



SUBTOPIC: NUTRITION

Content/Sub-points	Teachers Activity	Students Activity
<ul style="list-style-type: none"> What is Nutrition 	<p>The teacher shows the images to elaborate that animals need nutrition for various reasons.</p> <p>Teacher, with the help of pictures explain that we need nutrition for our survival.</p>	<p>Student observing</p> <p>Student listening</p>
<ul style="list-style-type: none"> Steps in Nutrition 	<p>Teachers shows various pictures and an animated clip to explain about the steps involved in nutrition.</p> <ol style="list-style-type: none"> 1. Ingestion: Food is taken into the body. 2. Digestion: Conversion of food into simple soluble forms. 3. Absorption: Transfer of soluble food to the blood. 4. Assimilation: Utilization of absorbed food by cells and tissues for energy production, growth and repair. 5. Egestion: Removal of waste products and undigested food from body. 	<p>Student listening</p>

Assignment: Teacher asks the question on discussed topic.

Blackboard Writing

Class: VII

Date: 16/2/21

Sub: Science

Topic: Nutrition in animals

STEPS IN NUTRITION:

- (1) Ingestion
- (2) Digestion
- (3) Absorption
- (4) Assimilation
- (5) Egestion

Observers Remarks:

Sign of Guide:

Sign of Observer:

REFLECTION: Since the last lecture went with mistakes, I had decided myself that I would give my best this time. I prepared my ppt & lesson thoroughly and was ready for my turn. After my lesson, sir stopped and asked everyone to give me applause as the lecture were delivered brilliantly.