

Chapter 11

Health and Cleanliness

LESSON PLAN

SPECIFIC OBJECTIVES

The students will learn about

- ❖ cleanliness
- ❖ personal cleanliness
- ❖ looking after the body
- ❖ cleanliness in surroundings
- ❖ *Swachh Bharat Abhiyan*

Teaching Aids

Pictures/charts/models/animation on the topics given in the chapter.

Lesson Plan

- ❖ Teacher will start the chapter with 'Gear Up' section by discussing the importance of cleanliness.
- ❖ Teacher will describe cleanliness and will explain personal cleanliness, ways to maintain it and its importance.
- ❖ Teacher will explain the role of food, exercise, recreation, rest and sleep in keeping the body fit and healthy.
- ❖ Now, to test the understanding of students about the topics, teacher will ask them to solve 'Check Point 1'.
- ❖ Teacher will discuss cleanliness in the surroundings and explain causes of unhealthy surroundings and ways to improve it.
- ❖ With the help of suitable teaching aids, teacher will discuss *Swachh Bharat Abhiyan* by explaining its objectives.
- ❖ Now, teacher will ask students to solve 'Check Point 2'.
- ❖ At last, teacher will sum up the chapter by going through the points given under the head 'Wrap up now' and revising the 'New Words'.
- ❖ Finally, teacher will help students to solve all the exercises given under the head 'Practice Time'.

Boost Up

- ❖ Teacher should encourage students to practise personal cleanliness.
- ❖ Teacher should encourage students to eat healthy food and avoid junk food for good health.
- ❖ Teacher should encourage students for playing outdoor games.
- ❖ Teacher should encourage students for keeping their surroundings clean.
- ❖ Teacher should ask students to explore the ways for making *Swachh Bharat Abhiyan* successful.

Expected Learning Outcomes

The students understand and know

- ❖ cleanliness.
- ❖ ways for keeping personal cleanliness.
- ❖ role of food, exercise, rest and recreation in good health.
- ❖ importance of cleanliness of surroundings.
- ❖ objectives and importance of *Swachh Bharat Abhiyan*.

Evaluative Questions

Teacher may ask the following questions for evaluating learning and understanding of students:

1. What is cleanliness?
2. What is personal cleanliness?
3. Why should we not eat junk food?
4. Who launched *Swachh Bharat Abhiyan* and when?