

6

Eating Healthy Foods

LESSON PLAN

SPECIFIC OBJECTIVES

The students will learn about

- ✧ food groups
- ✧ meal time
- ✧ healthy eating habits

TEACHING AIDS

Pictures/charts/models/animations on a child eating food; some animals eating food; energy-giving food; body-building food; protective food; a child/family having breakfast, lunch and dinner; some healthy eating habits (all as given in chapter)

LESSON PLAN

- ✧ Teacher will start the chapter with 'Gear Up' section discussing the importance of healthy food for the growth of the body.
- ✧ Now, with the help of teaching aids, teacher will discuss the importance of food to the living beings.
- ✧ Teacher will explain the balance diet and its role in maintaining good health.
- ✧ Now, teacher will explain different types of food groups, based on their functions.
- ✧ Now, to evaluate the learning of students about studied topics, teacher will ask them to solve 'Check Point 1'.
- ✧ Teacher will also discuss the importance of water as essential part of our food and body.
- ✧ Now, with the help of teaching aids, teacher will define the three meals of a day, i.e., breakfast, lunch and dinner (as given in chapter).
- ✧ Teacher will also discuss healthy eating habits (as given in chapter).
- ✧ Now, teacher will ask students to solve 'Check Point 2'.
- ✧ At last, teacher will sum up the lesson by going through the points given under the head 'Wrap up now'.
- ✧ Teacher will help students to answer the questions given under the head 'Practice Time'.

BOOST UP

- ✧ Teacher should encourage students to eat healthy food and avoid junk food.
- ✧ Teacher should discuss the importance of three meals of a day.
- ✧ Teacher should also discuss the benefits of healthy eating habits and also about the harms if we do not follow them.
- ✧ Teacher should also encourage students to keep personal hygiene as an essential part of good health.

EXPECTED LEARNING OUTCOMES

The students understand and know

- ✧ the need of food to living beings.
- ✧ different food groups based on their function in the body.
- ✧ water as an essential part of food.
- ✧ three meals of a day.
- ✧ healthy eating habits and their benefits.

EVALUATIVE QUESTIONS

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

1. Why do we need food?
2. Why should we eat a balanced diet?
3. How many glasses of water should we drink every day?
4. What are three meals of a day?
5. Why should we brush our teeth twice a day?