

# Chapter 3

## Food and Health

### LESSON PLAN

#### SPECIFIC OBJECTIVES

The students will learn about

- ❖ balanced diet
- ❖ junk food
- ❖ ways to make the diet healthier
- ❖ diseases related to food habits and lifestyle
- ❖ deficiency diseases
- ❖ adulteration in food items

#### Teaching Aids

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

#### Lesson Plan

- ❖ Teacher will start chapter with 'Gear Up' section discussing the effects of healthy and unhealthy foods on health.
- ❖ With the help of suitable teaching aids, teacher will explain the importance of food, its nutrients and their role in the body.
- ❖ Teacher will explain balanced diet and its need.
- ❖ Teacher will discuss the junk food and its harms as well as healthy food and its benefits.
- ❖ Teacher will discuss the ways to make the diet healthier by explaining the sprouts and fermented food and the processes of sprouting and fermentation.
- ❖ To check the understanding of students about the topic, teacher will ask them to solve 'Check Point 1'.
- ❖ Now, teacher will discuss food habit-related and lifestyle-related diseases, deficiency diseases, their causes and preventions.
- ❖ Teacher will discuss adulteration in food items and its harms to human body.
- ❖ 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 encourage students to eat healthy food and keep hygiene as a part of healthy life.
- ❖ Teacher should discuss food adulteration and its impacts on human health.
- ❖ Teacher should emphasise that adulteration of food is a crime against humanity.
- ❖ Teacher should encourage students to adopt healthy lifestyle to avoid lifestyle-related diseases.
- ❖ Teacher should help students in carrying out activities given in the chapter.

### Expected Learning Outcomes

The students understand and know

- ❖ food, its components and their role in the body.
- ❖ balanced diet and its need.
- ❖ junk food and its harms, and healthy food and its benefits.
- ❖ sprouts and fermented food and their benefits.
- ❖ process of sprouting and fermentation.
- ❖ food habit-related and lifestyle-related diseases, deficiency diseases and their preventions.
- ❖ food adulteration, common food adulterants and their impacts on human health.

### Evaluative Questions

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

1. What are the components of food?
2. What is a balanced diet?
3. Why is junk food not good for health?
4. What is fermentation?
5. What are deficiency diseases?
6. What are food adulterants?