

## SPECIFIC OBJECTIVES

The students learn about

- ❖ nutrients of food and their need in the body
- ❖ balanced diet and its variations
- ❖ the need of exercise, rest and sleep to the body
- ❖ names of different vitamins and minerals, their functions and sources

## TEACHING AIDS

Pictures/charts/animations of food items containing carbohydrates – wheat, rice, glucose, potatoes, etc., proteins – milk, eggs, fish, pulses, cheese, etc., fats – butter, ghee, oil, vitamins, minerals; their functions and sources. Milk, fruits, vegetables; balanced diet; children doing exercise, taking rest and sleeping.

## LESSON PLAN

- ❖ Teacher will start the chapter by asking some general questions on healthy food based on previous knowledge of students.
- ❖ Now, teacher will discuss the need of food that it gives energy to perform all life activities.
- ❖ Teacher will define the term nutrients and their role. With the help of teaching aids, teacher will discuss about five main nutrients of the food, their sources and role (as given in the chapter).
  - Carbohydrates are energy-giving foods. Glucose is the source of instant energy.
  - Fats are energy-giving foods that give twice the amount of energy as compared to carbohydrates. But they do not give instant energy.
  - Proteins are body-building substances. They are obtained from plants and animals.
  - Vitamins and minerals are protective foods. They get destroyed on heating. Vitamins A, D, E and K are fat-soluble vitamins while vitamins B and C are water-soluble vitamins.
  - With the help of teaching aids, teacher will discuss about the types, functions and sources of vitamins and minerals (as given in chapter).
  - Roughage is the fibre part of the food that helps in bowel movement.
  - Now, teacher will discuss the role of water that it provides a medium for dissolving food nutrients and transporting the substances within the body.
- ❖ To check the understanding of students about the topics, teacher will ask them to solve 'Checkpoint 1'.

- ❖ Now, with the help of teaching aids, teacher will discuss about balanced diet. Teacher will also discuss that the balanced diet for all the persons is not same. It depends on the person's age and working style.
- ❖ With the help of teaching aids, teacher will discuss the need and benefits of exercise, rest and sleep to the body.
- ❖ Now, teacher will ask students to solve 'Checkpoint 2'.
- ❖ At last, teacher will make students revise the new terms given in 'Science Vocabulary' and sum up the lesson by going through the points given in 'Wrapping it up'.
- ❖ Now, teacher will help students to solve the questions given in 'Exercises'.

### BOOST UP

- ❖ Teacher should encourage students to carry out activities given in the chapter.
- ❖ Teacher should discuss the conversation of Annu and Mannu given in bubbles in between the topics.
- ❖ Teacher should help students to find the answers of questions given in 'Think Zone' and encourage to do activities or projects given in 'Beyond the Text'.
- ❖ Teacher should ask students to prepare their daily diet chart and write its all the nutrients.
- ❖ Students should be encouraged to assess their diet as healthy or unhealthy based on the nutrients present in it.
- ❖ Students should be encouraged to take healthy food for their proper growth.

### EXPECTED LEARNING OUTCOMES

The students

- ❖ know about different types of nutrients of food and understand their need in the body.
- ❖ know about a balanced diet and its variations.
- ❖ understand the need and benefits of exercise, rest and sleep to the body.

### EVALUATIVE QUESTIONS

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

1. What are nutrients?
2. Name the five nutrients of the food.
3. Which type of foods are called energy-giving foods?
4. What is the difference between carbohydrates and fats?
5. What are protective foods?
6. What are fat-soluble vitamins?
7. Which nutrient does the water contain?
8. What is a balanced diet?
9. Is the diet for a child and an old person same?
10. What is the good source of sodium in food?