

Understanding Adolescence

Make a list of the things you need to be healthy and live a happy and stress-free life during adolescence. Discuss the following with your classmates, teachers and elders at home.

1. What is the ideal diet for the healthy growth of adolescents? Which nutrients should be included in their diet to meet their nutritional needs?
2. Why is it important to take care of personal hygiene during puberty?
3. How do physical activities help in the healthy growth of adolescents?
4. What is menstruation in girls and why is it of utmost importance for girls to understand the phenomenon?
5. How can boys support female peers during periods, become empathetic and break the stigma associated with it?

HOLIDAY HOMEWORK CLASS 8

1. Success story of 'SAVE SILENT VALLEY'.
2. Effect of changing habitats of animals on Biodiversity.
3. Conservation of Biodiversity and associated Scientists of India.
4. How does food reach from an agriculture farm to the local market and then our houses.
- 5.