



# Food and Digestion

## LESSON PLAN

### SPECIFIC OBJECTIVES

The students will learn about

- ▶ nutrients in our food
- ▶ balanced diet
- ▶ the process of digestion
- ▶ food of plants
- ▶ food of animals
- ▶ food chain and food web

### TEACHING AIDS

A chart showing the digestive system, blackboard, chalk, duster and digital content.

### TEACHING STRATEGY

- ▶ The Warm Up activity shows fruits which are good for health. Discuss with the students the benefits of fruits.
- ▶ Explain that food contains nutrients like carbohydrates, fats, vitamins, proteins and minerals.
- ▶ Tell about the importance of eating a balanced diet.
- ▶ With the help of the chart, explain the process of digestion.  
Mouth → Foodpipe → Stomach (food churned) → Small intestine (where digestive juices from liver and pancreas are mixed in food) → Large intestine (water is absorbed) → Anus (solid waste is excreted)
- ▶ Explain that glucose gives us immediate energy.
- ▶ Explain the process of photosynthesis.
- ▶ Tell about insectivorous plants.
- ▶ Explain the difference between herbivorous, carnivorous and omnivorous animals.
- ▶ Give examples of parasites and decomposers.
- ▶ Explain food chain and food web.

### BOOST UP

- ▶ Show chart/animation of the digestive system.
- ▶ Show pictures/animation of insectivorous plants.

## EXPECTED LEARNING OUTCOMES

The students are able to learn about

- ▶ digestion.
- ▶ photosynthesis.
- ▶ herbivorous, carnivorous and omnivorous animals.
- ▶ food chain and food web.

## EVALUATIVE QUESTIONS

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

1. Why do we drink glucose, water when we are tired?
2. Why some plants cannot make their own food?
3. What are parasites?
4. What is a food chain?