

7

Eating Healthy Food

LESSON PLAN

SPECIFIC OBJECTIVES

The students will learn about

- ✧ the food we eat
- ✧ food sources
- ✧ healthy food
- ✧ good food habits

TEACHING AIDS

Pictures/charts/models/animations on food obtained from plants; food obtained from animals; junk food; good food habits (all as given in chapter)

LESSON PLAN

- ✧ Teacher will start the chapter with ‘Gear Up’ section by giving a brief idea of healthy and unhealthy foods, and will help students to answer the question asked in the section.
- ✧ Now, with the help of teaching aids, teacher will explain the need of food to us and the three meals of a day.
- ✧ Then, teacher will explain the two sources of food.
- ✧ Teacher will give some examples of foods obtained from each source.
- ✧ Now, to evaluate the understanding of students, teacher will ask them to solve ‘Check Point 1’.
- ✧ With the help of teaching aids, teacher will tell the features of a healthy food, its benefits and examples of food items which fall in the category of healthy food (as given in chapter).
- ✧ Now, teacher will define the junk food by telling the harms of eating junk food to our body. Teacher will give some examples of food items which fall under the category of junk food (as given in chapter).
- ✧ Now, teacher will discuss some good food 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 explain why we should follow good food habits and should also explain the harms to our body, if we do not follow these good habits.

EXPECTED LEARNING OUTCOMES

The students understand and know

- ✧ the need of food to our body.
- ✧ the three meals of a day.
- ✧ two sources of food.
- ✧ the differences between healthy food and junk food.
- ✧ good food habits.

EVALUATIVE QUESTIONS

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

1. Name three meals of a day.
2. How many glasses of water should we drink every day?
3. What is stale food?
4. Which food items do we get from animals?