



THE BISHOP'S CO-ED SCHOOL, UNDRI
REPORT ON EXPERIENTIAL LEARNING ACTIVITY

CLASS VII
BALANCED DIET ACTIVITY

"Learning never exhausts the mind."

Experiential Learning is the process of learning by doing. By engaging students in hands-on experiences and reflection, they are enabled to connect theories and knowledge learned in the classroom which will help them to relate with real-world situations.

An interesting session of experiential activity was conducted by Experiential Learning Enterprises (ELE Activities) on 23rd January, 2024 at The Bishop's Co-Ed School, Undri for the students of Class VII.

The Academic Manager, Mrs. Priya Kulkarni introduced the balanced diet activity to the students of Class VII. They started by discussing the definition of a balanced diet and the food that contains the different nutrients (macronutrients and micronutrients). The importance of nutrients which improves one's health and makes them fit were explained using examples.

The students were then handed over kits containing vials, sodium hydroxide, iodine, ethanol and also food such as green gram flour, crushed groundnut, jowar flour to check which food contains nutrients by testing them in their respective vials.

The students conducted tests for carbohydrates, proteins and fats using jowar flour, green gram flour and crushed groundnuts respectively.

The students of class VII participated enthusiastically and enjoyed the activity thoroughly. These activities aim to develop "higher order thinking skills" among students through hands-on science learning.

Report by:
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A FEW GLIMPSES OF THE DAY

LEARNING ABOUT NUTRIENTS IN A BALANCED DIET



THE EXPERIMENTAL KIT



LEARNING BY DOING



BUDDING FOOD TECHNOLOGISTS



SCIENCE IS ABOUT NURTURING CURIOUS MINDS

