

Healthy Eating

SPECIFIC OBJECTIVES

The students learn about

- need of food and three meals of the day
- components of food
- testing for starch and fats in food
- balanced diet
- different ways of cooking food
- different methods of food preservation

TEACHING AIDS

Pictures showing food arranged in plates for breakfast, lunch, dinner; A child having food; **Pictures** of wheat, rice, potatoes, sweets fruits on a chart (for carbohydrates); pulses, soyabean, milk, egg, meat, fish on a chart (for proteins); butter, ghee, nuts, cooking oil, meat on a chart (for fats); fruits and vegetables (for vitamins and minerals); salad (for roughage); A food pyramid; **Pictures/animation** showing boiling, frying, steaming, roasting and baking of food; Salting and drying of food in the sun.

LESSON PLAN

- Teacher will start the chapter with 'Warm Up' section by asking some general questions on food, based on previous knowledge of students. Teacher will brief about the advantages of nutritious food and help the students to fill in the blank.
- Now, with the help of teaching aids, teacher will explain the need of food and three meals, i.e., breakfast, lunch and dinner of the day.
- Teacher will explain about nutrients their types found in food, i.e., carbohydrates, proteins, fats, vitamins and minerals.
- Now, with the help of teaching aids, teacher will tell about the sources and need of each type of nutrients:
 - **Carbohydrates** are energy-giving nutrients. Teacher will explain the method to test their presence in the food and will tell that starch becomes blue when a drop of iodine solution is mixed with it.
 - **Proteins** help in the growth of the body and repair of damaged cells.

- **Fats** are energy-giving nutrients that give energy when we do physical activities. Teacher will explain the method to test the presence fats in the food.
- **Vitamins and minerals** do not give us energy but protect us from diseases.
- Teacher will also explain the importance of roughage and water in the food.
- To check the learning of students, teacher will ask them to solve 'Checkpoint 1'.
- Now, teacher will define a balanced diet. With the help of food pyramid, teacher will define different groups of food and the amount of food that should be taken from each group to get a balanced diet.
- Teacher will explain the need of cooking food. Further, with the help of different teaching aids, teacher will tell about different ways of cooking food (as given in the chapter).
- Now, teacher will explain the need of preserving food and with the help of different teaching aids, will explain different ways of preserving food and the benefits of food preservation.
- To evaluate the learning of students, teacher will ask them 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 lesson by going through the points given under the head 'At One Go'.
- Now, teacher will help students to solve the questions given under the head 'Check Your Study'.

BOOST UP

- Teacher should perform the activities in the class to show students how to test the presence of starch and fats in the food (as given in the chapter).
- Students should be encouraged to take a balanced diet.
- Students should be asked to prepare a table showing the food they ate during the day and assess it as a balanced or an unbalanced diet.

EXPECTED LEARNING OUTCOMES

The students know about

- the need of food and three meals of the day.
- different components of the food.
- testing of starch and fats in food.
- a balanced diet and its need.
- different ways of cooking food.
- need of food preservation, its different ways and their benefits.

EVALUATIVE QUESTIONS

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

1. What are three meals of the day?
2. What are different nutrients of food?
3. To which nutrient group do sugars and starch belong?

4. Which chemical is used to test the presence of starch in food?
5. What is roughage?
6. What is the need of water in the digestion of food?
7. What is a food pyramid?
8. Which vitamin is not found in the milk?
9. Why do we eat cooked food?
10. Why do we preserve food?