

TOPIC :FOODS WE EAT

<u>Pre-content/ Content / Post-Content</u>	<u>Learning outcomes / Objectives</u>	
<u>PRE-CONTENT</u>	<u>General</u>	<u>Specific</u>
	Students will be able to :	Students will be able to :
	• recall and list various food items eaten during a day • analyze the importance of different sources needed by human beings for proper development. • relate different food items eaten in different states of India. • develop the concept of digestion and the importance of healthy food for proper digestion	• assess the importance of having different meals during a day. • differentiate between different nutrients obtained from various sources required by human beings for proper development. • explore regional variations in food habits. • label the parts of the digestive system and relate it with its functions
Brainstorming session and interactive discussion will be taken up in which previous knowledge will also be tested by asking following questions : a)Where do we get food from ? b) Who grows food for us ? c) List your favourite dishes <u>CONTENT</u> • Sources of food • Cultural diversity in food <u>POST CONTENT</u> • Importance of food		

HOMEWORK / ASSIGNMENT

1. Work exercises from the “ N.C.E.R.T EVS Textbook-Looking Around “

Teacher's Activity	Students' Activity	Teacher's observation and Remedial
Teacher will : <u>(Integrated Art)</u> - introduce the topic by engaging students in the brainstorming session and ask them to draw or paste pictures of their favourite food items. - show them the video on different types of food and categorize it into - body building , energy giving and protective food. She will show them a nutrient chart . <u>Annexure 6 (A)</u> - introduce the topic by discussing the diversity in food of India by sharing their experiences. (Teacher will conduct an activity on regional food of the state they belong) - show video on the digestive system - ask them to label the parts of the digestive system in the worksheet	Students will : - answer the questions asked by the teacher and prepare a list of food items they always want to eat. - draw/paste the same in the notebook and will be able to analyze the importance of healthy food over junk food. <u>Annexure 6 (a)</u> - discuss different food items eaten in their native state and complete the activity. - watch the video - label the parts of the digestive system in the worksheet	

Teaching aids: YouTube videos , textbook , material required for the activity

Methodology/Innovative Methods : Deductive Activity Method , Brainstorming , Experiential learning

Interdisciplinary Links- Linked with Real life, art , life skills

HOD

COORDINATOR

HEADMISTRESS

PRINCIPAL

Annexure 6 (A),(a)- YUMMILICIOUS

SUBJECT	ENVIRONMENTAL SCIENCE
CLASS	III
CHAPTER/UNIT	FOOD WE EAT
TOPIC	BALANCED DIET
TIME	35 MINUTES
NATURE OF ACTIVITY	INDIVIDUAL

What will I learn (Learning Outcome)? To identify the nutrients present in the ingredients used to prepare the sprout salad.

Skills: Understanding, Analyzing and Applying

What I have to do? Prepare a sprout salad

What do I require? Sprouted moong beans, veggies like chopped capsicum, pomegranate, onion, coriander, boiled potato(in pieces) ,lemon juice, nuts and spices

What do I need to know? Nutrients are the components of food that our body needs in adequate amount for proper growth, to reproduce and to lead a normal healthy life.

➤ **Teacher's Activity** - Teacher will:

- 1) discuss the basic nutrients
- 2) give following instructions-
 - a) Take a bowl and put all the ingredients in it.
 - b) mix it well and enjoy the meal
 - c) complete the observation table.

How will I proceed?

➤ **Students' Activity**

Students will prepare sprouts salad and complete the table.

What have I observed?

<u>S.NO.</u>	<u>INGREDIENTS OF THE SALAD</u>	<u>NUTRIENTS</u>	<u>IMPORTANCE OF NUTRIENTS PRESENT IN THE FOOD ITEM</u>
1			
2.			
3.			
4.			

5.			
6.			
7.			

What have I learnt?

1. Cereals, rice, potato are energy giving foods.
2. Pomegranate is a source of Potassium, Fibres, Vitamin C and Vitamin E.
3. Citrus fruits are source of Vitamin C.
4. Sprouts are a rich source of protein.

What am I curious to learn?

- ❖ Let us find out whether plants also require nutrients like us. If yes, how do they get these nutrients?

Let me evaluate myself :

Q1) What is a balanced diet?

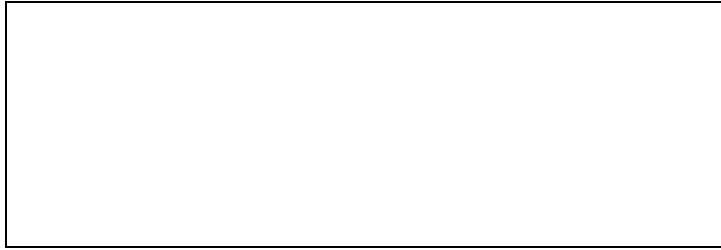
Q2) Eating junk food is not good for your health. Give reasons.(any two points)

a) _____

b) _____

Q3) Which nutrient builds and repairs tissues in our body?

Q4) Draw a balanced diet chart.



Q5) A balanced diet must contain different nutrients in right proportion. Complete the following table:

NUTRIENTS	USE IN BODY	FOOD SOURCE
VITAMINS		
PROTEINS		
CARBOHYDRATES		
FATS		