EDUKalo

dheerya foundation

©

dheerya foundation

Science

6th Grade

©

Scan to give Feedback

MINERALS & RELATED DEFICIENCIES

- Minerals are the organic components found in nature that help in the growth of the human body.
- Human body requires minerals to function properly.
- For example: Ca-calcium, Mg-magnesium, Fe-iron, Na-sodium, I-iodine, P-phosphorus, K-potassium

dheerya foundation

©

Scan to give Feedback

OBJECTIVES

Students identify the minerals present in our diet

dheerya foundation

©

Scan to give Feedback

PRE-ASSESSMENT

- What is the most common food source of calcium? (Milk)
- What mineral does the salt that we use everyday contain? (Sodium)
- Name at least three minerals

dheerya foundation

©

Scan to give Feedback

LEVEL-1

ACTIVITY:

- Match the following
- The students will be matching the options based on the given hints
- Column A is the function of the respective mineral, and column B is the list of the minerals

©

Scan to give Feedback

LEVEL-1

	Column A		Column B
1	Important for bones	a	calcium
2	Important for teeth and bones	b	sodium
3	Improves blood flow	c	iodine
4	Healthy hair	d	Phosphorous

©

Scan to give Feedback

LEVEL- 2

ACTIVITY:

- Divide the students into two groups.
- Ask them the following questions.
- Onions are rich in minerals with atomic number 11 (Sodium)
- Fish is rich in minerals with atomic number 53 (Iodine)
- Pomegranates are rich in minerals with atomic number 15 and 20 (Phosphorus and Calcium)
- Eggs are rich in minerals with atomic number 20 (Calcium)
- Fresh fruits are rich in minerals with atomic number 11 (Sodium)
- Green vegetables are rich in minerals with atomic number 26 (Iron)
- The hint in the question is the atomic number
- The students have to guess the answer based on the atomic number
- The group that gives the correct answer gets one point

©

Scan to give Feedback

POST ASSESSMENT

To assess the knowledge of the students at the end of this activity, ask them the following questions:

- From level 1 activity, what do you think the deficiency of the minerals would lead to?
- State a few more examples of mineral rich foods.

dheerya foundation

©

Scan to give Feedback

Check our website
for more: www.dheerya.org

Help us improve
EDUkala
Share your experience

Scan to give
Feedback

dheerya foundation

Follow us on