

# Our Food

## LESSON PLAN

### SPECIFIC OBJECTIVES

The students will learn about

- the need for taking food
- the sources of food
- kinds of food
- junk food
- good food habits
- the meals of a day

### TEACHING AIDS

A chart paper containing pictures of different food items, flashcards, a projector, a blackboard, chalk, duster, pointer, etc.

### TEACHING STRATEGY

- First, the teacher will ask the students to solve the puzzle given in Warm Up. The puzzle gives an idea about what food is.
- The teacher, then, will tell that food is the thing that we eat.
- Then, the teacher will tell about the need for taking food.
- He/She should tell the students that one must eat one's food regularly, otherwise, it will affect one's health adversely.
- The teacher, then, will tell about the sources of food. He/She should give examples of food items that we get from plants and animals. In this respect, he/she may use the projector or the chart paper.
- The teacher, then, will discuss about different kinds of food and their importance. He/She may suggest the students to eat all types of food regularly for their growth.
- Then, the teacher will tell about junk food—the food that should be avoided. He/She should strongly advise the students not to take junk food because it is harmful for health.
- Then, the teacher will tell about good food habits that one should follow.

- The teacher, then, will tell about the meals that are taken a day. He/She should advise the students to take their meals at a fixed time.

## BOOST UP

- To make the lesson interesting, the teacher may use a chart paper and flashcards.
- The teacher should advise the students to drink clean water and as much water as possible.
- He/She should strongly advise the students not to waste food.
- He/She may recite and explain the poem given below.

Tomatoes are red, beans are green,  
A brinjal has a crown, just like a queen.  
Potatoes are brown, onions are pink,  
Carrots have juice which I can drink.  
Vegetables make me healthy and wise,

- The teacher, then, should ask the students to solve the exercises.
- The teacher should initiate a discussion on the topic given in Value Corner.
- The teacher may compare the filled table given in Life Skill and may advise the students accordingly.

## EXPECTED LEARNING OUTCOMES

The students are able to learn

- food, i.e., what food is
- different sources of food
- different kinds of food
- junk food
- good food habits that they should follow
- the meals we take in a day

## EVALUATIVE QUESTIONS

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

1. What is food?
2. Why should we eat food?
3. Name a few food items that we get from plants.
4. What are protective foods?
5. Name a few body-building food items.
6. Why should we not eat junk food?
7. List three good food habits.