAJDI, KANTI	DATES, LEMON JUICE, RAJDI, KANTI	DATES, LEMON JUICE, RAJDI, KANTI	DATES, LEMON JUICE, RAJDI, KANTI	DATES, LEMON JUICE, RAJDI, KANTI	DATES, LEMON JUICE, RAJDI, KANTI

DATE	TIME	ACTIVITY
10/10/2020	10:00 AM	10:00 AM - 11:00 AM

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10/10/2020	10:00 AM	10:00 AM - 11:00 AM