



Master Lesson Plan

For

Eating Together

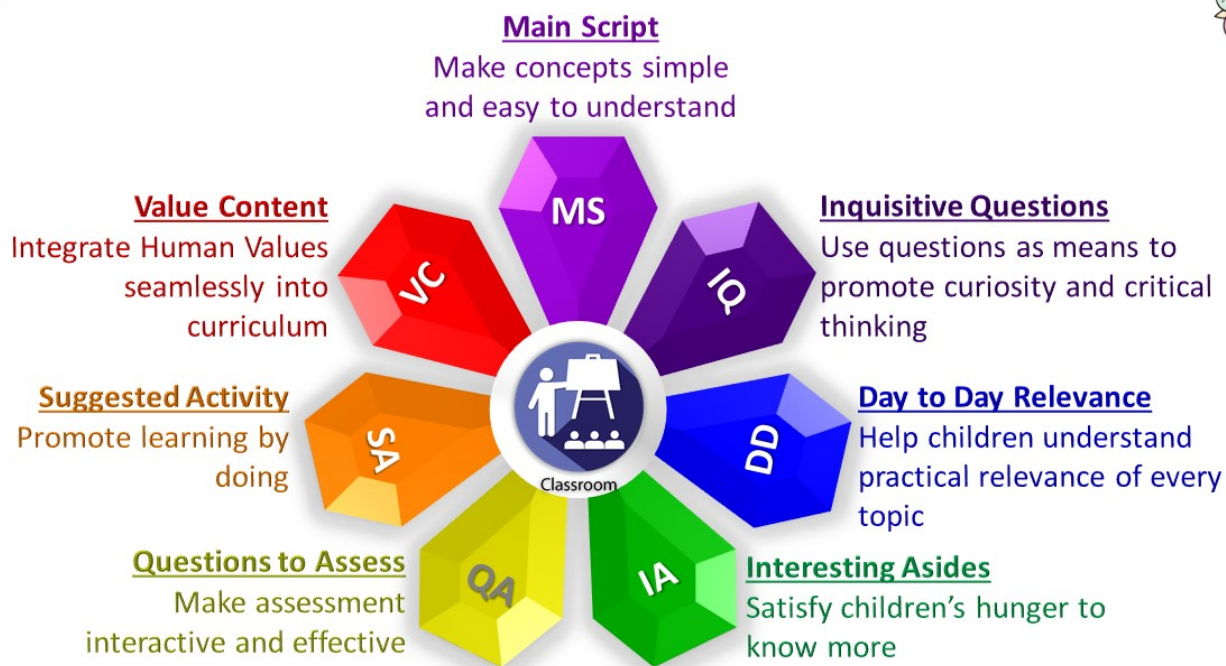
Board	Standard	Subject	Chapter	Language	Reference Link	Creation date
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Master Lesson Plan (MLP) - Covers the entire chapter with the help of these 7 asset types



For more information on how to use the lesson plan effectively, please scroll to the guidelines at the end of this document.

Eating Together

1. MS_Objectives_Eating Together

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-

- list out various occasions where they eat together.
- explain how people get together in Assam for celebrating Bihu.
- examine the Mid- Day meal Scheme.
- demonstrate the celebrations of different harvest festivals of India.
- relate to the benefits of eating together.
- become interested to learn the history of Indian food.
- connect to different foods made during festivals.
- test their knowledge on what they learnt on Bihu.
- share the chores and learn to respect each other.

Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Main Script	Food	Eating Together, Eating Together

2. IQ_Festival Food

1.What is chak-hao?

Ans: Black rice is known as chak-hao in Manipur and it is used to make sweets during major festivals.

2.Bhogali Bihu involves cooking of certain food items like green leafy vegetables .Why?

Ans: Bhogali Bihar involves cooking of certain food items like green leafy vegetables because it celebrates the successful harvest and the abundance of crops.

3. Why do til and gur play a significant role in Harvest festivals?

Ans: Til and gur are two of the most winter-perfect foods which help to keep the body warm and also increase the immunity at the same time.

Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Inquisitive Questions	Festivals	Harvest Festivals, Harvest Festivals

3. MS_Eating Together During Parties and Occasions

Note to the teacher:

The teacher may begin the session by having a discussion on the various situations and occasions when children can eat together in groups.

1. What is your favorite part of the lunch break at school?

Ans. Sitting and eating together is such fun. It also gives us the chance to taste meals brought by our friends. We love it.



2. What are the other benefits of sitting and eating together?

Ans. It helps us to make friends. It also gives us the joy of sharing with each other and tasting different kinds of food.

3. What are the other occasions where you get the chance to eat together with others?

Ans. We get a chance to eat together

- when we have guests at home.
- when we have birthday parties.
- during functions like marriage, childbirth, festival times etc.
- at holy places like Gurudwara, temple, mosque, church etc.

Here we get an opportunity to sit and eat with people who are strangers. We get to learn about their community and their rituals too.



The teacher may explain the concept of the joy of eating together as follows:

1) Eating together during school break time, class parties –Children from different communities have different eating habits. They may bring different things in their lunch box - idli, parantha, dhokla, lemon rice, fruit, sandwich etc. For class parties too, they may bring sweets like laddoo, rosogolla, mysorepak etc. When children share food, they learn about each other's food habits. Sharing leads to caring and making friends too!



2) Parties at home – Children may have parties at home to celebrate birthdays or the birth of a baby etc. At such times, they not only eat and play together, they also get to visit each other's homes. They meet the parents, grandparents and siblings of their friends. This helps them to understand that families live together. Families are the basis on which a society is made.

3) Eating together during occasions and festivals – Celebrating a festival together with friends and family creates a sense of bonding. It makes children understand the differences as well as similarities in the customs of various communities and respect them.



4) The purpose and the benefits of each of the above –

Eating together helps us to hone our social skills.

The purpose of participating in celebrations and festivals at others homes is that the children may understand that the different states of India have diverse cultures. But at the same time, we are all Indian and we are united. There is unity in diversity. For example, the Indian Army has recruits from all states; so does the Indian cricket team.



Image Source:

<https://pixabay.com/illustrations/vintage-picnic-children-birthday-930005/>

<https://pixabay.com/vectors/people-human-group-person-symbol-3245739/>

<https://pixabay.com/photos/kids-child-children-eat-boy-237934/>

<Children> - <Original Click, Sathya, nit.venkat@gmail.com>

<Food Images> - <Original Click, Sathya, nit.venkat@gmail.com>

Time to teach	Asset Type	Theme	SubTheme
15 Minutes	Main Script	Food	Eating Together, Eating Together

4. DD_Benefits of Eating together

Today's busy lifestyle makes eating together a challenge, but it's worth the effort it takes. There are nutritional, health, social, and mental benefits of eating with others.

- It helps to promote good eating habits.
- It improves communication skills .
- Everyone learns how to express a thought, how to listen and take turns .
- Members of the family learn to respect each other.
- Everyone learns the importance and joy of sharing the tasks. Cooking, setting up the table, cleaning and washing dishes are the chores shared by all the members.

- It teaches family values and traditions.
- Eating together improves family bonding.

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Day-to-day Relevance	Food	Eating Together, Eating Together

5. MS_Celebrating Bihu

The teacher may start the class by telling students that there are “Harvest Festivals,” which are celebrated across India with different names. In Punjab they celebrate “Baisakhi”, in Tamil Nadu it is “Pongal” and in Kerala it is “Onam”. Likewise, “Bihu” is the harvest festival celebrated in Assam.

A harvest festival

A harvest festival is a festival for the villagers to celebrate the good yield of crops and offer thanksgiving to God after they have cut the crops. The highlight of this festival is that there is food in abundance after the harvest. A harvest festival is organized to pray together and thank God for the harvest. The entire village participates in this. Thereafter, they sing, dance and eat together.

Bihu is the main festival of Assam.

It marks the beginning of the Assamese New Year. Bihu is celebrated with immense joy and energy in the state.



Bihu is a set of three different festivals:

1. Rangali or Bohag Bihu

2. Kangali or Kati Bihu

3. Bhogali or Magh Bihu

“Magh Bihu”

- It is observed in January.
- The Bhogali Bihu or the Magh Bihu is the one which is all about food.



- The day before Bihu is called *Uruka*.
- On this day, people build temporary huts with hay and bamboo called *Belaghar*.
- The *belaghars* are used for communal meals and get together.

MEJI

- On the day of *Magh Bihu* men build *mejis*.
- *Mejis* are made of hay, dry grass and leaves which are lit up by the eldest member of the family.
- Various kinds of food items like coconut and betel nut are offered to *meji* before it is set on fire.
- Offerings are generally sweet rice cakes.
- They are food items like til, narikolpitha, sungapitha etc.
- The next morning, the community gathers to light the Meji, a large bonfire and pray for a better harvest in the year ahead. Offerings are made to the sacred fire and people later indulge in traditional Jolpan breakfast.



Traditional Dress of Bihu-

Mekhela Chador



- The Mekhela Chador is the traditional dress for women of Assam.
- It is worn by women of all ages except children.
- This two piece garment has a long piece of cloth that is draped from the waist downwards and is then folded into pleats and tucked in.

Image Source:

<https://pixabay.com/photos/bihu-dance-india-assam-travel-169920/>

All images: <Bihu> - Self taken: Surajit Gogoi - gogoi.surajit@gmail.com

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Main Script	Festivals	Harvest Festivals, Harvest Festivals

6. SA_Festivals of India

Aim: To make the children become aware of festivals across States.

Preparation: Make four groups. Allocate one State to each. Then explain the popular

festivals of the State to them.

Suggestion (optional): We can talk about Baisakhi (of Punjab), Onam (of Kerala), Bihu (of Assam) and Uttrayan (the kite festival of Gujarat). The children may be encouraged to find out the words used for greeting in the state they are representing.

Resources: Children may dress up in clothes according to the festival they are celebrating and bring one item of food as per the festival.

Procedure: The Baisakhi group can provide entertainment by doing Bhangra (for Boys) and Giddha (for Girls) dance.

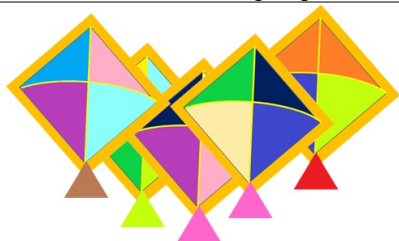


The Onam group can make a rangoli on the floor and hang up paper or flower decorations.

The Bihu group can make Mejis out of straw and food brought by all can be offered to the Mejis.



The Uttrayan group can make kites for all out of thin paper or even old newspaper. It would be fun to fly them together. You can even have a kite flying competition.



After the decorations, greetings, dance, offering of food to God, everyone can share the food and eat together. This will be great fun!

Image Source:

1. <Bhangra> - <<https://search.creativecommons.org/photos/35958247-c8be-44f2-ac97-bf7b47994cf8>>; "Bhangra" by [jay8085](#) is licensed under [CC BY 2.0](#)
2. <Meji> - <<https://search.creativecommons.org/photos/6dd2e9e5-c795-46d5-903c-7abdd2cfa84b>>; "bhogali bihu" by [designadda](#) is licensed under [CC BY-ND 2.0](#)
3. <kites> - <Original drawn, Satya, nit.venkat @gmail.com >

Time to teach	Asset Type	Theme	SubTheme
20 Minutes	Suggested Activity	Festivals	National Festivals, National Festivals

7. MS_Mid Day Meal A boon

The teacher can commence the class by asking students if they know about the Mid-day meal scheme.



The Mid-Day Meal Scheme is a school meal scheme started by the Government of India.

This scheme was started with the sole purpose of improving the nutritional standing of school going children all over the country.

The scheme supplies free lunches on working days for children in primary and upper primary classes in government, government aided and all schools under Sarva Shiksha Abhiyan.

Origin of Mid Day Meal Scheme-

The Government of India initiated the National Programme of Nutritional Support to Primary Education (NP-NSPE) on 15th August 1995.

The first 'child mid-day meal' plan was introduced in the state of Tamil Nadu in India under the then Chief Minister K Kamaraj in 1962–63.

Purpose of Mid-Day Meal Scheme-

- Its main aim is to improve the nutritional status of children because there are some children in the schools who can't even afford to bring food. If the children are hungry, how can they be expected to study?



- It also encourages poor students to come to the school.

Eating together also generates equality amongst students.

- It also reduces the chances of students leaving school due to poverty .

Benefits of Scheme:

1. After the introduction of this scheme, the students have become more enthusiastic to come to school. It has improved attendance level immensely.
2. As the hunger of the students are satisfied, they are able to concentrate better in the classrooms.
3. It inculcates the habit of 'Eating Together' among students by leaving all differences

aside. Students of different castes, backgrounds and communities sit together and eat. This also promotes unity and a sense of bonding.



4. The scheme helps to make sure that students are receiving the right amount of nutrients as per their age.

5. The below table shows the required dietary norms as per the Central government Mid Day Meal scheme. It is mandatory for all the schools under this scheme in India to follow these guidelines.

Entitlement norm per child per day under MDM		
Item	Primary (class one to five)	Upper primary (class six to eight)
Calories	450	700
Protein (in grams)	12	20
Rice / wheat (in grams)	100	150
Dal (in grams)	20	30
Vegetables (in grams)	50	75
Oil and fat (in grams)	5	7.5

As far as micronutrients are concerned, the students are given Iron, Folic acid, Vitamin A etc. in the form of tablets etc.

6. The item wise dietary norms as stated by Central Mid Day Meal Scheme are as below:

Sl. No.	Items	Primary			Upper Primary		
		Requirement under MDM (in gram)	Energy content (in gram)	Protein content (in gram)	Requirement under MDM (in gram)	Energy content (in gram)	Protein content (in gram)
1	Food grains (Rice/Wheat)	100	310	8	150	510	11
2	Pulses	20	70	5	30	105	6.6
3	Vegetables	50	25	---	75	37	---
4	Oil & Fat	5	45	---	7.5	68	---
5	Salt & Condiments	As per need	---	---	As per need	---	---
			450	13		720	20.6

Food which is served under this scheme has to be customized as per the region and the

availability of vegetables, grains etc. For example, in the South they may serve Idli, Sambhar Dosa, Sambhar and Chawal. In the North they may serve Rajma Chawal, Cholepoori etc.



Image Source:

<Midday meal> - <<https://pixabay.com/photos/akshaya-patra-mid-day-meal-children-1023782/>>

<https://pixabay.com/photos/food-for-hungry-children-mid-day-meal-885871/>

<https://pxhere.com/en/photo/684215>

<https://pixabay.com/photos/mid-day-meal-menu-934397/>

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Main Script	Food	Nutrition, Nutrition

8. IA_Few Facts about Indian Food

- Indian food is made up of these primary tastes – sweet , salty , sour, pungent, bitter.
- India is called the land of spices and the largest producer of spices in the world.
- Lentils (Dals), whole-wheat flour, rice etc. have been a part of the Indian diet from around 6,000 B.C.E.(Before Christ Era)
- Black pepper (also known as 'black gold') from Kerala was famous for exports during ancient times which was a much-valued commodity in many parts of the world.
- India is home to one of the world's hottest chillies.

Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Interesting Asides	Food	Eating Together, Eating Together

9. VC_Sharing Is Fun

Note to the teacher: In this context, 'sharing' refers not only to the sharing of table and food but mainly, the sharing of joy and time together while eating.

There can be no unity without diversity. Eating together is an important factor in our social skill development and well-being, with benefits that go far beyond the dining table.



Punjabi LANGARS in SIKH temples (Gurudwaras) serve a simple vegetarian meal to anyone who enters a Gurdwara. Here, food is served without any discrimination on the basis of caste, religion, gender or economic status. The SIKH langars are a symbol of equality created by Sant GURU NANAK himself. It aims to bring people of all backgrounds, religions, and genders together in their kitchens.



Some benefits of everyone eating together:

- Everybody helps.
- You get to taste different foods and flavours.
- You are less fussy.
- You connect easily with others.
- You learn that sharing is fun.



Image Source:

<https://pixabay.com/illustrations/family-eat-sit-rice-meal-dad-1459588/>

1. Langar- <<https://search.creativecommons.org/photos/9f554cb0-c462-43d6-b3ed-f3419392fad6>>; "File:A langar, cuisine communautaire at Gurdwara Bangla Sahib New Delhi India Inde.jpg" by [Jean-Pierre Dalbéra from Paris, France](#) is licensed under [CC BY 2.0](#)

<https://pixabay.com/photos/friends-celebration-dinner-table-581753/>

Time to teach	Value Type	Value Sub Type	Value Attribute
4 Minutes	Love	Unity in Diversity	Quotation

10. QA_Festival of Bihu Let's Recall

(The teacher may print these worksheets and make the students answer them or may even use these questions to set up the questions papers. If the teacher thinks it appropriate, she may teach the children to pray together before starting their meal.)

(A) Answer the following in one word or line-

1. Where is Bihu celebrated?

Ans. Assam

2. What is the traditional dress of Bihu?

Ans. Mekhela Chador

3. Can you name some other harvest festivals of other states of India?

Ans. Pongal, Baisakhi , Onam etc.

(B) Fill in the blanks-

1. The day before Bihu is called _____.

2. A temporary hut made with hay and bamboo is known as _____.

3. A _____ is made of hay, dry grass and leaves.

Answers:

1) Uruka.

2) Belaghar

3) Meji

(C) Write a paragraph explaining how Bihu is celebrated.

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Assessments	Festivals	Harvest Festivals, Harvest Festivals

11. QA_Eating Together let's recall

The Teacher may print these worksheets and make the students answer them or the teacher may even use these questions to set up question papers.

Answer the following

1. What are the items served during the lunch in your school?

Ans. Dal, rice, chapati etc.

2. What is a Mid Day Meal scheme?

Ans. It is a scheme under which food is provided during lunch to the students in the school.

3. Was Mid Day Meal initiated for all the classes?

Ans. No, the meal was started for classes I-V and 2-5 years Pre-school children in rural areas.

Fill in the blanks:-

1. Mid Day Meal was first started in the state of _____ in India.
2. Mid Day Meal was first introduced in Tamil Nadu on _____.
3. _____, was the Chief Minister of Tamil Nadu at that time.

Answers:

- 1) Tamil Nadu
- 2) 1st July, 1982
- 3) Thiru K. Kamaraj

Time to teach	Asset Type	Theme	SubTheme
20 Minutes	Assessments	Food	Eating Together, Eating Together

12. MS_Summary_Eating Together

In this lesson we discussed

- various occasions where people eat together.
- how people get together in Assam to celebrate Bihu.
- examine the Mid- Day meal Scheme.
- the celebrations of different harvest festivals of India.
- the benefits of eating together.
- about the history of Indian food.
- different foods made during festivals.
- celebrating Bihu festival.
- what they learn from eating together.

Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Main Script	Food	Eating Together, Eating Together

Master Lesson Plan

Seven Asset Methodology for MLP

What is the purpose of this Master lesson Plan?	This Master Lesson Plan (MLP) prepared by Sri Sathya Sai Vidya Vahini (SSSVV), covers the entire chapter for the given board. The MLP for the chapter given in the textbook is broken down into smaller modules known as assets. Any chapter can be taught using the 7 asset types in SSSVV methodology. Several different assets together complete the entire chapter. Depending on the requirement, each asset is supported by teaching aids such as animated presentation, audio, video, and learning aids such as worksheets. The MLP is for the teacher's preparation and the teaching aids are for use in the classroom.
How to use it?	You can prepare for your class with this MLP by following 3 simple steps: 1. Read your textbook; 2. Go through the information given in the assets (document & multimedia); 3. Prepare your teaching notes. Great! Now you are ready to transact the chapter.
Duration	Kindly note the duration given for each asset. Due care has been taken in planning the assets, to ensure the chapter is completed within the time specified by the Board. Note: Preparation time is not included in the asset duration. The teaching time depends on the duration of the teaching aids and is not impacted by the length of the MLP.
What is a 'Main Script' (MS) Asset?	The Main Script asset is there for explaining the main concepts of the chapter clearly. The information given in the textbook is simplified, organised and structured to give more clarity. Additionally, you may find a video or mnemonics or a graphic organiser to deepen the understanding of the concept.
How to teach using the MS asset?	Please use the blackboard, slides and interaction to develop the concept.
What is an 'Inquisitive Questions' (IQ) asset?	The Inquisitive Questions asset uses questions to promote higher order thinking like the n^{th} why, what-if, new perspectives, cause-effect, and others, creating curiosity.
How to teach using the IQ asset?	You may use the questions to connect with the students, encourage exploration to engage them in the learning process. You may allow multiple responses and instead of rejecting any of the responses, ask why, before revealing the suggested answer or hints.
What is a 'Day to day Relevance' (DD) Asset?	The Day to Day Relevance asset helps students understand the practical relevance of every topic, making them eager participants in the classroom. If students connect the concepts to their environment, they would learn meaningfully without dislike or simply memorizing for exams.

How to teach using the DD asset?	You may use the asset by asking questions about their experience and use it to establish why they are learning the topic. If necessary you may substitute with a recent or local example.
What is an 'Interesting Aside' (IA) asset?	The Interesting Aside asset uses attention grabbing titbits or anecdotes to bring joy and satisfy the child's hunger to know more. This is a quick/short asset intended to bring attention back to the main concept being taught.
How to teach using the IA asset?	You may use this asset to give a piece of interesting information relevant to the topic, without prolonged explanation/discussion. You may suggest appropriate books for further reading.
What is a 'Suggested Activity' (SA) Asset?	The Suggested Activity asset provides a detailed step by step procedure for the teacher to conduct a hands-on activity. This promotes Activity Based Learning.
How to teach using the SA asset?	You may use this asset to energise your students to learn by doing simple, fun-filled activities based on the topic. The asset includes - preparation, activity, and follow-up. You may engage the students in the preparation and follow-up stages to develop collaboration and responsibility. You could try it once, yourself, before the actual delivery to be more comfortable with it. Note: The duration mentioned in the asset is usually for the activity part only.
What is a 'Value Content' (VC) Asset?	The Value Content asset integrates Universal Human Values (such as empathy, inclusivity, respect for nature that translates into responsible behaviour) seamlessly into the curriculum, as the "End of education is character".
How to teach using the VC asset?	You may use this asset to engage with the students to bring out their innate values and connect with the intrinsic values in the topic/concept. The asset includes pointers on the specific pedagogical technique followed.
What is a 'Questions to Assess' (QA) asset?	The Questions to Assess asset uses an interactive approach to check learning of different types of learners, and provides feedback to the teacher for appropriate action. The questions cater to all the levels of Bloom's Taxonomy. Questions from 'Apply' level and above enable students to reflect on their learning.
How to teach using the QA asset?	You may go through the slides to understand its flow and know when to click for the answer (slides include suggested answers). While presenting in the class, you may display the question and encourage multiple responses, before revealing the answer. In some cases, this asset may include extra questions/worksheet that can be given as homework.