

Activity: Food Quiz

Resources: Quiz questions

How to perform:

Teachers may conduct a quiz by dividing students into 4 groups. Ask questions related to food plate using The Yellow Book/ other food modules



Fruit and vegetables

Whole wheat bread, rice, potatoes, pasta



*Pulses , Legumes,
Meat, Fish and Eggs*

Fats and Oils

Milk and dairy foods

Learning outcome: Importance of nutrition and wholesome meals