

Service Learning Projects

Connecting Service Learning to Curriculum

Project No. 2

1. **Class** 7-Blue / White
2. **Subject area** Lower Secondary Science
3. **Topic** Intake Habits
4. **Name of the project** Food is our source of Energy
5. **Name of the teacher/facilitator and School** John Samuel / Farah Khannum
St. Anthony's High School, Lahore Cantt.

6. **Summary of the project**

The project will bring awareness in the students about the importance of healthy food and the impact of junk food.

7. **Objectives of the project**

- To make the community aware about healthy and junk food.
- To encourage the students to develop habits of taking healthy food for good health.
- To encourage people to help and guide their children that food is a good source of energy, so they should prefer to take healthy food and avoid junk food.
- To create a link between academic work with society for social awareness.
- To enable the students to realize the problems of their society and to work out for the solution of these problems.

8. **Learning component of the project**

- Increased written and oral communication.
- Awareness among students about the quality of food.

8.1 **Approximate number of hours to be spent on learning by each student**

8 hours

9. **Service component of the project**

The students will teach other students and their family members about the distinction between healthy and junk food.



9.1 Approximate number of hours to be spent on providing services by each student

20 hours

10. Key messages of the project

- Eat healthy food in order to remain healthy.
- Avoid junk foods.
- Junk foods make you fat.
- Eat healthy and live healthy.
- Eat more vegetables and fruits.
- Avoid fried food.
- Avoid too many sweets.
- Healthy food makes you smart.

11. Outcomes of the project

- The students will learn that human society requires actively engaged community life.
- The students will become aware about taking healthy food and its benefits.
- The students will be able to convey their message to the society about healthy food.
- The community will know about the junk food and its harmful effects.
- The students will realize that junk food makes them lazy and fat.
- Through this program, the student will get benefit by avoiding junk food and will demonstrate care while eating.
- The students will be able to distinguish between junk and healthy foods.

12. Project cycle

12.1 Preparation stage

- Brainstorming sessions will be organized with the students. The students will come up with innovative ideas for the project.
- Teaching sessions will be held during regular classes in science periods to bring awareness among students.
- Students will be given tips for taking clean and healthy food for themselves and for their family members.
- The students will be given tips about interviewing their school fellows, children, parents and relatives about healthy food.



12.2 Action Stage

- The students will study material related to healthy and junk food.
- Each student will deliver a speech of about 5 minutes on the topic.
- Following questions will be asked from the students;
 - Why do children eat junk food?
 - Do you think that junk food is good for health?
 - Can you explain the health problems due to junk food?
 - What are your feelings when you see other people taking junk food?
 - How can you help others to stop taking junk food?
- Lecture will be delivered to students about the importance of healthy food by a doctor.
- The students will also design a website on the importance of healthy food.
- The students will also prepare charts and models about it. Photographs will be displayed on charts about the people who preferred junk food in restaurants and suffered consequently.
- The students will teach other students and their family members about healthy and junk food. The students will show charts and models to other students.
- The students arrange a trip to a nearby school and will give speeches on the importance of healthy food to the students.

12.3 Reflection stage

- **Discussion:** Discussion will be held on activities of the project. The students will think, talk and write about they have learned from the Service Learning Projects.
- **Questions:** A number of questions will be asked from the students about the objectives of the project and difficulties faced by them. They will also be asked about the response of the community.
 - What have you learned from this project?
 - How did the people and society respond while you were conducting the project?
 - Did you feel that your project made a difference?
 - What problem did you face during the project?
 - Were you successful in conveying the message to the community?



- Did the people take the issue more seriously?
- What is the most successful thing about your project?
- What change would you like to see regarding health?

- **Self Assessment:** The students will be given a performa to fill in, so they can assess their own learning from the service learning projects.
- **Assessment by the teacher:** The teacher will also fill a performa to assess and rate the performance of the students.

12.3 **Recognition and celebration**

- **Award ceremony:** A party will be arranged and certificates will be awarded to the students for their efforts and success.
- **Speeches:** Speeches will be delivered by the students and the teacher about the success of the project.
- **Future plan:** The students will make future plans about continuing the project in future.
- **Publicity:** The report of the project will be published in the school's magazine. The names of the outstanding students will be displayed on the notice board.

