




CLUB LESSON PLAN SEPTEMBER 2024-25)

Name of the club: - SPARK SCIENCE

Theme of the month: - Health and Hygiene

SL.NO	ACTIVITY NAME	LEARNING OUTCOME
1	<p><u>Make your own Stethoscope</u></p>  <p>In this experiment students will use a long, thin plastic tube that has a small disc on one end and earpieces on the other end. In this activity, students will make a homemade stethoscope and use it to measure peoples' heart rates at rest and after exercising.</p> <p><u>Procedure</u></p> <ol style="list-style-type: none"> 1. Put the narrow end of the funnel into the cardboard tube. 2. Tape the funnel and cardboard tube together. 3. Your stethoscope is now ready to use. 4. Practice listening to the heartbeat by putting the funnel on the left side of the chest. Put your ear against the hole at the end of the cardboard tube. 	<p>Students will understand the basic principles of sound transmission by constructing their own stethoscope. They will learn how sound travels through different materials, explore how doctors use stethoscopes to listen to heartbeats, and foster creativity, and enhance their understanding.</p>
2	<u>Germ Spread with Glitter</u>	

	 <p>In this experiment students will learn how germs spread in lots of different ways. Some of them travel in saliva through the air, many germs love to move from person-to-person by personal contact.</p> <p><u>Procedure</u></p> <ol style="list-style-type: none"> 1. Apply a small amount of lotion to a student's hand and sprinkle glitter on top. 2. Ask the student to shake hands with a few classmates. 3. Observe how the glitter (representing germs) spreads. 4. Discuss the importance of washing hands to remove germs. 	<p>By conducting the germs spread through glitters experiment, students will learn how easily germs can transfer between surfaces and people. They will understand the importance of proper handwashing, the effectiveness of hygiene practices, and how everyday activities can contribute to the spread of germs, reinforcing healthy habits</p>
<p>3</p>	<p><u>Healthy Food Sorting</u></p>  <p>With this experiment students will understand the categorization of foods based on their health benefits. Students will learn to distinguish between healthy and unhealthy food options by sorting various food items into appropriate categories.</p> <p><u>Procedure</u></p> <ul style="list-style-type: none"> • Students will be provided with a bucket of pictures. 	<p>Students will learn to distinguish between healthy and unhealthy food options by sorting various food items into appropriate categories. This exercise aims to promote awareness of nutritional values and encourage healthier eating habits.</p>

	<ul style="list-style-type: none">• Students will sort the food items into the "Healthy" and "Unhealthy" containers based on their understanding.• Go through the sorted items with the group, discussing each category.	
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