Nutrition in Adolescent Girls

Class Xth studied & researched “Nutrition in Adolescent Girls” as a part of their project in partnership with Droitwich Spa High School. The students of class Xth fall in the age group of 15-16 years i.e. the adolescent stage; hence the students were very well able to relate to the topic. This Project was spread over 5 weeks. We began with a general discussion in adolescent stage & the nutritional aspects for girls based on various ideas and inputs from students, the class was divided in to 5 groups each with a different approach towards the topic.

As follows: -

1. Group 1 – interviewed dieticians/doctors (for diet requirements) and various girls on their present diet.
2. Group 2 – Facts & Figures related to Indian Adolescent girls, mindsets, present diet & cultural differences
3. Group 3 – Nutritional Plans for adolescent esp. girls & recommended diet plan.
4. Group 4 – Writing articles & collection information regarding the nutritional requirements of adolescent girls taking up sports.
5. Group 5 – Comparative study UK & India
   * + Games Played
     + Diet comparison

The Groups prepared their reports & presented the same to the class. With the use of ICT skills students were exposed to critical analysis of the issue, which enhanced their thinking skills & enabled them to take informed decisions. Extensive research enabled the students to produce resources in the form of data & discussion. Different groups discussed the various aspects of the topic that resulted in the following learning outcomes:

* Students developed thorough understanding about nutrition esp. adolescent stage
* They understood the need of special nutritional requirements for adolescent sports women
* They developed deeper understanding of different cultures & societies through comparative study
* They understood the lifestyle related issues leading to improper nutrition
* Students became aware towards nutritional requirements & need for maintaining healthy lifestyle.