



LESSON PLAN

SPECIFIC OBJECTIVES

- The students will learn about
- ▶ the main groups of food
 - ▶ junk food
 - ▶ different types of food in India
 - ▶ healthy food habits

TEACHING AIDS

A chart showing different foods, blackboard, chalk and digital content.

TEACHING STRATEGY

- ▶ Talk about body-building, energy giving and protective foods.
- ▶ Give examples of junk food, energy-giving foods, body-building foods and protective foods.
- ▶ Tell about the importance of eating a balanced diet.
- ▶ Make the students understand that the amount of food eaten depends on the age, gender and physical activity.
- ▶ Sum up the chapter by going through the points under the head 'Remember'.
- ▶ Finally, help the students to do all the exercises.

BOOST UP

- ▶ Show charts of food depicting body-building, energy-giving and protective foods.
- ▶ The students can be asked to bring different dishes.

EXPECTED LEARNING OUTCOMES

The students are able to learn about

- ▶ different kinds of food
- ▶ different types of food in India
- ▶ healthy eating habits

EVALUATIVE QUESTIONS

The teachers may ask the following questions to evaluate their students.

1. What is your favourite food?
2. Why should we avoid junk food?
3. Why should one follow good food habits?