



Master Lesson Plan

For

Food and Fun

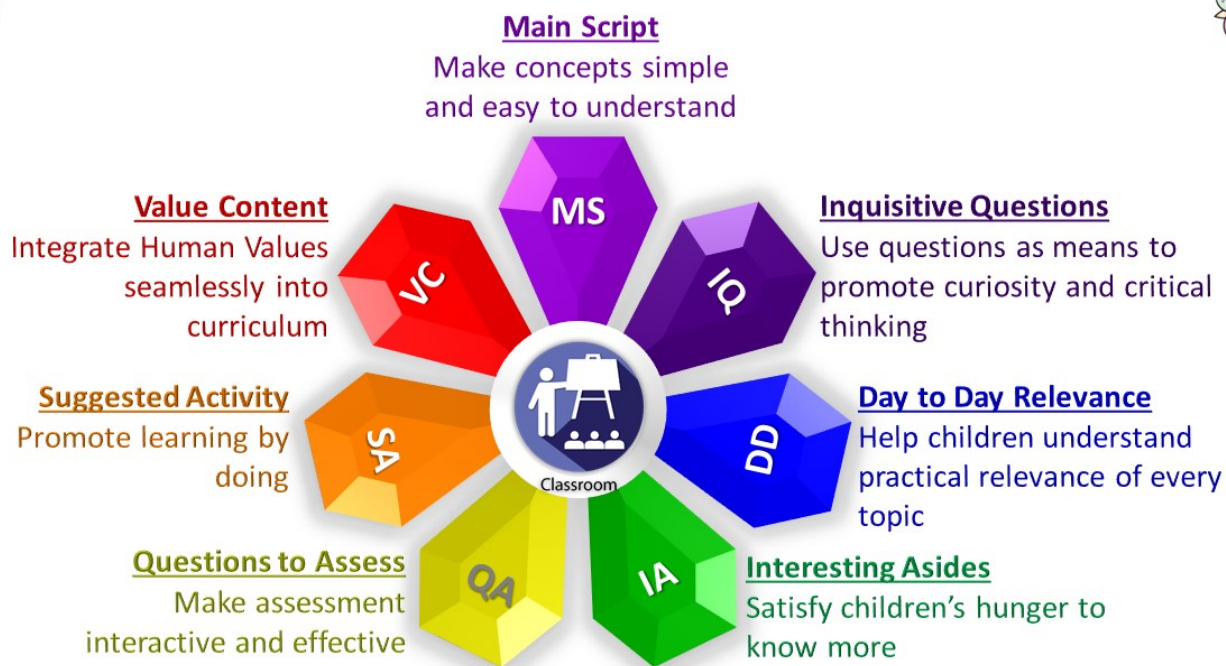
Board	Standard	Subject	Chapter	Language	Reference Link	Creation date
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Master Lesson Plan (MLP) - Covers the entire chapter with the help of these 7 asset types



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

Food and Fun

1. MS_Objectives_Food and Fun

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

- differentiate between a boarding school and a day school.
- explain how everyone contributes selflessly to the Langar.
- describe the significance and importance of Langar in a Gurdwara.
- identify the various places of worship.
- discover different types of practices in places of worship.
- relate to an interesting fact about Harmandir Sahib Gurdwara at Amritsar also known as “Golden Temple.
- examine and understand the value of service and humility that they learnt from Langar at Gurudwara.
- solve a word search puzzle based on the words used in Langar.
- appreciate the value of doing even small things responsibly.
- summarize the topic ‘Food and Fun’.

Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Main Script	Community Eating	Langar at Gurudwara, Langar at Gurudwara

2. IQ_Common practices in the places of worship

Think and answer!

1. Where do you see rows of men with caps on their head bowing down in prayer? What is this type of community prayer called?



Ans: Muslims pray or perform Namaz in mosques together.

2. Where do you find people tolling the bell before entering and offering their prayers?



Ans: A Hindu Temple.

3. Where would you find people rotating prayer wheels?



Ans: Prayer wheels are found in Buddhist temples and monasteries.

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Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Inquisitive Questions	Worship	Places of Worship, Places of Worship

3. MS_The Boarding School

Note to the teacher:

Teachers may start the session by interacting with students on some questions about boarding school and then summarize their answers.

The Boarding School

The word 'boarding' means lodging and meals.

- A boarding school is a school that provides education to the students who live on the premises.
- The students eat, sleep, study, play and learn to manage everything on their own.
- Here, learning is fun-not just academic learning which happens in classrooms but also learning the life skills that are necessary for future life.

There are some advantages of studying in a boarding school.

They are:

- Students in a boarding school learn to adjust and accommodate .
- They learn to be punctual and do all their tasks by themselves.
- Students learn to take up responsibility, find solutions for day to day problems, be punctual, work as a team and learn to socialize.
- All this happens under the watchful eye of teachers who act as mentors- no babysitters.
- There are fixed meal times so students need to get ready on time and reach the dining hall before the meal time gets over.... or they would go hungry!

The differences between a normal school and a boarding school!

	Boarding School	Normal School
Definition	A boarding school is a school that provides education to the students who live on the premises.	It is a school where the students attend school during the day and go home and return the next day.
Home	Students go home during vacations, holidays or weekends as decided by the school authorities.	The students go home daily after school gets over.
Hours of functioning	Students follow a 24 hour schedule.	The hours spent in the school by students vary from 6 to 9 hours as decided by the school authorities.
Discipline	Students are more disciplined as they are supervised by Teachers/mentors.	Comparatively less disciplined.
Psychology	Students may feel home sick.	No such issues are faced as students get to meet their family members daily.
Food	Meals are cooked by the cook and there are fixed menu and meal timings. Students eat in a dining hall with peers and teachers.	Meals are cooked by the mother and served by her wherever the family members wish to eat - table or kitchen floor or garden. There are no fixed meal timings.

Many students stay at boarding schools and study. Even though they are away from home and may miss their parents and family, they do have lots of fun with their friends in the hostel.

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Main Script	School	Boarding School, Boarding School

4. MS_Contribution at Langar Sewa

Note to the teacher:

The teacher may explain to the students about Langar, a service activity. She may talk about how everyone contributes to cut vegetables, make chapatis, cook dishes, serve, clean after people eat and serve water.

Langar:

- EVERY ONE CONTRIBUTES IN ONE WAY OR THE OTHER .
- SOME ARRANGE FOR THE MATERIALS.
- SOME GIVE MONEY.

Everyone contributes and work together for the Langar at Gurudwara.

- Everyone contributes and people work together for the Langar at a Gurudwara.



- The volunteers are called “kar sevaks”.
- From taking part in cooking to serving people, everything is done by volunteers.
- So, while some cut the vegetables others are busy cooking the vegetables, dal rice and Kadha Prasad. Some help in serving the prepared food.



- Since a large number of people sit to eat at a Langar, the items are served from big clean buckets.
- People sit cross legged on daris (mats) and the volunteers serve the food on the plate.
- Once the eating is over, the volunteers ensure the eating area is cleaned and remove all spillages.
- The washing of the plates (thalis) is done by the volunteers.
- Those who eat too help by carrying the utensils to the place where they are to be handed over.
- In some Gurudwaras, the people who eat wash up and keep the utensils in the designated place.



- Since a large quantity of food needs to be cooked, large cauldrons are used for cooking.



- A huge utensil called a “parat” is used to knead the flour into dough.
- The chapatis are made on a griddle called tava.
- These days, some Gurdwaras that cater to a very large number of people use the electric griddle with a conveyer belt! Gas stoves, tandoors and electric cookers are used in the kitchens.



Everyone contributes in some way-

- Some contribute financially.
- Some contribute materials.
- Some contribute in the form of kar seva which may be in the form of cutting vegetables, cooking, serving food and water or cleaning up.

People from different walks of life make chapatis for the people sitting for the Langar at the Golden Temple.



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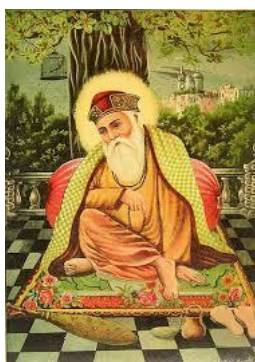
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Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Main Script	Community Eating	Langar at Gurudwara, Langar at Gurudwara

5. MS_Importance of Langar at Gurudwara

Food is an important part of Indian culture. It binds people of all religions. In Sikhism, the practice of Langar is prevalent. Langar is a community free kitchen.

- The Langar system was started by the first Sikh Guru, Guru Nanak Dev ji in 1481.
-



- Its underlying principle was equality for all. People of different religions, caste colour, age, gender and social status sit together on the ground and eat as one community.
- Langar encourages the sense of sharing, community, inclusiveness and oneness of all humankind.
- Langar helps eliminate hunger- it is open to both the rich and the poor. Guru Nanak Dev Ji believed that those who are rich and affordable are duty bound to take care of the needy.
- Langar also ensures the participation of women and children in serving mankind. Women help in preparation of food while the children help in serving it.



- Langar also teaches the etiquette of sitting and eating as a community which encourages the feeling of equality and harmony in the society.



A Langar serves simple vegetarian meals prepared by devotees who recite the Gurbani while preparing it. The food is fresh, clean and hygienically prepared. It comprises of the following-

Item	Ingredients
Dal	urad dal, chana dal, onion, ghee, tomato, garlic, turmeric, salt, ginger, water
Rice	rice, water, salt
Vegetables	cauliflower/ peas/ potatoes/ carrots/ beans (according to seasonal availability), onions, tomatoes, salt, turmeric, coriander powder
Chapatis	wheat flour, water
Kadha Prasad	wheat flour, sugar, ghee
Kheer	rice, sugar and milk

Image Source:

https://commons.wikimedia.org/wiki/File:Guru_Nanak_Dev_by_Raja_Ravi_Varma.jpg

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Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Main Script	Community Eating	Langar at Gurudwara, Langar at Gurudwara

6. SA_Langar Word Search

The teacher will provide a photocopy of the word search wherein students have to identify

the words related to “Langar”.

Aim: To enable students identify items cooked in Langar, name of the founder of the Langa system and terms associated with Langar.

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

Word list:

ARDAAS, BROTHERHOOD, COMMUNITY, DAL, EQUALITY, GURUNANAKDEV, KADHA PRASAD, KHEER, RICE, VEGETABLES

Procedure:

Teacher may give a print out or photocopy of the word search.

Students need to find the words given in the word list and highlight them with any colour.

Solution

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

Conclusion: This activity will help the students to recollect words associated with Langar and Gurudwara. The spellings of the words will also get reinforced.

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Suggested Activity	Community Eating	Langar at Gurudwara, Langar at Gurudwara

7. IA_Harmandir Sahib_Golden Temple

A few interesting facts about Harmandir Sahib (Golden Temple, Amritsar) Langar are as follows:-



The Golden Temple at Amritsar is the central religious place for the Sikhs and also a symbol of human brotherhood and equality. Some interesting facts about the Langar served here are:

- Everyone is welcome to the Langar, no one is turned away whatever may be their religion, caste, creed, gender or age.
- On an average 80,000 people eat the Langar and this number becomes double on special occasions like Baisakhi and Gurupurab.
- On average 5000 liters milk, 10 quintal ghee, 100 quintal wheat flour, 25 quintal cereals, 10 quintal rice and 10 quintals of sugar are used daily.
- Nearly 100 LPG cylinders are used to cook the meals.
- Hundreds of employees and devotees work together tirelessly in the kitchen.
- The Langar Hall in The Golden Temple is the world's largest free eatery.
- There are 40,000 plates and bowls washed and kept ready in rotation for the people.
- Even the Mughal Emperor Akbar sat among the common people and ate Langar here.



Image Source:

https://commons.wikimedia.org/wiki/File:Plates_for_langar_at_Golden_Temple,_Amritsar.jpg Attribution: AHLN

Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Interesting Asides	Community Eating	Langar at Gurudwara, Langar at Gurudwara

8. MS_Places of worship

Note to the teacher:

The teacher may ask students to state the most commonly seen Places of Worship in India.

Places of Worship

- India is a country with a rich culture and people follow different religions.
- They love and respect each other's religion and take part in celebrating different festivals regardless of one's own religion.
- The Hindus visit temples, the Muslims offer namaz in a mosque, the Christians pray at a Church, the Buddhist visit Buddhist temples and monasteries to offer their prayers.
- There are Jains who offer reverence in a Jain temple.
- Given below are some of the most commonly seen places of worship in India.

Temple



This is the famous Laxmi Narayan Temple in Delhi. It was built by the famous industrialist Shri J K Birla in 1939 and was inaugurated by Mahatma Gandhi on the condition that people of all castes will be allowed to enter the temple.

Mosque



Jama Masjid, Delhi-This is the largest mosque in India. It was built by the Mughal emperor Shah Jahan. It can hold 25,000 devotees.

Church



Basilica of Bom Jesus – This church is located in Goa and is a UNESCO World Heritage site.

Buddhist Temple at Sarnath



A Buddhist monastery in Karnataka India, Gaden Jangtse monastery

Gurudwara



The Golden Temple- Sri Harmandir Sahib also known as Darbar Sahib is located in the city of Amritsar in Punjab and is the most revered place of worship by the Sikhs.

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Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Main Script	Worship	Places of Worship, Places of Worship

9. DD_All can Serve

Langar at the Gurdwara gives Sewa or Service opportunities for people of all age groups. Everybody gets to serve- regardless of gender, caste, creed and religion.

Children get to help in making chapatis, peeling onions and potatoes, serving food and stacking washed plates.



Participating in service activities teaches us life lessons such as:

- Names of God may be many but we all are children of one God.
- Sense of brotherhood.
- Humility, responsibility and selflessness.
- Tolerance and acceptance of those around us as they are.
- Empathy and respect for all beings.

Langar enables us to be 'sewaks' or volunteers to serve mankind.

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Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Day-to-day Relevance	Community Eating	Langar at Gurudwara, Langar at Gurudwara

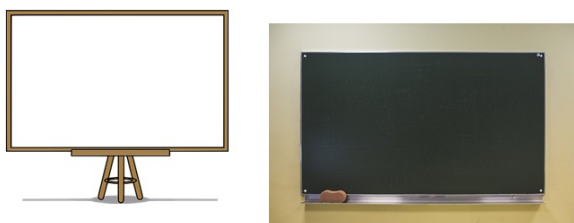
10. VC_No Task Is Small

We can teach children responsibility by giving them simple tasks and making them responsible for completing the entire task correctly and on time.

Teachers can encourage the students to think about some tasks which they can carry out individually and some tasks that they can do as a group.

Students can list the tasks and the teacher can help them by suggesting some.

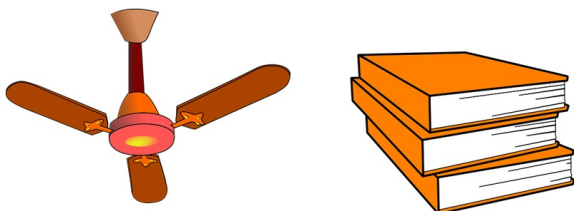
1. Cleaning the blackboard.



2. Keeping chalk piece, duster, marker pen if there is a whiteboard in your class

3. Seeing that the classroom is neat and tidy.

4. Switching off fan and light while leaving the class.



5. Collecting notebooks when they have to be given for correction.

6. Keeping the attendance register ready.

Students understand the following points.

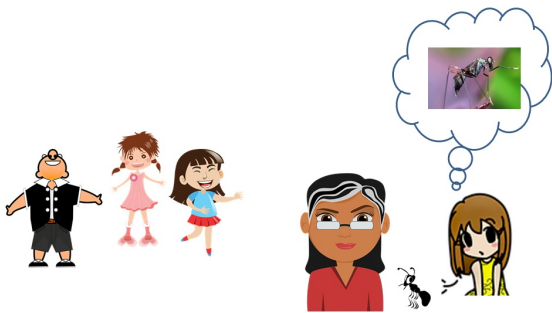
No task is small or great. Our attitude while doing them is what matters. We learnt in this chapter how everyone volunteers in a Langar. The kitchen runs because so many people volunteer by doing whatever they can- big or small- small jobs like keeping the plates, providing water, applying ghee on the rotis while some others do heavy jobs like cooking.



Our attitude while doing the task is very important.

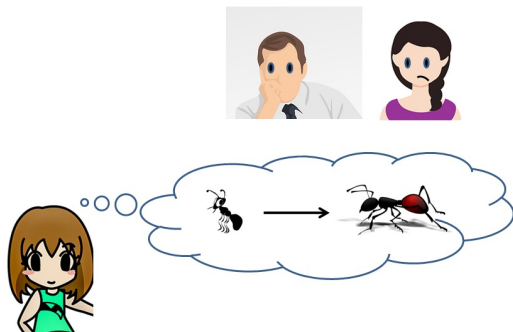
Ritu's Ant- a short story:

A teacher handed over different responsibilities to the students when they returned to school after vacation. The teacher gave Ritu a small box with one ant in it. She mentioned that it was a special ant. While others received meaningful tasks, Ritu was asked to take care of an ant!



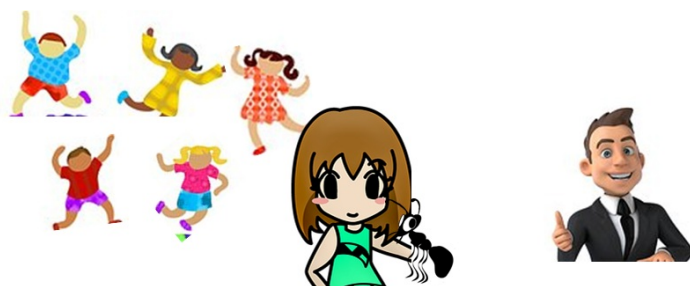
Ritu and her parents were upset by this.

After a few days, Ritu got over her mood and decided to turn the tiny task into a great one and she studied a lot about ants and its habits etc. She looked after the ant very well, feeding it the right things and liked it a lot. Her friends liked it a lot too as it grew chubby and active.



Some months later, Doctor Martin walked into the class along with the teacher and gave them a surprise. He announced that from all schools in the region, their school was selected to attend a biodiversity camp for a month during the summer break as they looked after this delicate ant by feeding it the right things and took care of it so well. The whole class and the teacher were thrilled to hear this.

And how do you think Ritu felt?



Whatever task is entrusted to you, however small it may be, do it wholeheartedly as responsibility is the foundation for trust, success and happiness.

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Time to teach	Value Type	Value Sub Type	Value Attribute
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5 Minutes	Right Action	Responsibility	Open
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11. QA_Food and fun

A. Choose the correct answer:

1. Mostly, the children do not like to stay in boarding schools. Why?

They -

a. miss the parents b. unable to study well.

2. A sweet prepared in Langar

a. Halwa b. Kadhaprasad

3. Many chapatias can be baked at a time in a -----

a. Tava b. Tandoor

4. Sikh people worship in a

a. gurudwara b. church

5. The Golden Temple is the most famous

a. mosque. b. Gurudwara

6. Kadhaprasad is prepared in a

a. Tandoor b. Kadhai

7. People who serve in a Langar eat

a. at first b. at the end

8. In a Langar, people sit and eat in the -----

- a. Verandah b. room

9. Who cleans the vessels in langar?

- a. all the people b. sevadars

10. ----- is a boarding school .

- a. Kendriya Vidyalaya b. Navodaya Vidyalaya

Answers:

1. a 2. b 3. b 4. a 5. b 6. b 7. b 8. a 9. b 10. b

B. Identify the picture and fill in the blanks:



1) This picture shows a ----- (uruli, kadhai). This vessel is used to make -----
----- (payasam, kadhaprasad) in ----- (kerala, Punjab)

2) Kadhaprasad is a kind of ----- (halwa, rice)

Answer:

1. Kadhai, Kadhaprasad, Punjab 2. Halwa

C. Answer the following questions:

1. How are boarding schools different from day schools?

Ans: A boarding school is a school that provides education to the students who live on the premises.

Day schools are where the students attend school during the day and go home and return the next day.

2. What are the advantages of being in a boarding school?

Ans: In a boarding school learning is fun- not just academic learning which happens in classrooms but also learning the life skills and social skills that are necessary for future life.

3. Name the worship place of Sikhs.

Ans: Gurudwara

4. What is a Langar?

Ans: A Langar is a community kitchen which serves meals to all visitors- irrespective of their religion, caste, colour, age, gender and social status. All the people sit together on the ground and eat as one community.

5. What are the items served in Langar?

Ans: A Langar serves simple vegetarian meals prepared by devotees who recite the Gurban while preparing it. All food is fresh, clean and hygienically prepared. It comprises the following-Dal, Rice, Vegetable, Chapati, Khada Prasad, Kheer.

6. Name any food items prepared and served in any religious places in your area.

Ans: Any correct answer.

D. Name the following:

1. A place where children stay and study.

Ans: Boarding School.

2. Who cooks food for children in Boarding School ?

Ans: A cook.

3. Who cooks food in your house?

Ans: Mother/Grandmother/ or any reasonable answer.

4. Where do children of Boarding Schools sit and eat?

Ans: Dining Hall.

HOME ASSIGNMENTS

1. Interviewing friends who are staying in boarding schools and finding out more about boarding schools .

2. Visiting any religious place in the locality . Talking to the people there and finding out if they have any practice of cooking and eating together.

3. Collect information on different types of big vessels used for cooking food for large numbers of people .

Collect the pictures or take photographs of them.

Image Source:

Kadhai: SSSVV Gallery (Keyword: Iron vessel)

Time to teach	Asset Type	Theme	SubTheme
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8 Minutes	Assessments	Community Eating	Langar at Gurudwara, Langar at Gurudwara
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12. MS_Summary_Food and Fun

In this lesson we discussed

- the difference between a boarding school and a day school.
- how everyone contributes selflessly to the Langar.
- the significance and importance of Langar in a Gurdwara.
- various places of worship.
- different types of practices in places of worship.
- an interesting fact about Harmandir Sahib Gurdwara at Amritsar also known as “Golden Temple”.
- the value of doing even small things responsibly.

Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Main Script	Community Eating	Langar at Gurudwara, Langar at Gurudwara

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.