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## **Part A:**

### **Personal approaches to Teaching and Learning**

Teaching philosophy is something related to the practical and theoretical approaches and concepts of teaching and learning. To be a good teacher it is very important to concentrate on the teaching approaches because the future of students is in the hands of teachers. A qualitative and a standardised approach to teaching involve some important practices. Some of these are: An approach to teaching must be purposeful. It is very necessary that every lesson we teach has some purpose and linked to the life and interest of students. Only then they will be able to concentrate on those lessons (Hale 2005). The purpose helps students by providing them opportunity in formation of their own goals and objectives for learning. All the lessons we teach to students should be based on real life situations so that students should apply them to certain situations of their life. They should not become spoon feeder but should be provided with the knowledge that could help them out to take logical decisions when actual situation come (Davis 2009) . Teaching should be transparent so that students can evaluate the skills and trainings they are getting during the teaching and can easily monitor how the teachings are linked with their learning purpose (Korn,2003) .

The best teaching and learning build expertise in students. It is very important for teacher to build experts for the future. Teacher should teach them in such a way that students could link their present lessons with their past learning. With the help of this they will remember their earlier education as well and become expert in the fields of their interest. Now, after the thorough study and building proper expertise in students it is also necessary to assess them on the teachings that we have provided. So, that it can be evaluated that how much they have learnt from that teaching (Korn 2003). There should be a systematic approach to the teaching. Proper and systematic collection of data of the performance of students is very necessary. A good teacher is one who evaluates the performance of students time to time that will also help in monitoring and evaluating the successful teaching skills (Davis 2009). It also helps teachers to improve on the area they lack.

There are basic six steps in improvements that teacher can apply in his teaching practices. First step is planning on how to improve the learning sessions. To make improvements in sessions prior planning is very important to run the session successfully. The second step is to

make the teaching and learning relevant for students so that they will not lose their interest. The third step is enriching the experience of teaching in teacher and learning in students. The next step is the evaluation on the review of material like whether teachers are using and reviewing the teaching materials properly or not? Evaluation or improvement is not only done for teaching skills but also for assessment. It is very important to evaluate that whether the feedback provided by teacher is relevant for student and is helping them out in improving their performance or not? And the last step is to monitor and improve the good and fair practice of teaching (Davis 2009).

### **Activities for year 6 Nutrition**

We have done certain activities for year 6 nutrition to make students literate about the intake of nutritious diet.

### **Activity on Nutrition Literacy**

We have made 5 teams in a class of 25 students. The students in the teams were selected on random basis. Now, we have prepared certain crossword puzzles those are the perfect way of fun and education to teach the students about the certain concepts related to nutrition. These puzzles help students in learning the many things on nutrition. Each student in 5 teams has given with a study material on nutrition and asked them to read it thoroughly so that they could solve the cross word puzzle (Davis 2009). The material includes the concepts related to health, promotion of healthy food, advantages of healthy eating, what nutrition are necessary for 6 year child to grow and the importance of certain vitamin, minerals and food materials on their health, disadvantages of junk food, hygienic food, etc. After studying the material students were able to learn about the importance of vitamins, minerals and other nutrition and nutritious diets in their life (Davis 2009).

Now, after a thorough study it was a time to evaluate and to assess them and assessment was done by using crossword puzzle. The printable crossword puzzle with healthy themes has given to every student that include word search puzzles related to promotion of healthy food, promotion of healthy food groups, and healthy messages to the students. Every student in group has given puzzles on different topics like related to breakfast diet, fiber, food safety, lunch diet and fruits and vegetables (Palmer,1998). Now, we evaluate every time on the basis of different topics given to them. Like which team won in breakfast diet, then which on fiber, on food safety, fruits and vegetables and which team on food safety. So, these puzzles were a

great source of fun and learning for students. They were really excited and happy in taking up such puzzles (Palmer,1998).

### **Activity on Numeracy of nutrition**

In the numeracy we wanted to increase the number of students who follow the healthy diet and wanted to evaluate their present diet and improvement in their future diet. So, we have provided each student with a diet tracking sheets in a class of 25 students. The sheets provided to them included the whole diet chart that is necessary for 6 year old student to follow. The tracking sheets were very cute and full of pictures to attract students and pictures to motivate them in following the proper diet. The percentage of calories and other nutrients available in the food were also mention in the sheets. Now, students have told to fill the track sheet by check the boxes given in the colourful sheets to track the record that whether they have followed the diet or not (Palmer,1998) . The grades were given to them on the basis of improvement in their diet. They were to track breakfast and dinner at home and some track records were made at school. There was an award on regular basis for the students who have followed the perfect diet previous day. This helps in motivating them to intake perfect and health diet and to make them learn about the nutrition necessary for them and the percentage of each nutrient. This was a fun activity that helps students and parents to measure their current habits on the basis of grades and marks given to the student (Palmer,1998).

### **Important application on health and diet available for children on i-phone**

<https://www.youtube.com/watch?v=W-2rWaIc3Qk>

In application is an animated video related to the health eating. Children at this age generally get attracted towards the lessons given by animated videos or cartoons. So, the video is based on educating the students on balanced and healthy food diets.

I will add this video in the study because it is very necessary to teach children in classifying the food and moreover the importance of everything like capsicum or green vegetables, bread, meet, milk has already explained in video and this video attract the students because it is a real fun to see videos while studying. It will create interest among students regarding the topic and helps them in learning about various healthy eating's and balanced diet (Korn,2003)

The video has proper pictures and names of the products that helps students identifying the things easily and helps them to know about the importance of various things. Then in the second part of video a well balanced diet has shown those helps in motivating children to in take the balanced meal. They will ask their parents to buy those vegetables. They will see the pictures and evaluate the necessity of diet. The videos or visual aids have long term effect on minds of students than the theoretical teaching (Korn,2003).

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