



Activity Name- World Pulses Day (10 February'2023)

	SDGs covered  	SDG 2: To end hunger achieve food security, improve nutrition and promote sustainable agriculture SDG 3: To ensure healthy lives and promote well-being for all at all ages
1.	Title of activity	Pulses for a sustainable future
2.	Class	III-V
3.	Subjects involved	Science
4.	Facilitator	Members of science department
5.	Brief description of the learning objectives, content of the activity and competencies acquired	<p><u>Learning Objectives-</u></p> <p>Cognitive learning objectives-</p> <ul style="list-style-type: none"> ➤ The learners will be able to describe about malnutrition and their main physical and psychological effects on human life. ➤ The learners will be able to explain the nutritional benefits of pulses for a healthy life style. ➤ Students will be aware of the actions that promote sustainable living. ➤ Socio-emotional objectives- Learners will be able to create a vision for a world without hunger and malnutrition. ➤ The learners will able to collaborate with others to create healthy platter of sprouts and rangoli using pulses. <p>Behavioral learning objectives-</p> <ul style="list-style-type: none"> ➤ The learners will be able to include health promoting behaviours in their daily routines ➤ The learners will be able to take on critically their role as an active global citizen in the challenge of combating hunger. ➤ <u>Brief description of the activity-</u> <p>Class- III children created a sprout salad platter decorated aesthetically with fruits. They shared the healthy platter with their friends during the fruit break.</p> <p>Class-IV and V students created a rangoli platter using kneaded flour dough and decorated their platter using pulses. They also shared the importance of pulses in promoting good health and their nutritional benefits.</p> <ul style="list-style-type: none"> ➤ <u>Competencies acquired-</u> <ul style="list-style-type: none"> • Systems competency, normative competency, collaborative competency, strategic competency, critical thinking competency, Integrative Problem-solving competency
6.	Time period of this activity	40 minutes (1 period)
7.	Evidences included	Picture Collages of the activity done: 