

LESSON PLAN

SPECIFIC OBJECTIVES

- The students will learn about
- ❖ nutrients and nutrition
 - ❖ food groups
 - ❖ nutrients of food, their sources and functions
 - ❖ balanced diet
 - ❖ deficiency diseases
 - ❖ need of cooking food and its correct ways
 - ❖ undernutrition, malnutrition and obesity

TEACHING AIDS

Pictures/charts/models/animation on different food items, related to three groups of food; balanced diet; undernutrition, diseases due to malnutrition, obesity (as given in the chapter).

LESSON PLAN

- ❖ Teacher will start the chapter by going through the points given in 'Know these points before you start' section.
- ❖ The teacher will define the nutrients and nutrition.
- ❖ With the help of teaching aids, the teacher will discuss energy-giving, body-building and protective foods.
- ❖ Teacher will discuss the importance of dietary fibres and water in food.
- ❖ Teacher will explain the nutrients of food, their sources and their functions in the body.
- ❖ Teacher will discuss the causes and the symptoms of various deficiency diseases.
- ❖ Teacher will ask students to solve Check Points 1, 2, 3 and 4.
- ❖ Teacher will define a balanced diet, its components and importance.
- ❖ Teacher will discuss the importance of cooking food and correct ways of cooking.
- ❖ Teacher will discuss causes and harms of undernutrition, malnutrition and obesity.

- ❖ Now, teacher will ask students to solve Check Point 5.
- ❖ Teacher will make students revise the new terms given under the head 'Know These Terms'.
- ❖ Finally, teacher will help students to solve the questions given in exercises under the head 'Practice Time' and 'Think Zone'.

BOOST UP

- ❖ Teacher should demonstrate and explain activities given in the chapter.
- ❖ Teacher should discuss the information given under the head 'Something More'.
- ❖ Teacher should discuss the conversation of Annu and Mannu given in between the topics.
- ❖ Teacher should discuss the facts given in the table.
- ❖ Teacher should encourage students for eating a healthy and balanced diet.

EXPECTED LEARNING OUTCOMES

The students understand and know

- ❖ food nutrients – carbohydrates, fats, proteins, vitamins and minerals, their sources and functions.
- ❖ the method to detect specific nutrient in food.
- ❖ importance of dietary fibres and water in digestion of the food.
- ❖ advantages of taking a balanced diet regularly.
- ❖ causes and symptoms of deficiency diseases.
- ❖ importance of cooking food.
- ❖ causes and results of undernutrition, malnutrition and obesity.

EVALUATIVE QUESTIONS

The teacher may ask the following questions for evaluating the understanding of students:

1. What is the difference between nutrients and nutrition?
2. What do you mean by energy-giving foods?
3. Which component of food helps in the bowel movement?
4. Name the complex carbohydrate which is tasteless and odourless white powder.
5. Why do we take balanced diet properly?
6. How is kwashiorkor caused?
7. What are the causes of obesity in children?