



Master Lesson Plan

For

Foods We Eat

Board	Standard	Subject	Chapter	Language	Reference Link	Creatio
CBSE	STD III	EVS	Foods We Eat	English	Foods We Eat	2020-10

COPYRIGHT NOTICE

- Strictly not for Commercial use.
- Provided on 'as is' basis with no warranties of any kind.
- Content that falls in Public Domain or common Knowledge facts can be used freely.
- Some of the contents are owned by the Third parties and are used in compliance with their licensing conditions. Anyone infringing the Copyright of such Third parties will be doing so at their own risks and costs.
- Content can be downloaded and used for Personal, educational and informational purposes only. Any attempt to remove, alter, circumvent or distort the data that is accessed Is Illegal and strictly prohibited.

Foods We Eat

1. MS_Objectives_Foods We Eat

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:

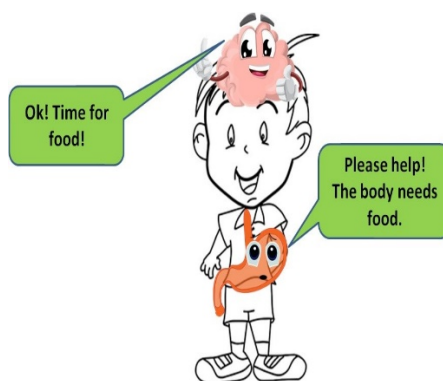
- ❖ interpret how they feel when they are hungry
- ❖ identify the varieties of food we eat.
- ❖ relate to the choice of food they should eat and the way they eat
- ❖ relate to the variety of food items in our country
- ❖ prepare salads with fruits and vegetables
- ❖ appreciate the additional information about the corn
- ❖ practice proper eating habits
- ❖ recall about the foods we eat
- ❖

Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Main Script	Food	Types of Food, Nutrition, Hu Groups, Types of Food, Nutr Food Groups

2. IQ_Feeling of Hunger

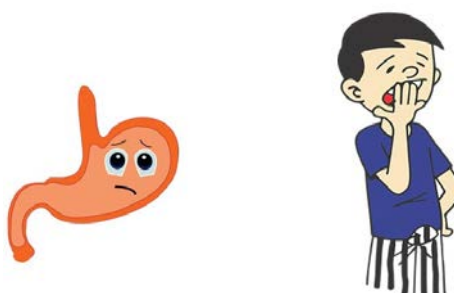
1. What is hunger?

Ans. Hunger is a signal from our body that tells the mind that it needs food.



2. What happens in your body when you feel hungry?

Ans. When we are hungry, our stomach starts giving a rumbling sound. We also start feeling tired and irritated.



3.How do you react when you are hungry?

Ans. When we are hungry we become tired. We cannot concentrate or do our work. We feel like eating something or the other at the earliest.



4. Can you think of a few reasons why food is not cooked at home sometimes?

A few reasons why food is not cooked at home:

1. The family may be poor and would cook only one meal a day.
2. Mother or the person who prepares food may be sick or gone out.
3. Gas cylinder becomes empty and no other fuel to cook food.
4. No water supply on that day.

Notes to teachers: Teacher may enable the students to think and come out with as many answers as possible before giving out the right answer/ answers.

Teachers may also summarize the different answers given by the students and explain the answer further.

Image source:

<https://pixabay.com/vectors/boy-cartoon-child-comic-characters-1296379/>
<https://pixabay.com/vectors/stomach-anatomy-human-body-biology-310730/>
<https://pixabay.com/illustrations/brain-character-organ-smart-eyes-1773885/>
<https://pixabay.com/vectors/comic-emoji-emoticon-face-smiley-1302163/>
<https://pixabay.com/illustrations/yawning-bored-talk-young-woman-1458441/>
<https://pixabay.com/vectors/student-education-boy-school-41444/>

Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Inquisitive Questions	Food	Hunger, Hunger

3. MS_Food We Eat



There are a variety of food items available to us. A few examples of different food items are: Rice with Dal, Chapati with dal or vegetables, poori with potato, noodles, salads, pav bhaji etc. The items of food are prepared using different materials such as rice, wheat, barley, bajra, millets etc.

Sometimes we make a variety of items using the same material .For example: using cooked rice we can make plain rice to be eaten with dal or vegetables , variety rice like lemon rice, curd rice , tomato rice etc. we can also make kheer using rice ,milk and sugar.



The different types of food items are prepared using the easily available material in our area. A few commonly available materials are:



- cereals such as maize, millet, wheat, rice etc.
- meat, eggs, and fish
- pulses or Dal, vegetables, and fruits
- Oils, milk, and dairy products

The different food items prepared depend on easily and freshly available food materials. The food items to be cooked also depend whether we have enough money to buy the things required for cooking.

We also cook a variety of items with the materials which grow in that local region. The taste of food items cooked will also vary according to the region.

Sometimes we also cook according to our customs and traditions. For example: some do not eat meat or fish.

Certain food items are also made to keep us healthy.

The food items may vary according to the state, country, or the climate of place. For example: Punjab state is a major producer of wheat and dairy products. So, the main food items are chapatti and lassi. Rice, tapioca and coconut grow in plenty in Kerala, so the food items consist of varieties made with rice, tapioca and coconut.

Not all people like the same food items. They have their own likes and dislikes. Some may love eating items prepared from rice while some may prefer wheat items. Sometimes we have to eat the food we dislike as they are freshly cooked or good for our health. Occasionally we would like to eat a few food items that we have heard of but not tasted before.

Small babies do not have teeth so they cannot chew food.

Mother's milk is the best food for infants as it is the best source of nutrition for them.

Mother's milk protects the babies against diseases.

Young people can eat all varieties of food as their teeth are very strong.

The teeth and gums of old people become weak.

Their teeth are not strong enough to chew hard food.



Notes to teachers: Before starting the class the teacher can ask the following questions What did you all eat yesterday?

Did everybody eat the same kind of food?

Sometimes many would have had the same item such as chapatti or rice but with different side dish.

Can you name a few food items which you have heard of and not tasted?

Image Source:

<https://pixabay.com/vectors/bread-cultural-culture-curry-food-1296280/>
<https://pixabay.com/photos/lemon-rice-meal-potato-fry-lunch-1341997/>
<https://pixabay.com/photos/fried-rice-tomato-wok-cooking-rice-1118357/>
<https://pixabay.com/photos/vegetables-cook-pot-eat-2008578/>
<https://pixabay.com/photos/grain-corn-beans-seed-natural-563128/>
<https://pixabay.com/photos/string-bean-beans-assortment-3861864/>
<https://pixabay.com/vectors/baby-bottle-care-milk-feeding-147735/>
<https://pixabay.com/vectors/babies-baby-boys-cartoon-child-2028267/>

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Main Script	Food	Types of Food, Types of Foo

4.DD _Types of Food We Must Eat

There are three main groups of foods.

They are Energy giving food, Body building food and Protective food.

We must eat different foods from all the three groups every day so that we have a balanced diet and remain healthy and strong.

Various food items contain different amounts of nutrients required by our body. Everyone needs the same types of nutrients — such as vitamins, minerals, carbohydrates, protein, and fat. However, we need different amounts of specific nutrients at different ages.

Different Meals:

The three different meals that we have in a day are Breakfast, Lunch and Dinner.

Breakfast- It is the first meal of the day.

We may take food like - cornflakes, bread, idly, dosa, ragi, curd, upma, paratha.



Lunch-It is a meal eaten in the middle of the day.

We may take food like - Roti, dal, rice, vegetables, salad, curd.



Dinner-This is the last meal of the day. We should eat light food at night.

We may take food like - soup, roti, rice with dal or a vegetable



Notes to teachers:

Nutrients: Healthy substances in the food that is required for health and growth

Image Source:

<https://pixabay.com/photos/cornflakes-breakfast-healthy-3036766/>
<https://pixabay.com/photos/breakfast-idli-indian-foods-2408818/>
https://commons.wikimedia.org/wiki/File:The_Indian_Balanced_Food.jpg
<https://pixabay.com/photos/soup-consomm%C3%A9-cup-3772559/>
https://commons.wikimedia.org/wiki/File:Fada_ni_Khichadi.jpg

Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Day-to-day Relevance	Food	Types of Food, Types of Foo

5. DD_Variety of food items

A variety of food items in our country are tabulated below:

State	Food items
Punjab	Makke Ki Roti and Sarsoon Da Saag , Lassi
Gujarat	Dhokla ,Thepla ,khandvi
Maharashtra	Vada Pav,Misal Pav , Puran Poli
Bihar	Litti Chokha ,Sattu paratha ,tilkut
Rajasthan	Daal Baati Churma ,gatte ki sabji ,Ghewar
Jammu and Kashmir	rogan josh, dum aloo, rajma chawal,noon chai
Delhi	Chhole Batura ,Chaat
Madhya Pradesh	Bhutte Ka Kees , Daal Bafra
Arunachal Pradesh	Dung Po ,bamboo shoot
Sikkim	Momos and thukpa
Orissa	Pakhala bhata , Dalma , Ghonto
West Bengal	Ilish Bhaap ,Aloo posto , Mishiti Doi

Some common food items preferred by everybody:

French fries , Pizza, Noodles , Burger, Samosa, Dosa , sambhar vada ,bhelpuri or jhal muri ,pav bhaji , pakoras etc.

Notes to teachers: The teacher can start the class by asking the children to mention a few variety of food items they know.

Time to teach	Asset Type	Theme	SubTheme
3 Minutes	Day-to-day Relevance	Food	Types of Food, Types of Foo

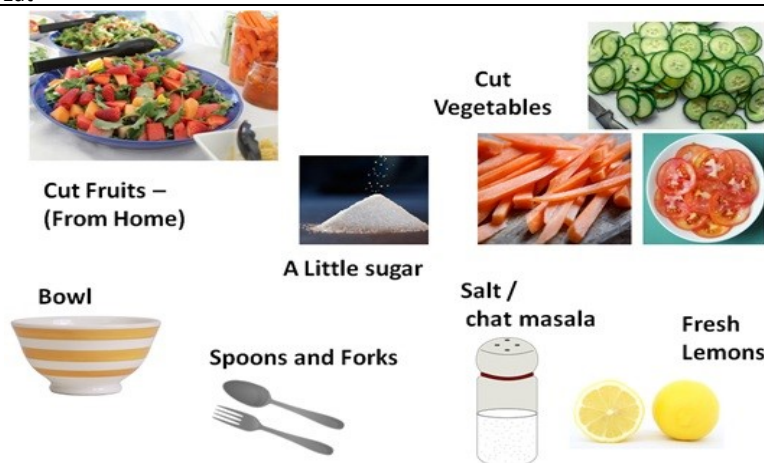
6. SA_Let us Make Yummy Salad

Aim: The aim of this activity is to create awareness about local and seasonal fruits and vegetables available.

Materials required: seasonal Fruits (apple, banana, pear, pomegranate etc.)

Vegetables (cucumber, carrots, tomatoes) Bowls and spoons Salt, and sugar

chat masala or pepper powder lemon juice



Activity: Students are divided into two groups according to the strength of the class.

One group shall make fruit salad and the other group vegetable salad.

The teacher instructs the children to transfer the vegetables into a bowl and add the salt, chat masala and lemon juice to the bowl and mix well.

They add chat masala and a little sugar to the fruits and mix.

The salad is ready to eat.

They can serve in small bowls and share.

It tastes yummy!

Observation: By doing this activity the children will be able to recognize each fruit and vegetable. The children will also come to know the likes and dislikes of their friends with regards to fruits and vegetables.

Conclusion: The children will come to know that a variety of items can be made using the locally available fruits and vegetables.

Notes to the teachers: The teacher can discuss about the fruits and vegetables available and plan accordingly. The teacher needs to plan this activity well in advance so that the students are able to bring enough quantity of fruits and vegetables from their home. As the children are small and cannot handle the knife, they can bring cut vegetables and fruits. The activity can be planned in the morning session.

Image Source:

<https://pixabay.com/photos/food-mixed-fruits-plate-catering-1447627/>
<https://pixabay.com/photos/cucumber-slices-fresh-food-healthy-2424558/>
<https://pixabay.com/photos/blue-bright-close-up-cold-cut-3605374/>
<https://pixabay.com/photos/carrot-vegetable-cut-food-diet-1282799/>
<https://pixabay.com/photos/bowl-dish-yellow-ceramic-dishware-469295/>
<https://pixabay.com/vectors/utensils-silverware-cutlery-spoon-40953/>
<https://pixabay.com/vectors/salt-salt-shaker-salt-and-pepper-3092887/>
<https://pixabay.com/photos/food-fresh-fruit-lemon-lime-1239236/>

Time to teach	Asset Type	Theme	SubTheme
20 Minutes	Suggested Activity	Food	Nutrition, Nutrition

7. IA_Facts about Corn

Corn or Bhutta or maize is a cereal crop used to make corn flour, popcorn, corn flakes and eaten as such also.

A corn is cylindrical in shape and has three parts: husk kernel and cob.

The outer green leaves that covers the corn is called the husk. We remove and discard this part of the corn.

The kernel is the yellow seed of the corn which we eat.

The corn cob or ear of the corn is central part of the corn. It is in this hard stem or stalk on which the kernels grow.

The brown and shiny threads or hair at the top of the corn is called corn silk.

On average an ear of corn has 800 kernels in 16 rows.



Flower



Seeds

Notes to teachers: A few terms

Cereal crops: A crop belonging to the family of grass, which are grown for their edible seeds: Rice, wheat etc.

Edible: which can be eaten

Corn flour is used in north India to make rotis known as Makki ki roti

Image Source:

<https://www.google.com/url?q=https://pixabay.com/photos/corn-on-the-cob-corn-grain-2941068/&sa=D&ust=1569674262191000>

<https://www.google.com/url?q=https://pixabay.com/photos/corn-corn-on-the-cob-vegetables-3560744/&sa=D&ust=1569674262191000>

Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Interesting Asides	Food	Types of Food, Types of Foo

8. VC_Eat Right

Our body is a wonderful gift. A diet consisting of different types of food from various food groups is called a balanced diet.



Activity:

Find out the different food groups. (Clue: Carbohydrates, Proteins, Fat, Fiber, Vitamins, Minerals, Water). Make a note of all the food you eat in a day for breakfast, snack, lunch, dinner and so on. See which foods fall under each food group. Take the help of your parents or teacher. This way you will know how healthy and balanced your diet is.

Groups	Breakfast	Snack	Lunch	Dinner
Carbohydrates				
Proteins				
Fat				
Fibre				
Vitamins				
Minerals				
Water				

We should also observe some good food habits.

Wash your hands properly before and after eating food.



Wash fruits and vegetables before eating.

Keep your nails short and clean.

Always eat fresh food in clean utensils.



Eat slowly and chew your food well.

Rinse your mouth with water after eating.

Do not eat food from outside that is uncovered and unhygienic.

Image Source:

<https://www.pexels.com/photo/blur-breakfast-close-up-cutlery-269257/&sa=D&ust=1569674930130000>

<https://www.pexels.com/photo/cooking-hands-handwashing-health-545013/&sa=D&ust=1569674930130000>

<https://pixabay.com/photos/indian-food-thali-vegetarian-food-2951094/&sa=D&ust=1569674930130000>

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

9. QA_Lets Recall _Foods We Eat

I. Fill in the Blanks:

1. There is a _____ of food items available to us.
2. Sometimes we make a variety of items using the _____ food material.
3. People have their own _____ and _____ with regards to food.
4. Mother's milk is the best food for _____.
5. Sometimes we cook food according to our _____ and _____.

Answers:

1. variety
2. same
3. likes, dislikes
4. infants
5. customs, traditions

II. Give two examples for the following:

1. Cereals we eat:
2. Milk products:
3. Food items prepared using rice:
4. Food items prepared using wheat:

Answers:

1. Rice, Wheat
2. Curd, Butter
3. Idly, Dosa
4. Chapati, Poori

III. Write the answer in one or two sentences:

1. Which shows that we are hungry:
2. Reasons that decide what food is to be cooked:
3. Reasons for not cooking food on a particular day:

Answers:

1. When we are hungry, we become tired easily. We cannot concentrate or do our work.
2. Easily available food items and what food items we can buy.
3. Mother or the person who prepares food may be sick or gone out. Gas cylinder goes empty and no other fuel to cook food.

IV) Give reasons for the following:

1. Sometimes we must eat the food we dislike.
2. Young people can eat all varieties of food.
3. Small babies drink mother's milk.
4. Elders cannot eat or chew foods that are hard.

Answers:

1. Sometimes we must eat the food we dislike as they are freshly cooked or good for our health.

2. Young people can eat all varieties of food as their teeth are very strong.
3. Small babies do not have teeth so they cannot chew solid food.
4. The teeth of old people are not strong enough to chew hard food.

IV) Write True or False and correct the false sentences:

1. We need food to stay alive and work.
2. There are a limited number of food items available to us.
3. Sometimes we make a variety of items using the same material.
4. The three different meals that we have in a day are Breakfast, Lunch and Dinner.
5. When we are hungry, we feel like eating something or the other at the earliest.
6. The taste of food items cooked will vary according to the region.

Answers:

1. True
2. False. There are a variety of food items available to us.
3. True
4. True
5. True
6. True

Time to teach	Asset Type	Theme	SubTheme
15 Minutes	Assessments	Food	Types of Food, Types of Foo

10. MS_Summary_Food We Eat

In this lesson Foods We Eat, we discussed:

- How do we feel when we are hungry?
- Foods of infants and elders.
- Variety of food items and the reasons for this variety.
- Proper eating habits.

Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Main Script	Food	Types of Food, Nutrition, Hu Groups, Types of Food, Nutr Food Groups