



Master Lesson Plan

For

The Story of Food

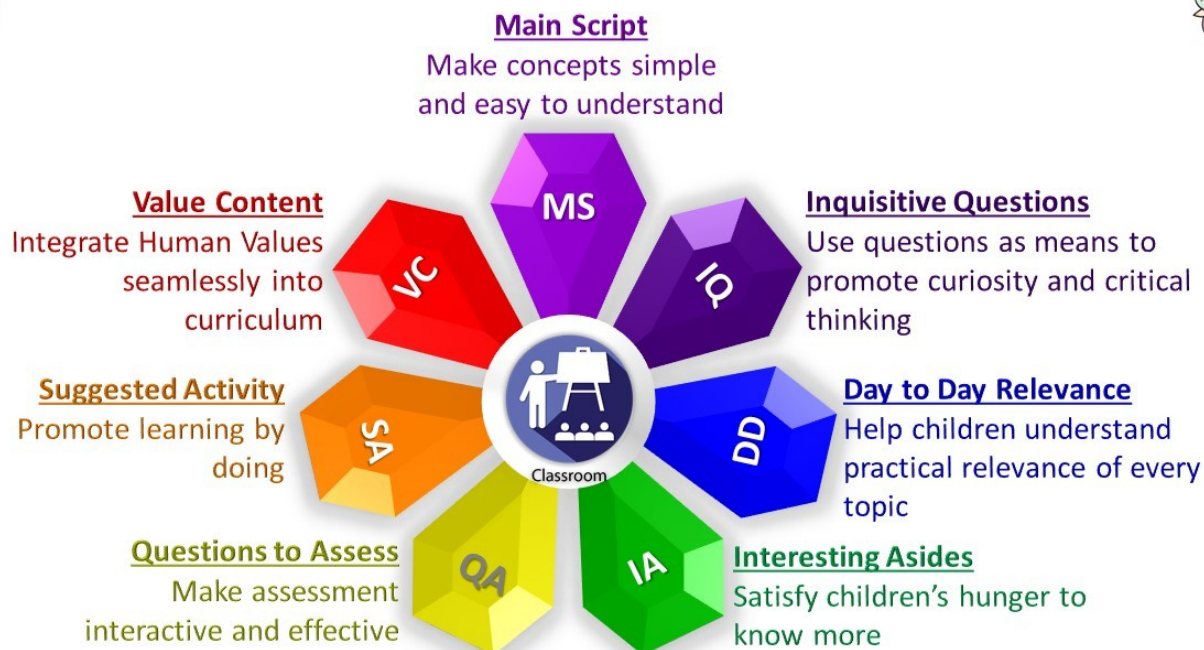
Board	Standard	Subject	Chapter	Language	Reference Link	Creation date
CBSE	STD III	EVS	The Story of Food	English	The Story of Food	2021-01-17 18:25:52

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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.

The Story of Food

1. MS_Objectives_The Story of Food

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 the teacher's reference and need not be taught to the students.

The students will be able to

- give reasons for sharing the work done in our house.
- explain the importance of sharing the work.
- explain the different types of food and their sources.
- prepare a salad using the plant sources.
- relate to home medicines made using plant sources.
- relate to the plants and their medicinal values.
- feel the responsibility in sharing household work.
- explain the various sources of food.
-

Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Main Script	Food	Sharing the work, Sharing the work

2. IQ_Sharing the work done in our house

Notes to teachers: Teachers may encourage 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.

1. In Raj's house, his mother does not have dinner with the other family members. Can you think of a few reasons for the same?

Suggested Answer: She must be busy doing the household chores. The other members of the family may be relaxing and not sharing or helping her with the chores.

2. In Radha's family nobody eats alone but they eat their dinner together. How can this be possible?

Suggested Answer: The family must have shared or divided the work and completed it. So, they are able to sit together and eat their dinner.

3. Can you think of a few household chores which the male members of the house can also do?

Suggested Answer: Cleaning the house, cooking, gardening, folding clothes, etc. are some chores that can be shared by male members too.

4. Time to teach	5. Asset Type	6. Theme	7. SubTheme
8. 3 Minutes	9. Inquisitive Questions	10. Food	11. Types of Food, Types of Food

3. MS _Family at Work

- When the family members share work among themselves it will make the work easy.
- the members will be able to have food together.
- the members of the family will also get time to spend with each other.
- the work will also not be a burden to a single member of the family.

Let's look at Ram's home. It is dinner time, and the work has been divided among the members.

- Ram's father is cutting the vegetables for a salad. Ram is cleaning the table and arranging the plates.
- His sister Sheena is helping her grandmother take medicines. His mother is preparing chapatis, curry, dal, and rice for dinner. Grandfather is filling the water jug.
- They all are enjoying their dinner together.
- Their food consists of important nutrients in proper proportions to keep them healthy

Notes to the teacher:

The teacher may interact with the students about the above scenario by asking the following questions and summarizing their answers:

1. Do we need to have definite work roles for everyone at home?

Possible answer: No, we do not have work roles at home. All the family members can take up any work and ease the burden of others.

2. Are there tasks at home meant only for women or men?

Possible answer: No, men and women can do all the tasks at home. 3. Should the household work be done only by the ladies of the house?

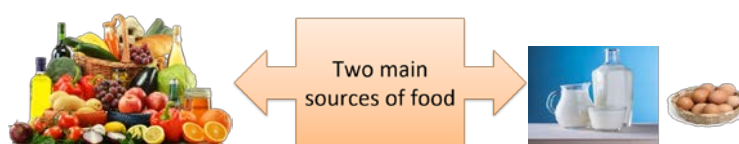
Possible answer: No, the male members can also share a few jobs such as cleaning the house, buying groceries, watering plants, etc.

Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Main Script	Food	Sharing the work, Sharing the work

4. MS_Sources of food.

We all need to eat different types of food to provide the required nutrition for our body to grow

- repair our body
- get energy
- be healthy
- fight against diseases.



Plant source Animal source

We get fruits, vegetables, cereals, pulses, spices, medicines, oils, nuts, etc. from plants. The different parts of plants that we eat are

Root

Beetroot



Carrot



Radish



Stem

Plantain stem



Ginger



Sugarcane



Leaves

Cabbage



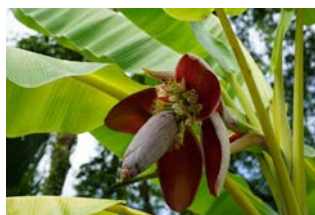
Spinach



Flower



Cauliflower



Banana Flower

Fruits

Apple



Orange

**Seeds**

Wheat



Rice



Maize



Dried seeds are also called nuts. They give us a lot of energy. They are healthy snacks. Walnuts, cashew nuts, almonds are some examples of nuts.



Animals also provide food for us. Meat, fish, eggs, cheese, milk, honey, etc. are animal products.



Meat - sheep, and chicken, etc.



Fish



Eggs - Hen, Duck, etc.



Milk - Cow, Camel, Goat

Products obtained from milk - curd, buttermilk, cream, ice-cream, cheese



Honey- Collected from Bee's hive.

Image Source:

1. Milk: <https://pixabay.com/photos/milk-dairy-products-pitcher-bottle-1887234/>
2. Eggs: <https://pixabay.com/photos/egg-basket-food-kitchen-1686641/>
3. Vegetables and fruits: <https://pixabay.com/illustrations/fruit-free-vegetables-healthy-2198378/>
4. Beetroots: <https://pixabay.com/photos/beets-red-vegetables-burak-healthy-4640139/>
5. Carrots: <https://pixabay.com/photos/carrots-lying-carrot-yellow-beet-2667337/>
6. Radish: <https://pixabay.com/photos/radish-vegetable-vitamin-fresh-4009791/>
7. Plantain flower: <https://pixabay.com/photos/banana-green-india-plantain-flower-207911/>
8. Ginger: <https://pixabay.com/photos/ginger-zingiber-root-asian-spice-676981/>
9. Sugarcane: <https://pixabay.com/photos/sugarcane-cane-crop-sugar-5388614/>
10. Cabbage: <https://pixabay.com/photos/white-cabbage-greens-3502930/>
11. Spinach: <https://pixabay.com/photos/spinach-vegetable-patch-garden-4062500/>
12. Banana flower: <https://pixabay.com/photos/bananas-tree-blossom-bloom-flower-1178092/>
13. Apples: <https://pixabay.com/photos/apple-red-red-apple-apple-orchard-2788599/>
14. Oranges: <https://pixabay.com/photos/naivel-oranges-oranges-bahia-orange-272979/>
15. Wheat: <https://pixabay.com/photos/wheat-grain-agriculture-seed-crop-381848/>
16. Rice: <https://pixabay.com/photos/rice-hand-harvest-grain-thailand-1549130/>
17. Maize: <https://pixabay.com/photos/corn-maize-vegetables-grain-389904/>
18. Nuts – <https://pxhere.com/en/photo/1358179>
19. Meat: <https://pixabay.com/photos/goat-s-flesh-forcemeat-meat-cyro-1585198/>
20. Eggs: <https://pixabay.com/photos/egg-egg-carton-chicken-eggs-818191/>
21. Milk: <https://pixabay.com/photos/milk-drink-healthy-drinking-1223800/>
22. Fish: <https://pixabay.com/vectors/fish-carp-species-fins-scale-47998/>
23. Cheese: <https://pixabay.com/vectors/cheese-dairy-delicacy-295066/>
24. Honey: <https://pixabay.com/illustrations/honey-jar-beekeeping-api-jars-4863342/>
25. <https://pixabay.com/vectors/ice-ice-cream-dessert-chocolate-159744/>
26. Curd: SSSVV Gallery

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

5. SA_Salad making

Aim: To prepare colourful salad using food from plant sources.

Materials required: Vegetables that can be eaten raw, fruits, nuts, salt, salad dressing, honey and enough number of bowls.

Setting for the Activity: Indoor/Classroom

Type of Activity: Group activity

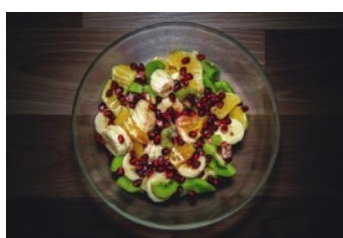
Notes to the teacher:

The teacher has to divide the class into small groups.

Teachers can help children in cutting fruits and vegetables. Nuts can be mixed in a fruit salad.

Procedure:

- Students will be divided into two groups.
- Name the groups as fruit and vegetable groups.
- The children will bring various fruits, vegetables, and nuts.
- The fruit group children can cut the fruits into small pieces and mix all the pieces in a bowl along with nuts to make fruit salad. They may add honey to the salad.
- In the same way, vegetable salad can be prepared by vegetable group children. They can add salt and any dressing (oil, vinegar, lemon juice) of their choice.



Conclusion: Students will learn to make fruit and vegetable salads.

Image Source:

1. Fruit Salad: <https://pixabay.com/photos/fruit-salad-fruits-bowl-kiwi-925997/>
2. Vegetable salad: <https://pixabay.com/photos/salad-figs-cheese-goat-cheese-1672505/>

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

5. DD_Medicines in the kitchen

Medicines in the kitchen



Haldi - doodh speeds up the healing process of any wound and fights infection.



A glass of warm water, with a few drops of lemon, a teaspoon of honey and a pinch of cinnamon can cure cough.



A glass of warm water with cumin seeds, jaggery powder, and a pinch of black pepper can be taken two or three times a day to cure a cold.



Taking boiled water containing cumin (jeera) and coriander seeds cure headaches.



Bael Sharbat relieves constipation.



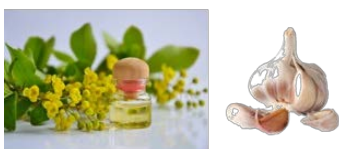
Chewing fennel(saunf) seeds after every meal relieve constipation.



Drinking buttermilk mixed with jeera powder arrests loose motions.



Chewing ginger or roasted cumin seeds will relieve stomach-ache.



Ear infection or any worm in the ear can be cured by adding a few drops of mustard oil containing garlic cloves



Taking raw papaya juice with warm milk in an empty stomach can remove the worms in the stomach.

Image Source:

1. Milk: <https://pixabay.com/photos/milk-glass-glass-milk-tall-220496/>
2. Turmeric: <https://pixabay.com/photos/turmeric-spice-curry-seasoning-2344157/>
3. Lemon water: <https://pixabay.com/photos/glass-mineral-water-slice-of-lemon-371210/>
4. Honey: <https://pixabay.com/photos/honey-spoon-food-natural-liquid-954602/>
5. Cinnamon: <https://pixabay.com/photos/cinnamon-spice-fragrance-christmas-3856849/>
6. Warm water: <https://pixabay.com/vectors/water-cup-beverages-drinking-drink-25169/>
7. Cumin Seeds: <https://unsplash.com/photos/eGWEnG-v0nA>
8. Pepper: <https://pixabay.com/photos/peppercorns-pepper-spices-cook-3914937/>
9. Boiling water: <https://pixabay.com/photos/pot-boiling-water-hot-water-883036/>
10. Coriander seeds: <https://pixabay.com/photos/coriander-seeds-bowl-spices-390709/>
11. Juice: <https://pixabay.com/photos/juice-apple-glass-drink-1584170/>
12. Bael: <https://pixabay.com/photos/aegle-marmelos-wood-apple-bael-301901/>
13. Chewing Fennel seeds: <https://pixabay.com/photos/fennel-seeds-herb-food-eat-307555/>
14. Buttermilk: <https://pxhere.com/en/photo/634129>
15. Jeera seeds: <https://pixabay.com/photos/cumin-white-cumin-herbs-ayurveda-5377179/>
16. Ginger: <https://pixabay.com/photos/ginger-vegetables-food-1960613/>
17. Roasted cumin: <https://pixabay.com/photos/cumin-black-cumin-herbs-ayurveda-5377182/>
18. Mustard Oil: <https://pxhere.com/en/photo/1460665>
19. Garlic: <https://pixy.org/61748/>
20. Papaya: <https://pixabay.com/photos/papaya-food-fruit-healthy-diet-3349834/>
21. Milk: <https://pixabay.com/photos/warm-milk-farmland-sunny-summer-2825847/>

Time to teach	Asset Type	Theme	SubTheme
3 Minutes	Day-to-day Relevance	Food	Nutrition, Nutrition

7. IA Plants and their medicinal value

Some interesting facts about plants and their medicinal value

Bael



The bael fruit helps in curing diseases like diarrhoea and cholera. The bael sherbet is a very popular drink in the summer season as it cools the body and provides instant energy. It is also known as a wood apple.

Tulsi



The juice of tulsi leaves mixed with honey and ginger is effective in reducing cold, and other respiratory diseases. This queen of herbs helps in protecting us from skin, liver, and lung cancer.

Mint or Pudina

A popular herb and well-known mouth freshener. The leaves are added to many dishes to enhance the taste. Mint manages the blood sugar level of the body and aids in digestion. It is also used to treat skin diseases and breathing disorders.

Brahmi

It is an excellent herb for improving brain functions and strengthening memory. Common used as a memory enhancer.

Neem

The bark of the tree is used for malaria, skin diseases pain, and fever. The leaves, flowers and seeds are used to treat intestinal worms. Neem leaf and oil are used for treating skin diseases and heal wounds. The neem twigs are used as toothbrushes. Neem oil is used as insecticides.

Cinnamon

This spice, also known as Dalchini helps in pulmonary problems such as bronchitis, asthma fever, and cardiac disorders.

Image Source:

Bael - <https://pxhere.com/en/photo/979506>Tulsi - <https://pxhere.com/en/photo/537203>Peppermint - <https://pxhere.com/en/photo/611466>Brahmi - <https://pxhere.com/en/photo/499131>Neem - <https://pxhere.com/en/photo/902676>Cinnamon - <https://pixabay.com/photos/cinnamon-spice-cassia-class-233960/>

Time to teach	Asset Type	Theme	SubTheme
3 Minutes	Interesting Asides	Food	Medicinal Value, Medicinal Value

8. VC_Service Begins At Home

Parents always wish to have the best for their children. They help the children to get an education and become good citizens. They also ensure that they get the best nutrition for good health.

Apart from education, activity classes and food, it is also important that children learn some life skills - irrespective of whether it is a boy or girl.

These life skills are important as they make them feel confident and become capable and responsible citizens when they grow up. Not only do the children feel important, responsible but also helpful.

Here is a list of some basic house chores for both boys & girls to help at home:

- Helping mother in cooking irrespective of one's gender
- Setting and cleaning the dining table before and after every meal
- Helping in cleaning the dirty vessels or utensils
- Emptying the trash
- Getting the necessary things from outside (groceries, vegetables, newspaper)
- Keeping the house neat and clean by dusting sweeping and mopping
- Placing things such as books, toys, shoes, etc. in their proper places
- Helping by watering the plants

Time to teach	Value Type	Value Sub Type	Value Attribute
3 Minutes	Love	Sharing	Group Activities

9. QA_The Story of Food

I) Give two examples for the following plant's sources that are eaten :
(The teacher can accept any two answers)

- Roots:
- Leaves:
- Fruits:
- Vegetables:
- Seeds:
- Vegetables eaten raw :

Answer: a. Radish, Carrot b. Spinach, Cabbage c. Apple, Oranges d. Potato, Tomato e. Rice, Wheat
f. Cucumber, Carrot

II) Match the following:

Eggs	Plant source
Milk	Animal product
Honey	Goat
Banana	Hen
Butter	Fruit
Spinach	Milk product

Answer:

Eggs	–	Hen
Milk	–	Goat
Honey	–	Animal product
Banana	–	Fruit
Butter	–	Milk product
Spinach	–	Plant product

III) Which members of the house do the given work
(The teacher can accept the answers given by the children)

Cutting vegetables	
Dusting the house	
Watering the plants	
Keeping books in the rack	
Sweeping the courtyard	
Hanging washed clothes to dry	

Answer:

Cutting vegetables	Father, sister
Dusting the house	Mother, grandma
Watering the plants	Father, brother
Keeping books in the rack	Sister, myself
Sweeping the courtyard	Sister, myself
Hanging washed clothes to dry	Mother, grandma

IV) With the help of the clue find out the animals and their food products in the word grid: (milk, camel, cow, meat, goat, honey, bees, eggs, hen, duck)

A	M	E	A	T	J	C	O	W	Y
B	I	C	D	V	K	A	M	N	H
W	L	F	B	W	H	M	T	Q	S
Y	K	G	F	Q	F	E	E	S	K
Z	A	L	D	Z	X	L	G	E	H
V	G	O	A	T	C	Y	G	W	E
H	O	N	E	Y	V	B	S	O	N
T	D	U	C	K	L	B	E	E	S

Answer:

A	M	E	A	T	J	C	O	W	Y
B	I	C	D	V	K	A	M	N	H
W	L	F	B	W	H	M	T	Q	S
Y	K	G	F	Q	F	E	E	S	K
Z	A	L	D	Z	X	L	G	E	H
V	G	O	A	T	C	Y	G	W	E
H	O	N	E	Y	V	B	S	O	N
T	D	U	C	K	L	B	E	E	S

Time to teach	Asset Type	Theme	SubTheme
8 Minutes	Assessments	Food	Nutrition, Nutrition

10. MS_Summary_The Story of Food

In this lesson we discussed the following:

- importance of sharing the household chores
- sources of food
- medicinal plants
- salad making
- responsibility of sharing the work

Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Main Script	Food	Sharing the work, Sharing the work

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.