

SHIKSHA BHARATI GLOBAL SCHOOL

Sector-8, Dwarka, New Delhi-110077



Food Nutrition and Its Importance

Module: - Food Nutrition and its importance

Venue- Seminar Hall

Date/Day: - 16/07/2025 (Wednesday)

No. of Students-41

Introduction: -

The skill course workshop on food Nutrition and its importance was conducted at Shiksha Bharati Global School with the aim of imparting knowledge to participants about: -

- a) food and nutrition,
- b) Types and its deficiency
- c) food guide Pyramid
- d) Recommended Dietary Allowances (RDA)
- e) Tips for healthy eating

Learning Objectives: -

- a) To enable students to appreciate and understand the definition of Health, balanced diet with the help of Power Point Presentation.
- b) To facilitate students to demonstrate the meal activity to give hand on practice to them.

Teaching methods: -

PowerPoint Presentation and Demonstration activity.

