

# STEM from Home

## Nutrition analysis: Sort it. Graph it!

### INTRODUCTION:

Eating right is never wrong.

Eating makes you healthy and strong!

Healthy eating is the way to go.

To all those junk foods, simply say “No!”

While we all love to load up on soft drinks, sweets, and high-fat foods, it's important to understand what kind of diet is required for growing bodies. So how about maintaining a food journal for a week to find out what is actually going on inside our body?

We are what we eat and the habits we establish at an early age will tend to stay with us. Keeping this premise in mind, this STEM pack aims to generate awareness of the food you eat, and the benefits of a sound, nutritious diet as you track and study your own diet for its nutritional value.

## Main Activity: **Nutrition Analysis: Study Your Own Diet**

### Introduction:

Let us examine our diets for a week and analyze the components of the diet. Don't be surprised to note that maybe you need to think carefully before you gulp the coke in the bottle! Let's begin!

### What You Will Need

A computer with internet connection, MS Excel

### What You Will Learn

- How to organize data using Excel.
- Basic functions of excel like average, minimum and maximum of a set of data.
- Representing data in the form of graphs to get information about various nutrient content in your diet.

[Click here for the activity details.](#)



# Bonus Activities

## Activity 1: Food Rainbow

Colorful pictures of healthy food can stimulate even the pickiest appetite. This week, you will put your artistic skills to action to create a Food Rainbow!

Distinct colour groups have specific nutrients to target certain bodily functions. For example, red coloured foods are usually good for maintaining heart health, yellow and orange foods are beneficial for immune system, etc. [Watch this fun musical video](#) to understand how eating a rainbow of food can benefit your health.

Now that you know how important it is to eat a diverse assortment of fruits and veggies, it's time to create your own **Nutrition Rainbow collage**.

Cut out pictures of your favorite healthy foods from magazines or newspapers or print them from the internet. Prepare a rainbow background and arrange the different food items as per their colour on the food rainbow.

You can even laminate or cover your nutrition rainbow with clear plastic and use it as an attractive piece for your kitchen corner.

**Think and reflect:** *Why did you choose those specific foods? Are they really healthy? How do you know? What food groups do they belong to?*



# Challenge Activity: Fruit Salad Game

## Introduction:

In this project, you will create an app for your family and friends to design their own fruit salad. Preparing food and creating art, it's time for some food art!

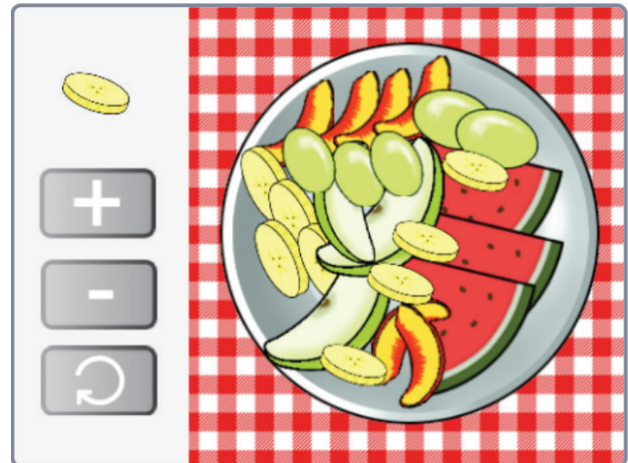
[Access this activity here](#)

## What You Will Need

A computer or tablet capable of running Scratch and Scratch 3 software (either [online](#) or [offline](#))

## What You Will Learn

- How to use scratch for creating games and apps
- Explore options to create stamp/copies of a fruit, add choice for fruits,
- Create a button to increase, decrease or rotate the fruit stamp.
- Customize your project to create more variety of fruit art by adding code to the project.



You've come a long way and it's now time to convert this virtual fruit salad bowl into a real one. Using different fruits and other ingredients of your choice, prepare a healthy and tasty fruit salad for yourself and enjoy!