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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 do the maze given in Warm Up.
- ▶ 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 Life Skills.

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.