



Lesson Plan- Ch-10(WHAT IS COOKING)

Learning Goals	- To know the materials used to make utensils - Method of cooking like roasting, boiling, frying etc. - Learning to make some simple dishes.
Learning Outcomes (LO)	- To know different types of utensils in which foods are cooked. - To identify the food items that can be eaten raw / cooked / raw and cooked. - To know different methods of cooking like Roasting , Boiling , Frying , Baking etc. - To know the materials used to make utensils. - To understand how to make sprouts from seeds..
Teaching Learning Activities Planned	- To generate the discussion about the instances of traveling together with family and friends using short questions - To make the toy train using matchboxes and bottles caps. - To paste the pictures of various modes of transport. - To collect pictures of vehicles and classify them as road, water, air transport
Questions on TLOs, HOTS & Correlation with other Subjects	Slow Learner – - List all the food items you eat. - Find out which things we eat raw and which ones we cook before eating ? - Which are the things we eat both cooked and raw ? - What are utensils made of ? - What is used to cook food in your house ? (type of stove) High Achiever – - Why wooden handles are used in cooking utensils? - Correlated with maths , Art & craft .
Life Skills to be developed	- Appreciate the cultural diversity in food making . - Do not waste food. - Save fuel - Learns food value. - Importance of healthy diet. - Sharing and caring . - Quality of Leadership .
Suggested Activities to inculcate Life Skills	- Community lunch to be arranged in the class . - To prepare fruit chaat - Discussion on different fuels used in our kitchen like Kerosene , LPG & How can we save them ?

	Make a list of special dishes that are made on different festivals .
Strategies to evaluate Life Skills	Group activity Pair activity Group activity Individual activity