

Chapter 4

Human Digestive System

LESSON PLAN

SPECIFIC OBJECTIVES

The students will learn about

- ❖ need of food
- ❖ nutrients of the food
- ❖ nutrition and steps in nutrition
- ❖ human digestive system
- ❖ process of nutrition
- ❖ indigestion
- ❖ healthy and unhealthy food habits

Teaching Aids

Pictures/charts/models/animation on food sources of carbohydrates, human digestive system; four types of human teeth, milk teeth, permanent teeth, salivary glands in man, location of taste buds on tongue; movement of food in oesophagus, structure of liver, pancreas and intestinal villi, children suffering from kwashiorkor and marasmus

Teaching Strategy

- ❖ Teacher will start the chapter by discussing the need of food for living beings.
- ❖ Teacher will discuss about the components of food by defining nutrients, their types, sources and functions in the body.
- ❖ Teacher will discuss nutrition and steps in nutrition.
- ❖ Now, teacher will ask students to solve 'Check Point 1'.
- ❖ Teacher will discuss human digestive system along with different types of teeth and their functions in humans and will help students to perform Activity 1.
- ❖ Now, teacher will ask students to solve 'Check Point 2 and 3'.
- ❖ With the help of suitable teaching aids, teacher will explain the process of nutrition in humans which occurs in different parts of the digestive system.
- ❖ Teacher will discuss the role of enzymes in the digestion of food.

- ❖ Now, teacher will ask students to solve 'Check Point 4'.
- ❖ Teacher will discuss about indigestion, its symptoms and causes.
- ❖ Teacher will discuss healthy and unhealthy food habits and ways to keep oneself healthy.
- ❖ Now, teacher will ask students to solve 'Check Point 5'.
- ❖ At last, teacher will sum up the lesson by going through the points given under the head 'Wrapping It Up'.
- ❖ Teacher will finally help students to answer the questions given under the head 'Test Yourself'.

Boost Up

- ❖ Teacher can help students to perform the activities given in chapter.
- ❖ Teacher can make students revise new terms given under the head 'Know These Terms'.
- ❖ Teacher can encourage students to learn the facts given under the head 'Something More'.
- ❖ Teacher can show animations related to the topics taught, if possible.
- ❖ Teacher should encourage students to eat healthy food for good digestion.
- ❖ Teacher should give Activity 1 as class assignment.
- ❖ Teacher should encourage students to maintain oral hygiene while explaining structure and types of teeth.

Expected Learning Outcomes

The students understand and know:

- ❖ need of food and nutrients
- ❖ nutrition and the steps involved in it
- ❖ human digestive system and its different parts
- ❖ process of nutrition in humans
- ❖ role of enzymes in digestion
- ❖ indigestion, its symptoms and causes
- ❖ healthy and unhealthy food habits and ways to keep oneself healthy

Evaluative Questions

The teacher should ask the following questions to evaluate the students:

1. Why do we need food?
2. What are different nutrients of food?
3. Name the digestive glands found in humans.
4. What is the role of saliva in the digestion of food?
5. Where does absorption of food take place in the alimentary canal?
6. What are the benefits of eating healthy food?