

Sec 1 - Nutritional Needs of Different Age Groups

Infographic: Dietary Guidelines

Activity

After learning about the different nutritional needs, and factors to consider when planning meals for different age groups, students are to individually design an infographic on the Dietary Guidelines to promote health eating and balanced diet for Health Promotion Board.

Objectives

- Students can differentiate the nutritional requirements of different age groups.
- Students can explain the factors to consider when planning meals for the different age groups.
- Students can use different types of nutritional tools when planning meals.
- Students can apply appropriate guidelines when planning meals for the different groups.
- Student can put together specific media elements to construct a digital artefact, while acknowledging the source of information (CCI)
- Student can convey information and ideas clearly (CCI)

Extensions

- Teachers can collect all the infographic images via SLS Thinking Routine option to allow students to view and give feedback on each other's work.
- Students can add a voice commentary QR code to support audience to understand more about their infographic. Or instead of creating a poster like infographic, students can add animations and voice and export it as a movie.

Have a go



- 1 Tap , create a new Keynote presentation. Choose the white theme, add a blank slide to your keynote presentation.
- 2 Use Apple Pencil to tap on the screen in Keynote to activate the drawing mode to answer the questions or tap  on the top right hand corner, and under  and tap drawing to activate drawing. Press **Done** on the top right corner to leave drawing mode.
- 3 Tap  on the top right hand corner, and under  Record Audio to verbalise and record personal learning.
- 4 Tap  on the top right hand corner, and under  Basic to enable text-box. To modify the size and shapes - select the text and tap .
- 5 Tap to select your sketch/shapes/text, **Animate**, explore the three options    Add animations accordingly. (Consider to have the audio run at the same time as visual)
- 6 Tap  export to movie. Tap Export. Tap  to save video. Close Keynote and tap  to open your video in Photos.

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