**Project Report on nutritional requirements of adolescent sports girl**

This was taken up in a age group of 15 to 16 years .Various objectives of this project was to make students :-

* Know and understand key facts about nutritional requirements of an adolescent girl .
* To compare & study food types in India & U.K . How they differ nutritively and how it varies

for an adolescent girl .

* To understand what are the various deficiencies that occur due to nutritional imbalance which is found in the current diet of the students .

To achieve these objectives:-

* Students were shown a powerpoint presentation illustrating the key facts .
* Class was divided into groups and diet charts of adolescent girls were given to them to analyse .
* Students were asked to prepare a project report and interview sports experts.

Various learning outcomes that were achieved by the students through the study of this project are :

* These activities enhanced the computer skills and they develop the ability to approach an issue analytically.
* They learn how to follow correct nutrition for a sustainable and healthy life style .
* They develop a deeper understanding of different cultures and societies.
* The causes and effects of the issue (health &nutrition ).
* They were able to relate the issue of nutrition to economic and social development .