



LESSON PLAN

SPECIFIC OBJECTIVES

- The students will learn
- ▶ why food is cooked?
 - ▶ methods of cooking
 - ▶ kinds of utensils/vessels
 - ▶ kinds of fuels and stoves

TEACHING AIDS

Raw foods (carrots, radish, cucumber), some vessels, blackboard, chalk, duster, digital content.

TEACHING STRATEGY

- ▶ Tell the benefits of cooking.
- ▶ Explain the different methods of cooking food such as roasting, steaming, boiling, etc.

BOOST UP

- ▶ Display the foods which can be eaten raw.
- ▶ Display the vessels used in cooking. Ask the students to look at the vessels and draw them.
- ▶ Ask them to go to the kitchen and observe the stove and fuel used for cooking food.
- ▶ Sum up the chapter by going through the points under the head 'Remember'.
- ▶ Finally, help the students do all the exercises.

EXPECTED LEARNING OUTCOMES

The students are able to

- ▶ know the benefits of cooking
- ▶ know the different methods of cooking
- ▶ know the vessels used for cooking

EVALUATIVE QUESTIONS

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

1. Should we eat half-cooked food?
2. Why should we not eat roasted food much?