

Chapter 1

Food We Eat

LESSON PLAN

SPECIFIC OBJECTIVES

The students will learn about

- ❖ need for food
- ❖ components of food
- ❖ balanced diet
- ❖ ways to avoid food wastage

Teaching Aids

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

Lesson Plan

- ❖ Teacher will start chapter with 'Gear Up' section by asking questions related to pictures given in the section.
- ❖ Teacher will revise the digestive system which students learnt in previous class.
- ❖ Now, with the help of suitable teaching aids, teacher will discuss the need of food and its components, the various sources of food components and their functions in the body.
- ❖ To check the understanding of students about the topic, teacher will ask them to solve 'Check Point 1'.
- ❖ Now, teacher will define balanced diet and discuss its importance.
- ❖ Teacher will explain the ways to avoid food wastage.
- ❖ Now, teacher will ask students to solve 'Check Point 2'.
- ❖ At last, teacher will sum up the chapter by going through all 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 demonstrate the activities given in the chapter.
- ❖ Teacher should encourage students to eat healthy food for good health.
- ❖ Teacher should explain to students the reasons for not wasting the food.

Expected Learning Outcomes

The students understand and know

- ❖ need for food.
- ❖ components of food, their sources and functions in the body.
- ❖ balanced diet and its importance.
- ❖ ways and reasons to avoid wastage of food.

Evaluative Questions

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

1. What does our digestive system do?
2. Why do we eat food?
3. Which chemical is used to test the presence of starch?
4. What are dairy products?
5. Which nutrients are called protective food?