

## **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.