Healthy Eating

6

SPECIFIC OBJECTIVES

The students learn about

- need of food
- components of food
- testing for starch and fats in food
- balanced diet
- different ways of cooking food
- different methods of food preservation

TEACHING AIDS

Pictures/animations showing food arranged in a plate and a child having food; Wheat, rice, potatoes, sweets, fruits on a chart (for carbohydrates); Pulses, soyabean, milk, egg, meat, fish on a chart (for proteins); Butter, ghee, nuts, cooking oil, meat on a chart (for fats); Fruits and vegetables (for vitamins and minerals); Salad (for roughage); Food pyramid; Boiling, frying, steaming, roasting and baking of food; Salting and drying of food in the sun.

LESSON PLAN

- Teacher will start the chapter by asking some general questions on food, based on previous knowledge of students.
- Now, with the help of teaching aids, teacher will explain the need of food and its importance.
- Teacher will explain about nutrients and their types found in food, i.e., carbohydrates, proteins, fats, vitamins and minerals.
- Now, with the help of teaching aids, teacher will tell about the sources and need of each type of nutrients:
  - **Carbohydrates** are energy-giving nutrients. Teacher will explain the method to test their presence in the food and will tell that starch becomes blue when a drop of iodine solution is mixed with it.
  - **Proteins** help in the growth of the body and repair of damaged cells.
  - **Fats** are energy-giving nutrients that give energy when we do physical activities. Teacher will explain the method to test the presence fats in the food.
  - **Vitamins and minerals** do not give us energy but protect us from diseases.

- Teacher will also explain the importance of roughage and water in the food.
- To check the learning of students, teacher will ask them to solve 'Checkpoint 1'.
- Now, teacher will define a balanced diet. With the help of food pyramid, teacher will discuss different groups of food and the amount of food that should be taken from each group to get a balanced diet.
- Teacher will explain the need of cooking food. Further, with the help of different teaching aids, teacher will tell about different ways of cooking food and good cooking habits (as given in the chapter).
- Now, teacher will explain the need of preserving food and with the help of different teaching aids, will explain different ways of preserving food.
- Teacher will give tips to reduce food wastage.
- To evaluate the learning of students, teacher will ask them 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 demonstrate the activities to show students how to test the presence of starch and fats in the food (as given in the chapter).
- Teacher should discuss the conversation of Annu and Mannu given in bubbles in between the topics.
- Teacher should discuss the information given in the 'Knowledge Desk'.
- Teacher should help students to find the answers of questions given in 'Think Zone'.
- Students should be encouraged to take a balanced diet.
- Students should be asked to prepare a table showing the food they ate during the day and assess it as a balanced or an unbalanced diet.
- Students should be asked not to waste the food.

EXPECTED LEARNING OUTCOMES

The students know about

- the need and importance of food.
- different components of the food.
- testing of starch and fats in food.
- a balanced diet and its need.
- different ways of cooking food and good cooking habits.
- need of food preservation and its different ways.
- need to save food.

EVALUATIVE QUESTIONS

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

1. What are nutrients?
2. What are different nutrients of food?
3. To which nutrient group do sugars and starch belong?
4. Which chemical is used to test the presence of starch in food?
5. What is roughage?
6. What is the need of water in the digestion of food?
7. What is a food pyramid?
8. Which vitamin is not found in the milk?
9. Why do we eat cooked food?
10. Why do we preserve food?