

Eat Healthy

SPECIFIC OBJECTIVES

The students learn about

- the need of food and its different groups
- food pyramid and healthy food
- groups of different foods based on their functions
- junk food and its harms
- balanced diet and its advantages
- healthy eating habits

TEACHING AIDS

Pictures/Charts of different fruits, vegetables, grains, pulses, nuts, milk products; Picture/chart/model of food pyramid; Junk foods; Pictures/charts/models/animation on healthy eating habits (as given in the chapter)

LESSON PLAN

- Teacher will start the chapter with 'Warm Up' section by asking some general questions on food and help the students to fill in the given boxes.
- By showing pictures/charts of different fruits, vegetables, grains, etc., teacher will explain that the food we eat gives us energy to carry out all the functions of body and activities of life.
- Now, teacher will display picture/chart/model of food pyramid and explain its each group. The teacher will explain that the food shown at the base of pyramid should be taken more in the diet whereas that at the top should be taken least and occasionally.
- Teacher will explain that besides giving energy, food has other functions too.
- With the help of teaching aids, teacher will explain that the food which gives us energy is called energy-giving food; food which helps us grow is called growth food and the food which saves us from diseases is called protective food.
- To evaluate the learning of students, teacher will ask them to solve 'Checkpoint 1'.
- Now, with the help of teaching aids, teacher will explain about junk food and its harms.
- Using teaching aids, teacher will explain about balanced diet and its advantages. Teacher will also tell about unbalanced diet and its harms.

- With the help of different teaching aids, teacher will explain healthy eating habits (as given in the chapter) and encourage the students to follow these habits.
- Now teacher will ask to solve 'Checkpoint 2'.
- At last, teacher will make students revise the new terms given under the head 'Remember These Terms' and sum up the chapter by going through points given under the head 'At One Go'.
- Teacher will also help students to solve all the exercises given under the head 'Check Your Study'.

BOOST UP

- Students can be encouraged to list their favourite foods and categorise them according to their functions.
- Students should be encouraged to get the picture of their favourite dish and write its ingredients.
- Students should be asked not to waste the food and give the leftover food to someone needy.

EXPECTED LEARNING OUTCOMES

The students know about

- the need of food and its functions
- food pyramid and its significance
- different groups of food and their functions
- junk food and its harms
- balanced diet and its advantages
- healthy eating habits

EVALUATIVE QUESTIONS

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

1. Why do we need food?
2. Which food group of food pyramid saves us from diseases?
3. Which food items give us energy?
4. Which food helps us grow?
5. Name some junk food items.
6. Why should we chew the food properly?
7. Why should we not eat uncovered food?