

TOPIC :WHAT IS COOKING?

<u>Pre-content/ Content / Post-Content</u>	<u>Learning outcomes / Objectives</u>	
	<u>General</u>	<u>Specific</u>
<u>PRE-CONTENT</u> 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 foods.	Students will be able to • recall and list various food items eaten during a day	Students will be able to • assess the importance of having different meals during a day.
<u>CONTENT</u> • Utensils used for cooking • Methods of cooking	• relate with the utensils used for cooking. • explore different methods of cooking.	• deduce benefits of pressure cooking . • differentiate between different methods of cooking .
<u>POST CONTENT</u> • Importance of food	• analyse the importance of food with proper digestion.	• label the digestive system and relate it with the

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 conduct online sessions in which, she will introduce the topic by engaging students in brainstorming session and ask them to draw or paste pictures of their favourite food items.	Students will answer the questions asked by the teacher and prepare list of food items they always want to eat.	
ANNEXURE 10 A conduct an activity in which she will ask them to show utensils from their kitchen set. Students will be exploring the utensils used for various methods of cooking. Teacher will also explain the benefits of using pressure cooker . (Experiential learning)	ANNEXURE 10 a explore different utensils and methods of cooking food. They will also be asked to express their views on different methods of cooking . They will complete the classwork given by the teacher.	
- show video on digestive system - ask them to write the parts of digestive system.	- watch the video - write the parts of digestive system in their notebook.	

Teaching aids: youtube videos , zoom app , textbook , kitchen set utensils

Methodology/Innovative Methods : Deductive Activity Method , Brainstorming

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

HOD

COORDINATOR

HEADMISTRESS

PRINCIPAL

ANNEXURE 10 A and a
(GUESS MY NAME..)

<u>SUBJECT</u>	EVS
<u>CLASS</u>	III
<u>CHAPTER</u>	WHAT IS COOKING
<u>TOPIC</u>	COMMON KITCHEN UTENSILS
<u>TIME</u>	20-25 MINUTES
<u>NATURE OF ACTIVITY</u>	INDIVIDUAL

What will I learn ? (Learning Outcome) To identify various utensils used in Indian kitchen for cooking food.

Skills : Understanding , applying ,analyzing, evaluating ,integrating art

What I have to do? To find out the names of names of utensils used in the kitchen.

What do I require? Knowledge about various utensils and its uses.

What do I need to know? Kitchen set

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

- (1) show a PPT on common utensils used in Indian kitchen and make students aware about the English and Hindi names of utensils.
- (2) conduct an interactive session on common kitchen utensils and where it is used.
- (3) conduct an activity. Teacher will-
 - show utensils one by one to students.
 - ask them to identify the name of the utensil.
 - ask students to tell that where is it used ?
 - assist them to draw the utensils in their notebooks.
- (4) ask students to observe the utensils used in their kitchen .
- (5) tell students the benefits of pressure cooking.

How will I proceed ?

➤ **Students' Activity:** Students will :

- (1) watch the video on common utensils used in Indian kitchens.
- (2) discuss about different utensils which they have seen in their kitchen.
- (3) identify the utensils shown by the teacher.
- (4) tell the English and Hindi names of those utensils.
- (5) observe utensils in their kitchen for recapitulation.

What have I observed : Students will complete the table :

<u>S No</u>	<u>PICTURE OF THE UTENSIL</u>	<u>NAME IN HINDI</u>	<u>NAME IN ENGLISH</u>	<u>USES</u>
1		कड़ाही	WOK	FOR FRYING FOR COOKING VEGETABLES
2				
3				
4				
5				

What have I learnt ? I have learnt the names of common kitchen utensils and where it is used in cooking.

What am I curious to learn ? Let us find out why are handles of utensils made up of wood or bakelite.

Let me evaluate myself :

Q1) Guess my name -

a) I am used to roll out and flatten dough. Who am I ?

b) I am used to scrap ingredients from the sides of the wok/ pan. Who am I?

c) I help you in cutting and chopping. Who am I ?

d) I have a wire mesh to drain the liquids away. Who am I ?

e) I am the only one in your kitchen who whistles. Who am I ?

Q2) Unscramble the letters to know the names of the materials by which cooking utensils are made.

a) OODW - _____

b) CYAL - _____

c) SEELT - _____

d) LPASTIC - _____

e) LAMEINEM - _____

Q3. Write the names of the food items in the correct columns. Draw and colour them.

banana brinjal grapes potato orange lady finger apple rice pumpkin

FOOD EATEN RAW	DRAW AND COLOUR THE PICTURE	FOOD EATEN AFTER COOKING	DRAW AND COLOUR THE PICTURE

Q4) Name the ways of cooking food.

a) We make chapattis by this method

R			S				G
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b) We cook rice by this method

S				M			G
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c) We cook potatoes by this method

	O		L			G
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d) We cook bread and cakes by this method

B					G
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Q5) Draw a pressure cooker and write down any two benefits of pressure cooking.

Ans) (i) _____

(ii) _____

