

Grade 9 - Health & Physical Education - English Medium

- Make a booklet regarding the following topics.
 - Nutritional needs according to the life cycle
 - 1) Infancy
 - 2) Childhood
 - 3) Adolescence
 - 4) Adulthood
 - 5) Aged stage
 - Differences in nutrition according to specific instances
 - 1) Pregnant mothers
 - 2) Lactating mothers
 - 3) Sportsmen
 - 4) Patients
 - 5) Heavy workers
 - 6) Vegetarians
 - Myths / beliefs / attitudes about nutrition
 - Messages regarding nutrition that can be conveyed to make aware the people of the society.