



LESSON PLAN

SPECIFIC OBJECTIVES

The students will learn about

- ▶ different kinds of food
- ▶ special food for the elderly and the sick
- ▶ need to respect food

TEACHING AIDS

A chart paper with pictures of fruits, drinks, chips, milk and different food types; a duster, chalk, blackboard, projector, pointer, etc.

TEACHING STRATEGY

- ▶ First, introduce the students to the 'Warm Up' exercise.
- ▶ Then, the teacher may tell difference between healthy and unhealthy foods.
- ▶ The teacher may ask the students features of different foods.
- ▶ Lastly, the teacher should tell the importance of respecting food.

BOOST UP

- ▶ The teacher may ask the students to give examples of healthy and unhealthy foods.
- ▶ Ask the students to name food items to be given to a patient.
- ▶ The teacher may ask students to give reasons to save food or to donate it to the needy only.

EXPECTED LEARNING OUTCOMES

The students are able to

- ▶ differentiate between different kinds of food
- ▶ know reason why young persons need more food
- ▶ learn about special food for the patients.

EVALUATIVE QUESTIONS

The teacher may ask the following questions for evaluating his/her students.

1. Which foods are good for health?

2. Why do young persons and old people need different types of food?
3. Which special foods are easily digestible?
4. Why should we respect food and never waste it?