

Ottawa Islamic School

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Teacher: Nousher Tariq

Lesson Plan / Week 3: Feb 16

Class: 12 Code: HFA4U

	Friday
Topic	Nutrients and Their Importance
Instructional Strategies	Video links/ Text book
Assessment / Evaluation	None
Classwork.	<ul style="list-style-type: none">• Energy balance.• Physical processes involved in energy balance.• Nutritional status of different foods.
Materials & Resources	Pen, paper & Notebook