



Master Lesson Plan

For

From Market to Home

Board	Standard	Subject	Chapter	Language	Reference Link	Creation
CBSE	STD IV	EVS	From Market to Home	English	From Market to Home	2020-12

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From Market to Home

1. MS_Objectives - From Market to Home

Notes to the teacher: This asset lays down the proposed plan for transacting this chapter. It states the asset objectives of the MLP.

This asset is for teacher's reference and need not be taught to the students.

Students will be able to:

- explain how vegetables and fruits reach the market from the farms where it is grown.
- discuss the process how produce reaches a Mandi and the preparation by the vendors.
- relate to how vegetables and fruits stay fresh for a longer period.
- informed about some interesting facts about fruits.
- take a survey and create a bar chart based on the favourite fruits and vegetables of their classmates.
- accept that with teamwork we can all achieve more.

Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Main Script	Market	Vegetables and Fruits, Reaching the Market, Veg Fruits, Reaching the Vendor Market

2. IQ_More about Vegetables and Fruits

1. How long do vegetables like tomatoes and brinjal stay fresh?

Answers: If you store them in the fridge it will stay fresh for 7 days otherwise they will get spoilt in 3 days.

2. Why do vendors sprinkle water on vegetables and fruits?

Answers: The vendors sprinkle water on vegetables and fruits to keep them fresh for a longer time so that they can be sold in the market.

3. How is a farmers market different from a supermarket?

Answers: The vegetables and fruits are brought by trucks or carts from the farms to the wholesale market which is called a "Mandi" or the "Farmers market". There the fruits and vegetables are bought by individual 'super markets' or vendors and taken away to be sold to the people.

Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Inquisitive Questions	Market	Vegetables and Fruits, Veg Fruits

3. MS_From Farms to Market

Notes to the teacher:

The teacher begins the class with a few questions and then she summarizes the answers.

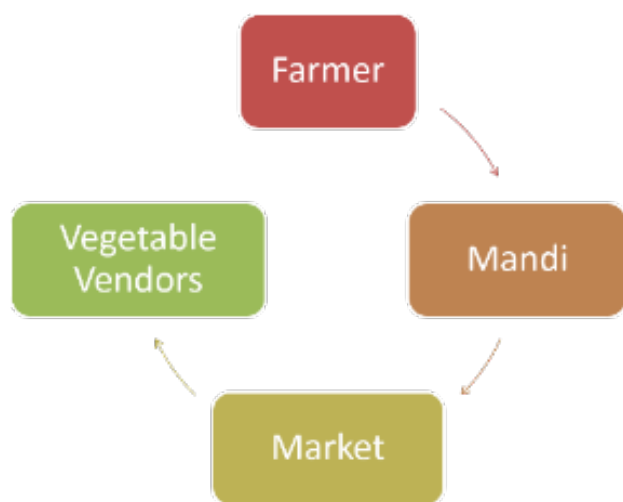
1. Where does your mother buy the vegetables from?

Possible Answers:

Market, Road side vendor.

2. Do you know how vegetables and fruits reach the market?

Possible Answers: Farmers work in the fields for several months to grow different crops based on the different seasons during the year. Every fruit and vegetable has a particular season to be harvested and sent to the market. This market is also called “Sabji Mandi” or “Vegetable market” or ‘Farmers Market’.



Every day thousands of trucks bring fresh produce from all over the country, and the annual arrivals amount to millions of tonnes.

It's colorful because of the variety of produce it gets. Vegetables like big orange pumpkins, bright yellow lemons red tomatoes, and tonnes of green herbs and vegetables make a vibrant collage.



The mandi is where the city gets all its fruits and vegetables from. It receives and distributes millions of tons of fresh produce to different parts of towns and cities.

Image Source:

<https://www.pexels.com/photo/food-healthy-vegetables-potatoes-5205/>

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Main Script	Market	From Farms to Market, From

4. MS_From Mandi to Vendor

Notes to the teacher : (The teacher begins the class with a few questions and then she summarizes the answers.)

1. Which is your favourite vegetable?
2. Do you like to eat the same vegetables every day?
3. How does the vegetable and fruits vendor have fresh ones every day?

In order to have fresh vegetables and fruits every day, we need to buy vegetables and fruits from the vegetable vendor who sells in the markets or brings them on carts outside our homes.

People who sell vegetables at the local areas near our homes or shops are called vegetable vendors. These vendors go to the wholesale markets (Mandi) and buy the vegetables.



The process of how the vendors prepare and sell at their shops or carts:

The vendors start work at 3 o'clock in the morning. The whole family helps them to prepare and sell.

Preparing for the day in the bazaar:

1. The vendor's family puts away the previous day's vegetables and sprinkle water on them to keep them fresh
2. Fresh vegetables like brinjals, potatoes, tomatoes, okra (lady's finger), pumpkins, gourds, chillies and many other vegetables are brought in baskets and sacks from the Mandi by the head of the family.
3. Family members help in sorting the vegetables which are not fully ripe and the ones that are ready to be sold.
4. Vegetables are arranged in a hand cart and they are ready to be taken to the bazaar (market).
5. Regular buyers are waiting to buy these fresh vegetables.
6. Children of these vendors attend school in the afternoon .But in the evenings they help their parents/father or mother to sell previous days vegetables and try to keep the vegetables fresh by sprinkling water.
7. They have a long and tiring day .They sleep by 11.30 at night and wake up again next morning by 3 am to go to the market.



Image Source:

<https://pixabay.com/en/india-market-woman-man-vendor-992329/>

<https://www.pexels.com/photo/china-muslim-shoppers-street-vendors-955117/>

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Main Script	Market	Reaching the Vendor, Reac

5. DD_Ensuring Freshness of vegetables and fruits

Teachers may discuss with the students about how they store vegetables and fruits in their homes and how they ensure that vegetables and fruits stay fresh for a longer period.

- Root vegetables like potatoes, yam, onion etc. do not get spoiled fast and can be stored outside the fridge.



- Vegetables that have hard skin like pumpkin, bottle gourd etc. also stay for many days without getting spoil even if it is kept outside the fridge.
- Vegetables that grow on plants and creepers like beans, tomato, okra etc. do not stay fresh for more than 3 to 4 days if kept outside the fridge.
- Fruits with hard skin like pineapple stay fresh longer than the ones with thinner skin.



- Fruits that are not fully ripe stay in normal temperature until they get ripe. They need to be stored in the fridge once they are ripe- if they have to be kept for a few days.

Image Source:

<https://pixabay.com/en/potatoes-vegetables-erdfucht-bio-1585075/>

<https://www.pexels.com/photo/pineapple-fruit-sea-seaside-29555/>

Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Day-to-day Relevance	Market	Vegetables and Fruits, Veg Fruits

6. IA_Interesting Facts About Fruits

Here are some interesting facts about Grapes and Pineapple

1. Grapes were brought from Spain. Spanish explorers introduced this fruit about 300 years ago. There are more than 8000 varieties of grapes.



2. Explorer Christopher Columbus found pineapple in 1493 in Caribbean islands. He called it “pine de indes” meaning pine of the Indians.
3. Tomatoes are the most popular fruit in the world.
4. The average pomegranate contains 600 to 1,400 seeds.

Image Source:

<https://www.pexels.com/photo/grape-fruits-708777/>

Time to teach	Asset Type	Theme	SubTheme
3 Minutes	Interesting Asides	Fruits	Interesting Facts, Interesting

7. SA_Vegetables and Fruits

Aim: To take a survey and compile the results in the form of bar charts and understand the vegetables and fruits liked by their classmates.

Preparation:

- Teacher will ensure that all students know how to draw bar charts.

- Teacher may divide the class into two or 3 groups depending on the total number of students in the class.
- Each group may have a minimum of 10 and a maximum of 15 students.

Materials Required: Graph paper, pencil, scale and colour pencils

Procedure: Students get into 2 or 3 groups.

Students may use the below shown table format to fill in the details of the vegetables and fruits liked by all the students in the group.

Table 1:

No.	Name of the Student	Vegetable Liked	Fruit Liked

Once this table is filled, the students will have to make another table that gives the consolidated data of how many like a particular vegetable or fruit.

Table 2:

No.	Vegetable	Total nos. who liked

Table 3:

No.	Fruit	Total nos. who liked

These three tables – table, 1, 2 & 3 can be made as a group effort. Once these three tables are ready, the students will make their own bar charts and colour the bars using their graph paper, pencil, scale and colour pencils.

One example has been worked out here for the teacher's reference.

Table 1:

No.	Name of the Student	Vegetable Liked	Fruit Liked
1	Ram	Potato	Banana
2	Shyam	Brinjal	Mango
3	Raheem	Bhendi	Grapes
4	John	Potato	Mango
5	Mary	Raddish	Grapes
6	Gowri	Brinjal	Banana
7	Nita	Bhendi	Grapes
8	Priya	Potato	Mango
9	Heena	Brinjal	Banana
10	Ali	Potato	Mango

Table 2

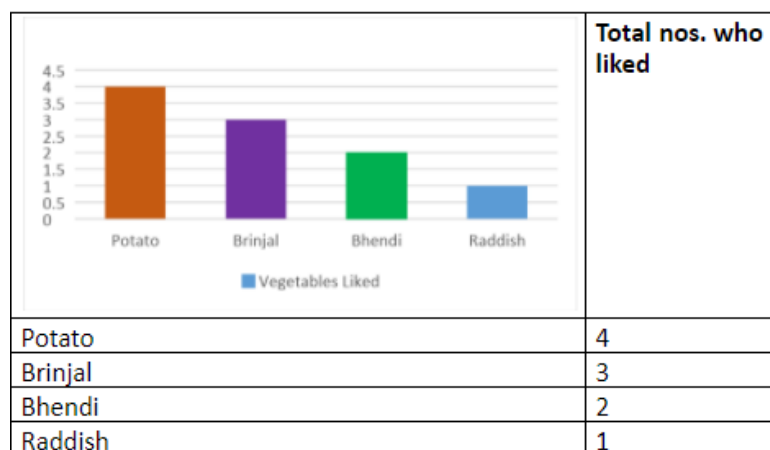
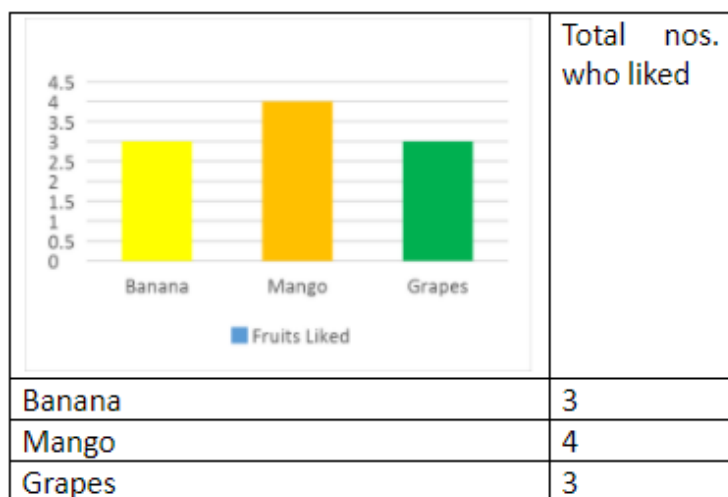


Table 3



Conclusion: Students compare their results with the results of the students in the other groups. Teacher and students declare which vegetable and fruit is the most liked one in their class.

Precautions: NA

Time to teach	Asset Type	Theme	SubTheme
15 Minutes	Suggested Activity	Market	Vegetables and Fruits,Veg Fruits

8. VC_Team Work

Once upon a time, there was a lovely vegetable patch, on which grew a beautiful leafy tree. Both the patch and the tree gave the place a wonderful appearance, and were the pride and joy of the garden's owner. What no one knew was that the vegetables in the patch and the tree couldn't stand each other. The vegetables hated the tree's shadow, because it gave them only just enough light to survive. The tree, on the other hand, resented the vegetables because they drank nearly all the water before it could get to him, leaving him with just enough to survive.

The situation became so extreme that the vegetables got totally fed up and decided to use up all the water in the ground so that the tree would dry up. The tree revolted by refusing to shade the vegetables from the hot midday sun, so they too began to dry up. Before long, the vegetables were really scrawny, and the tree's branches started drying up.

None of them suspected that the gardener, on seeing his vegetable patch deteriorating, would stop watering it. When he did that, both the tree and the vegetables really learnt what thirst was. There seemed to be no solution, but one of the vegetables, a small tomato, understood what was going on, and decided to resolve the problem. Despite the little water available, and the unforgiving heat, the little tomato did all he could to grow, grow and grow...

He managed to grow so big that the gardener started watering the patch again. Now the gardener wanted to enter that beautiful big tomato in a gardening contest.

Soon the other vegetables and the tree realized that it was better to help each other than to fight. They learnt that they should live in harmony with those around them, doing the best they could. So they decided to work together, using both the shade and the water in the best combination to grow good vegetables. Seeing how well they were doing, the gardener now gave his best care to his vegetable patch, watering and fertilizing it better than any other patch for miles around.

- Why did the vegetable plants decide not to cooperate with the tree?
- Why did the tree decide not to cooperate with the vegetable plants?
- How did the little tomato decide to teach everyone a lesson?
- Explain the idea of 'teamwork' in this story.

Time to teach	Value Type	Value Sub Type	Value Attribute
3 Minutes	Right Action		Group Activities

9. QA_Vegetables and Fruits

I) Name the following vegetables:

- They have eyes; they are brown and full of starch. _____.
- They are violet and have a crown. _____.
- They are long, green and look like a finger. _____.
- They are long and has the name of a musical Instrument. _____.
- They are orange and are roots. _____.
- They are red and also a fruit. _____.
- They are very long and has the name of an animal. _____.
- They are very bitter. _____.
- It is very big and it is a creeper that grows along the ground. _____.

Possible Answers:

- a. Potatoes b.Brinjals c.Lady Fingers (okra) d. Drumsticks e. Carrots f. Tomatoes
g. Snake gourds. h. Bitter gourds. i. Pumpkin or ash gourd

II) Give examples of the following:

1. A vegetable that can be eaten raw.

2. A green leafy vegetable.

3. A vegetable which will stay for a few days.

4. A vegetable which has seeds

5. A vegetable with no seeds.

Possible Answers:

1. Cucumber, carrot,etc.
2. Spinach(any other leafy vegetables)
3. Yam, potato(many more possible answers)
4. Pumpkin,(many more possible answers)
5. Potato

III) Given below are names of some fruits and vegetables .Write their names in your local language:-

Apple_____ Onion_____

Mango_____ Cauliflower_____

Orange_____ Potato_____

Guava_____ Peas_____

Mulberry_____ Pumpkin_____

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Assessments	Market	Vegetables and Fruits,Veg Fruits

10. MS_Summary_From Market to Home

In this lesson we discussed

- vegetables and fruits reach the market from the farms where it is grown.
- the process of how produce reaches a Mandi and the preparation by the vendors.
- how vegetables and fruits stay fresh for a longer period.
- informed about some interesting facts about fruits.
- a survey and create a bar chart based on the favourite fruits and vegetables of their classmates.
- with teamwork we can all achieve more.

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