

**SPECIFIC OBJECTIVES**

- The students learn about
- ❖ the need of food
  - ❖ food pyramid and healthy food
  - ❖ groups of different foods based on their functions
  - ❖ healthy food; junk food and its harms
  - ❖ balanced diet and its advantages
  - ❖ healthy eating habits

**TEACHING AIDS**

Pictures/charts/models/animations/samples of different fruits, vegetables, grains, pulses, nuts, milk products; Food pyramid; Junk foods; Healthy eating habits (as given in the chapter).

**LESSON PLAN**

- ❖ Teacher will start the chapter by asking some general questions on food we eat.
- ❖ By showing pictures/charts of different fruits, vegetables, grains, etc., teacher will explain that the food we eat gives us energy to carry out all the functions of body and activities of life.
- ❖ Now, teacher will display picture/chart/model of food pyramid and explain its each group. The teacher will explain that the food shown at the base of pyramid should be taken more in the diet, whereas that at the top should be taken least and occasionally.
- ❖ Now, with the help of teaching aids, teacher will explain about healthy food and junk food and the harms of junk food.
- ❖ Teacher will explain that besides giving energy, food has other functions too.
- ❖ With the help of teaching aids, teacher will explain that the food which gives us energy is called energy-giving food; food which helps us grow is called growth food and the food which saves us from diseases is called protective food.
- ❖ To evaluate the learning of students, teacher will ask them to solve 'Checkpoint 1'.
- ❖ Using teaching aids, teacher will explain about balanced diet and its advantages. Teacher will also tell about unbalanced diet and its harms.

- ❖ With the help of different teaching aids, teacher will explain healthy eating habits (as given in the chapter) and encourage the students to follow these habits.
- ❖ 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'.
- ❖ Teacher should also discuss the facts given in 'Interesting Information'.
- ❖ Students can be encouraged to list their favourite foods and categorise them according to their functions.
- ❖ Students should be encouraged to get the picture of their favourite dish and write its ingredients.
- ❖ Students should be asked not to waste the food and give the leftover food to someone needy.

### EXPECTED LEARNING OUTCOMES

The students know about

- ❖ the need of food and its functions
- ❖ food pyramid and its significance
- ❖ different groups of food and their functions
- ❖ healthy food and junk food
- ❖ harms of junk food
- ❖ balanced diet and its advantages
- ❖ healthy eating habits

### EVALUATIVE QUESTIONS

The teacher may ask the following questions for evaluating his/her students.

1. Why do we need food?
2. Which food group of food pyramid saves us from diseases?
3. Which food items give us energy?
4. Which food helps us grow?
5. Name some junk food items.
6. Why should we chew the food properly?
7. Why should we not eat uncovered food?