

Activities : Types of nutrition

1. Use slides: Show pictures or drawings of different types of nutrition such as plant, animal and mixed nutrition. (5 Min)
2. Role play: Divide students into groups and ask each group to present a role-playing scene illustrating a particular type of nutrition and the important nutrients in it. (10 Min)
3. Research and Presentation: Students were asked to conduct short research on different types of nutrition and their importance, and then present the results in front of the class.(10 Min)
4. Critical thinking activities: Students were asked to discuss the benefits and drawbacks of each type of nutrition, and whether or not there is one type that is better for overall health. (5 Min)