

The Food We Eat

LESSON PLAN

SPECIFIC OBJECTIVES

The students

- learn about what food is
- know about different kinds of food
- learn about the sources of food
- learn about the meals of the day
- learn about junk food
- learn about good food habits

TEACHING AIDS

A chart papers containing pictures of different food items, such as fruits, vegetables, eggs, fishes, meat; different sources of food items, etc., pictures of junk food with a cross on them, blackboard, chalk, duster, pointer, etc.

TEACHING STRATEGY

- First, the teacher will show the 'Warm Up' and give an introduction on food. He/She will make the students understand that though all the eatables are food, some food are not good for health for several reasons (to be discussed later). Now, he/she should ask the question given in the 'Warm Up'.
- The teacher, then, will explain what a food is. He/She may show pictures of different food items. The teacher should show the pictures of those food items which are popular among the students.
- The teacher, then, will tell about the kinds of food—Veg and nonveg food. The teacher should also tell about fruits, vegetables and water.
- The teacher, then, will discuss about the sources of food. He/She may show charts or may use the pictures given on page no. 163 in the Main Textbook to show the food we get from plants and animals. The students can be asked to name a few food items from both the sources.
- The teacher can show pictures of fruit- and vegetable-laden plants, fish, hen, etc.

- The teacher, then, will tell about the 'Meals of the Day'. He/She can prepare a timetable or can ask the students to make it to show the meals taken at different times.
- The teacher, then, will tell about junk food and its bad effects. The teacher must advise the students to avoid taking junk food.
- In the last, the teacher will tell about good food habits.

BOOST UP

- The teacher may advise the students to take all kinds of foods (Balanced diet)—different vegetables, fruits, nonveg food items, milk and water.
- The teacher will advise the students to take fresh and covered food.
- The teacher will tell about the need of taking meals at fixed times.
- With the help of charts/newspaper cuttings/magazine cuttings, show the bad effects of taking junk food.
- The teacher, then, will tell about good food habits. He/She may show some pictures like washing hands with soap, not wasting food, etc.
- The teacher will explain information given in the 'Knowledge Zone'.
- The teacher will ask the students to solve the exercises on their own. He/She will then be able to judge his/her students.
- The teacher will initiate a discussion on the topic given under 'HOTS'.

EXPECTED LEARNING OUTCOMES

The students are able to

- learn about food, i.e., what food is
- understand different kinds of food
- know the different sources of food
- identify the meals taken at different times
- know about junk food and their bad effects on health
- learn about good food habits



EVALUATIVE QUESTIONS

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

1. What is food?
2. How many types of food are there?
3. When should we take dinner?
4. List three good food habits.
5. Complete the following chart:

SEVEN-DAY MEAL PLAN

Name:

Days	Breakfast ____ a.m.	Lunch ____ p.m.	Snacks ____ p.m.	Dinner ____ p.m.	Water (✓ the glasses you drink.)	Milk (✓ the glasses you drink.)
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						