



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.

- ❖ Staying healthy improves self-esteem.
- ❖ Increase the probability of optimum and consistent performance.

Subjects Integrated:

- ❖ Science: Nutrition & its benefits
- ❖ Physical Education: Health and fitness, Calorie requirement
- ❖ Mathematics: Measurement

Evidence:

Suhoor and Iftar Healthy Menu Chart

Meal	Food	Calories
Suhoor	Rice	155 calories
	Yoghurt	130 calories
	Milk	100 calories
	Keenikwa	410-3 calories
Iftar	Dal	50 calories
	Juice	20 calories
	Salada	136 calories

SUHOOR

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
FOOD	ROTI & DAHL	VEG RICE & CHICKEN	NOTI & DAHL	CURD RICE & CHICKEN	CURD RICE & CHICKEN	ROTI & DAHL	ROTI & DAHL
JUICE	LEMON JUICE	ROSE MILK	ROSE MILK	TAMR JUICE	APPLE MILK	ROSE MILK	MANGO JUICE

IFTAR

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
FOOD	APPLE ORANGE & SAMOSA	MANGGI & ANTI FRUIT	VEG. SAMOSA	VEG. SAMOSA	GRAIN DATES, FRUIT	FRUIT	FRUIT
JUICE	LEMON JUICE	ROSE MILK	ROSE MILK	TAMR JUICE	APPLE MILK	ROSE MILK	MANGO JUICE

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast
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Suhoor

Monday: Roti, chicken, curries, and fruit
Tea

Tuesday: Samosa, Biscuits, apple, and fruit
Tea

Wednesday: Curd Rice, Biryani, Tea

Thursday: Biryani, Chicken, Tea

Friday: Vegetable Rice, Chicken, Fruit, Tea

Saturday: Tomato Rice, Chicken, Curries
Tea

Sunday: Lemon Rice, Egg, curries, Biryani, Tea

IFTAR

Monday: 100g of Prawn Rice

Tuesday: Tomato Rice

Wednesday: Lemon Juice

Thursday: Chicken Rice

Friday: Biryani Rice

Saturday: Biryani Rice

Sunday: 100g of Prawn Rice

MENU CHAT

DAYS	SUHOOR	IFTAR
Monday	Dal with chapati, Kebab, Paratha, Boil Egg, 1st 2.	Mango, Apple, Salad, coconut, water
Tuesday	Overnight oats, 1st 2, Milk, 2 Oats	Hot Oats, Biryani, Fruit
Wednesday	Egg with tort, Bread with onion, Curries with Dal	Salad of Fruit, Gorgi, Tea, room
Thursday	Rice and Dal, Boil Egg, 1/2 Milk	Juice, Curried Lentils, Salad
Friday	Milk Bread, Fruits, Rice	Chicken soup, Chana, Chocolate, little bit, Juice
Saturday	veg Biryani	Hot Oats with milk, 1st 2, Fruit
Sunday	veg Sandwich, Kebab, Paratha	Potato, Fruit, Jam, Fruit

Menu chart

21/3/2023 - 21/4/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Saffron sauce and Naambi chicken + a glass of milk	Black Channa gravy + sauce + bottle gourd fry + a glass of milk	Pozom sauce + chicken mutton gravy + a glass of milk	Tandoori chicken + a glass of milk	Egg gravy + sauce + baibhat fry + a glass of milk	Sambhar + chana + veg + a glass of milk	Vegetable curries + a glass of milk
Dahi Papdi Chat + Lemon juice + Dates + watermelon	Palats + egg bhaji + muck melon juice + Dates	Seqa culbat + a glass of milk + Dates + Papaya	Onion	Chicken mutton		

ASSIGNMENT

A Healthy diet chart for Ramadan.

HEALTHY	IFTAR	SNACK	SUJEE
MONDAY	Channa Salad	Lemnada	Cherry mushroom Omellette
TUESDAY	Onion Pothada	Roothaka	Tomato Juice with Fused chicken
WEDNESDAY	Egg Puffs	water melon Juice	Roti with chicken gravy
			Sand wich and Milk
			Curd Rice with Manga pieces
			Roti with Paneer
			Scrambled egg with Beans

MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY
- Dates - Fasting soup - Rose milk	- Dates - Cake - Watermelon	- Dates - Vada - Corn
- Macaroni - Masala corn - White pasta	- Egg bemiya - chana grass - Pizza	- Caramel pudding - Nana - Esharbat
- Prawn biriyani - Raita	- Chapati - Paneer Butter Masala	- Mixed Fried rice - Curd Rice

DATE BY,
R. AFRA
VIII "A"

mini chart

DAY	Monday	Tues	Wednesday	Thurs	Friday	Saturday	Sunday
hour	• Masam rice • Dhal • Beef Fry • White Boil rice • Fruit Salad • Cup of Tea	• Masam rice • Channa b5 • White Boil rice • Cup of Juice	• Sambhar rice • Masam Pullyang Fry • White Boil rice • Juice • Banana	• Chicken Vullambu • Chicken Fry • White Boil rice • Banana	• Goud rice • White Boil rice • Beef Fry • Tea • Juice	• Sambhar rice • White Boil rice • Carrot Pothol • Tea • Banana	• Curd rice • Masam Pullyang Fry • Juice • White Boil rice
Iftar	• Rose Milk • Dates • Chicken Roti	• Water • Dates • Fruits • Vada • Chiken Samosa • Veg Samosa • Hangi • Dates • Water • Fruits	• Water • Dates • Hangi • Vada • Veg Samosa • Chutney • Rose Milk	• Water • Dates • Hangi • Vada • Veg Samosa • Chutney • Rose Milk • Sadja	• Water • Dates • Hangi • Vada • Chicken Samosa • Veg Roti • Rose Milk	• Water • Dates • Hangi • Vada • Chicken roll • Rose Milk • Chicken b5	• Water • Dates • Masam • Vada • Chicken Roti • Chicken Samosa • Veg Roti • Rose Milk

Channa gravy	Sand wich and Milk	Curd Rice with Manga pieces	Roti with Paneer	Scrambled egg with
Juice	Fruits	Dates with walnut	Oranges Juice	Banana's
Grobs multan Samosa	Rosted chicken with mixed veg	Spagheatti with meat balls	Potato	Fruit

mini chart

HEALTHY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
IFTAR	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Juice	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Juice	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
SUHOR	• DATES • BOUL • FRUITS • BROOM • MILK	• DATES • BOUL • FRUITS • AIR	• DATES • GRILLED • CHICKEN • FRUITS	• DATES • WATER- • MELON • JUICE • SNIP • FRUITS	• VEGETA- • BLE • FRIED • RICE • VEGET- • TABLE	• DATES • COCONUT • WATER • VEGET- • TABLE	• DATES • ANJARO • SHAKE • GRILLED • CHICKEN
FTAR	• DATES • BOUL • FRUITS • BROOM • MILK	• DATES • BOUL • FRUITS • AIR	• DATES • GRILLED • CHICKEN • FRUITS	• DATES • WATER- • MELON • JUICE • SNIP • FRUITS	• VEGETA- • BLE • FRIED • RICE • VEGET- • TABLE	• DATES • COCONUT • WATER • VEGET- • TABLE	• DATES • ANJARO • SHAKE • GRILLED • CHICKEN

DAY	MON	TUE	WED	THURS	FRI	SAT	SUN
IFTAR	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Juice	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Juice	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Juice	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt

DAY	MON	TUE	WED	THURS	FRI	SAT	SUN
SUHOR	• DATES • BOUL • FRUITS • BROOM • MILK	• DATES • BOUL • FRUITS • AIR	• DATES • GRILLED • CHICKEN • FRUITS	• DATES • WATER- • MELON • JUICE • SNIP • FRUITS	• VEGETA- • BLE • FRIED • RICE • VEGET- • TABLE	• DATES • COCONUT • WATER • VEGET- • TABLE	• DATES • ANJARO • SHAKE • GRILLED • CHICKEN

MONDAY: DATES, LEMON JUICE, RAJTI, KANJI.
 TUESDAY: DATES, LEMON JUICE, YADA, KANJI.
 WEDNESDAY: DATES, POMEGRANATE JUICE, BAKSI KANT.
 THURSDAY: DATES, LEMON JUICE, YADA, KANJI.

DAY	MON	TUE	WED	THURS	FRI	SAT	SUN
IFTAR	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Juice	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Juice	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Juice	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt

DAY	MON	TUE	WED	THURS	FRI	SAT	SUN
SUHOR	• DATES • BOUL • FRUITS • BROOM • MILK	• DATES • BOUL • FRUITS • AIR	• DATES • GRILLED • CHICKEN • FRUITS	• DATES • WATER- • MELON • JUICE • SNIP • FRUITS	• VEGETA- • BLE • FRIED • RICE • VEGET- • TABLE	• DATES • COCONUT • WATER • VEGET- • TABLE	• DATES • ANJARO • SHAKE • GRILLED • CHICKEN

DAY	MON	TUE	WED	THURS	FRI	SAT	SUN
IFTAR	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Juice	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Juice	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Juice	Rice, Dal, Pomridge, Fruits, Milkshake, Nuts, Yogurt