



Master Lesson Plan

For

Spicy Riddles

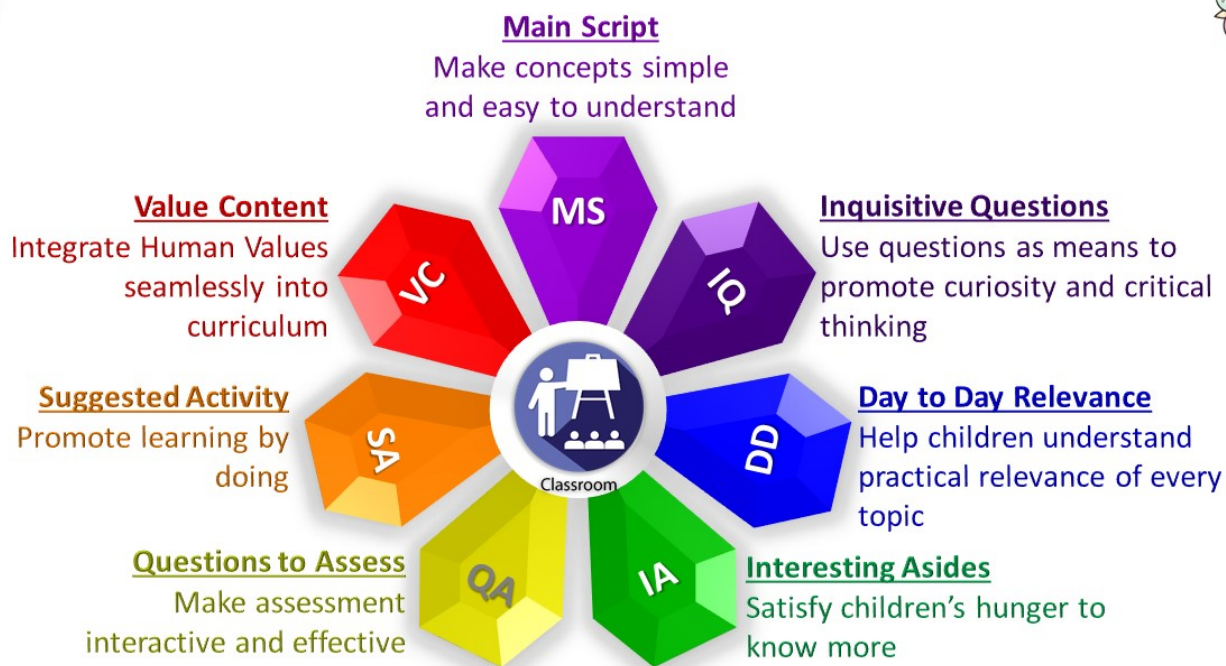
Board	Standard	Subject	Chapter	Language	Reference Link	Creation date
CBSE	STD IV	EVS	Spicy Riddles	English	Spicy Riddles	2021-02-10 15:46:48

DISCLAIMER

1. Strictly not for Commercial use.
2. Provided on **as is** basis with no warranties of any kind.
3. Content that falls in Public Domain or common Knowledge facts can be used freely.
4. Some of the contents are owned by the Third parties and are used in compliance with their licensing conditions. Any one infringing the Copyright of such Third parties will be doing so at their own risks and costs.
5. 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.



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.

Spicy Riddles

1. MS_Objectives_Spicy Riddles

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 the benefits of spices we use in the kitchen.
- identify the spices through riddles.
- relate to the medicinal values of some spices.
- become aware of the spices that are not used in India.
- identify the names of spices.
- outline the types of Indian spices and their benefits.
- understand that like spices, friends and good company have to be chosen and used carefully.

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

2. IQ_Who am I?

Teachers may ask these questions and get answers from the student.

Listen to these riddles and guess the name of the spice-

1) I can be powdered fine

To make food hot and spicy

If too much of me is added

I make you gasp-shheee....shheee....

Your eyes and nose begin to water

And you cry!

Think and tell me, who am I?

Tell me quickly, who am I?



2) Grind me and powder me-

To make your food look yellow,

I am mixed in oil by granny

And applied to wounds quickly,

I heal all wounds-big and small,

That is why I am loved by all!!

Think and tell me, who am I?

Tell me quickly, who am I?



Answers:

1. Red Chilli
2. Turmeric

Image Source:

<https://images.pexels.com/photos/39390/chili-pepper-red-spicy-drying-39390.jpeg?auto=compress&cs=tinysrgb&dpr=1&w=500>

https://cdn.pixabay.com/photo/2017/08/08/23/19/spices-2613032__340.jpg

<https://pixabay.com/photos/turmeric-herb-organic-root-3273907/>

Time to teach	Asset Type	Theme	SubTheme
3 Minutes	Inquisitive Questions	Food	Spices, Spices

3. MS_Spices in the Kitchen

Note to the teacher:

Teachers may start the session with a discussion about the various spices they have seen in their kitchen and the purpose for which they are used. They may summarize and explain the following.

A) LIST OF INDIAN SPICES:

1. Carom Seeds (Ajwain)
2. Mustard
3. Asafoetida
4. Cinnamon
5. Dry Ginger
6. Turmeric
7. Fennel
8. Nutmeg
9. Cumin

10. Black Cumin

11. Coriander

12. Black Pepper

13. Cardamom

14. Long Pepper

15. Dill

16. Cloves

17. Star Anise

B) USES OF SPICES:

SPICE	USES
1. Asafoetida	Flavoring agent for a dish
2. Black and brown cardamom	Aromatic and flavouring agent for many Indian dishes. Also used as part of spice blend for gravies, rice and dessert dishes
3. Black pepper	Important taste and flavouring agent in majority of Indian dishes especially south Indian preparation and to make spice blends.
4. Carom seeds	Flavouring and taste enhancing <u>ingredient</u> for different dishes. Especially used for fried savoury dishes and breads.
5. Clove	Important flavouring and taste enhancing <u>ingredient</u> for different dishes. Popular ingredient used in numerous Indian spice blends
6. Cumin seeds	Base ingredient for different type of tadkas (tempering). Flavouring agent for many Indian dishes and rice preparations
7. Nutmeg	A very intense flavouring agent for special dishes. Commonly used ingredient in most North- Indian spice blends.
8. Saffron strands	Colouring and flavouring agent to special savoury dishes and desserts. Imparts an aroma to the dish.

C) BENEFITS OF EATING SPICES:

1. Turmeric:

This bright orange spice is not only great for adding color to your dish but its health benefits are immense. It is a member of the ginger family. For thousands of years, Ayurveda medicine has used turmeric for a variety of health reasons. The National Institute of Health has found that turmeric aids in helping to treat arthritis, heartburn, stomach pain, diarrhea, intestinal gas, stomach bloating, and loss of appetite. Turmeric is also used as a topical treatment for issues like skin inflammation, infected wounds, and ringworm.



2. Black Pepper

Black pepper is not a spice that many people associate with Indian cooking. However, these little peppercorns have their most ancient roots in India. Black pepper is one of the most traded spices in the world and is commonly found in many European dishes, often paired with salt. Black pepper aids in digestion, congestion, an upset stomach and can also help to stop the bleeding on a cut when applied topically.



3. Cardamom

Native to the forests in India, these green pods are commonly used not only in Indian cooking, but also in Chai—also known as Indian tea. In order to get the full benefits of this spice, the outer shell needs to be broken to expose the tiny pods inside. It can be used to counteract a number of digestive problems including bloating, gas, heartburn and loss of appetite—it can even treat bad breath and is commonly used as an after-meal breath

freshener. In preliminary studies, it has also been found to have cancer fighting effects against skin cancer.



4. Clove

This little bud resembles a tiny flower. It is used not only in Indian cuisines, but in African and Middle Eastern as well. In cosmetic uses, clove is found in toothpastes, soaps, and perfumes. Indian healers have used clove oil, flower buds, and stems from the plant in many medicines. Clove oil can also help with pain when applied topically, and can help with stomach issues like gas, diarrhea, nausea and upset stomach.



5. Cinnamon

This bark-like spice originates from Sri Lanka, and was originally harvested by Arabian traders from a tall tree and ground to create the powder form of cinnamon. According to some researchers, cinnamon might help in the treatment for people with diabetes.



Image Source:

<https://pixabay.com/en/turmeric-spice-curry-seasoning-3251560/>

<https://www.publicdomainpictures.net/en/view-image.php?image=29057&picture=whole-black-pepper-2>

<https://pixabay.com/en/cardamom-elaichi-green-processed-166833/>

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

4. DD_Medicinal value of some spices

1. Cardamom (Elaichi): It is used in most of the Indian and other sweet dishes to give a good flavour and smell. It helps to control bad breath and digestive disorders. A whole cardamom chewed is good for coping with diabetes.

2. Chili (Lal Mirch): It is a main ingredient used for adding spice to the food. The antioxidants present in chili help to cope with cholesterol. It also helps in burning calories.



3. Cinnamon (Dalchini): It is used mainly for seasoning food and preparing masalas. It has medicinal uses too. It supports natural production of insulin and reduces blood cholesterol.



4. Clove (Laung): It is used as a cooking ingredient, mainly for seasoning or preparing Masalas. Clove oil is beneficial for curing toothache and sore gums. It is also said to be a beneficial remedy for chest pains, fever, digestive problems, cough and cold.



5. Coriander (Dhaniya): Coriander leaves as well as coriander seeds are used in cooking. It also has some medicinal uses. It can be used externally on aching joints and rheumatic pains. It is also good for coping with sore throat, allergies, digestion problems, hay fever etc.



6. Cumin (Jeera): It is used for cooking and it also possesses medicinal properties. It is a good source of iron and keeps the immune system healthy. Water boiled with cumin seeds is good for coping with dysentery.



7. Fenugreek (Methi): It is mainly used as a green leafy vegetable and seeds are used for seasoning and preparing masalas. It is also helpful for treating diabetes and lowering cholesterol.



8. Ginger (Adrak): It is used for giving a specific flavour to food and has many medicinal uses. It helps to avoid digestive problems. It is beneficial for coping with cough and cold.



Image Source:

https://cdn.pixabay.com/photo/2015/06/08/14/47/chili-801719__340.jpg

https://cdn.pixabay.com/photo/2014/11/02/16/55/cinnamon-stick-514243__340.jpg

https://cdn.pixabay.com/photo/2017/07/08/17/57/cloves-2485102__340.jpg

https://cdn.pixabay.com/photo/2013/07/25/12/03/coriander-166989__340.jpg

<https://images.pexels.com/photos/39073/spices-caraway-garden-eat-39073.jpeg?auto=compress&cs=tinysrgb&dpr=1&w=500>

https://cdn.pixabay.com/photo/2017/11/20/11/39/fenugreek-2965214__340.jpg

https://cdn.pixabay.com/photo/2015/11/18/17/31/fenugreek-1049596__340.jpg

https://cdn.pixabay.com/photo/2016/05/12/16/34/ginger-1388002__340.jpg

Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Day-to-day Relevance	Food	Spices, Spices

5. IA_Spices from different parts of the world

Spices that are not commonly used in India but around the world:

- Dill Seed



- Marjoram



- Thyme



- Allspice



When you eat Italian food like Pizza, Pasta and Spaghetti, these are the spices that are used.

Image Source:

<https://pixabay.com/en/dill-seeds-canning-summer-seasoning-1527357/>

<https://pixabay.com/en/thyme-medicinal-herb-cook-spice-2854035/>

<https://pixabay.com/en/organum-marjoram-oregano-1007434/>

<https://pixabay.com/en/allspice-piment-spice-spice-grain-686859/>

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

6. SA_Find the Spices

Aim: Students will be able to find the names of spices in the word search grid.

Resources Required: Printed word puzzle sheets

Setting for the Activity: Indoor

Type of Activity: Individual

Procedure:

1. Distribute the printed puzzle sheets to the students.
2. Ask them to find out the names of the spices in the word grid.

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

Answer:

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

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

7. VC_Good Friends Add Value To Your Life

Just as spices make food tasty, so also good friends make life better and fruitful.



A wise man once said," Associate yourself with people of good quality, for it is better to be alone than to be in bad company."

We meet different kinds of people, but being friendly and close to some people needs some thought.

"Variety is the spice of life, that gives it all its flavour." William Cooper.

Various types of friends in school may impress you, but students should be careful in choosing friends, for bad company is like the rotten apple that spoils the whole basket; it can cause great harm to you.

People normally say, tell me who your friends are, and I will tell you who you are.



Children, you are always judged by the company you are in. Parents always warn children about not joining some people's company. They know from experience.



Just like tasteless vegetables can be made good with spices in proper proportions, so also, friends and good company can bring about positive changes in you.



Good friends are like check dams; they will pull you back to the right path whenever you stray off. That is why a friend in need is a friend indeed.

Make a list of your good friends and say why you like to be with them.

Image Source:

Spices : <https://www.pexels.com/photo/aroma-aromatic-assortment-containers-458796/>

Friends: <https://www.pexels.com/photo/silhouette-photography-of-group-of-people-jumping-during-golden-time-1000445/>

<https://www.pexels.com/photo/boys-in-blue-shirts-reading-books-2363287/>

<https://pixabay.com/illustrations/people-child-kids-family-parent-1082906/>

<https://pixabay.com/vectors/boy-bully-cartoon-child-kid-mean-2022427/>

<https://pixabay.com/photos/food-salad-raw-carrots-1209503/>

<https://pixabay.com/vectors/pepper-chili-red-hot-vegetable-25384/>

<https://pixabay.com/photos/vegetable-skewer-vegetables-food-3317060/>

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

8. QA_Spices_A Quiz

I. Answer these questions:-

Q.1 Name one spice which is used in preparing both sweet and salty dishes.

Q.2 Find out what is put into food to make it taste sour?

Q.3 What is Garam Masala? What are its ingredients?

Q.4 Why are spices added to the food?

Q.5 Which spice brings water in your eyes and nose? Why?

Q.6 Which spice is used for healing wounds? How?

II. Fill in the blanks:-

(Red Chili, Fennel seeds, Turmeric, Black pepper, Clove, cardamom)

- (1) _____ is used to make the food look yellow.
- (2) Dried Pepper is _____ in colour.
- (3) _____ makes the food hot and spicy.
- (4) _____ keeps our stomach healthy.
- (5) _____ is used as a mouth freshener.
- (6) _____ looks like a nail but it is a bud.

III. Choose the correct answer:-

1. Which one of the following is not a spice?
a) Rice b) Ginger c) pepper d) cloves
2. _____ spice is used as a mouth refresher
a) Jeera b) pepper c) ginger d) saunf
3. Which spice is used to cure toothache?
a) Dry chilly b) Turmeric c) Jeera d) cloves
4. The spice which is used to make our food yellow is
a) Pepper b) Ginger c) Turmeric d) Cardamom

IV. Match the following:-

1. Red chilies - a) makes food hot and spicy.
2. Black pepper - b) gives a sharp and spicy taste.
3. Turmeric - c) heal wounds.
4. Jeera - d) add fragrance to food.
5. Cardamom - e) mouth freshener.
6. Clove - f) reduces toothache.

Answers:-

Q.1 Name one spice which is used in preparing both sweet and salty dishes.

Ans- Cardamom is the spice.

Q.2 Find out what is put into food to make it taste sour?

Ans- Mango powder (amchur) is put into food to make it taste sour.

Q.3 What is Garam Masala? What are its ingredients?

Ans- Garam Masala is a powder of a mixture of several spices such as cardamom (small and big), clove, Jeera seeds, cinnamon, black pepper, dry ginger etc.

Q.4 Why are spices added to the food?

Ans- Spices are used to add colour, flavour and taste to the food.

Q.5 Which spice brings water in your eyes and nose? Why?

Ans- Red chili brings water to our eyes and nose when it is added in large quantities as it makes food hot and spicy.

Q.6 Which spice is used for healing wounds? How?

Ans-Turmeric is used for healing wounds. When turmeric mixed with oil is applied to wounds they heal quickly.

Fill in the blanks:-

- (1) Turmeric is used to make the food look yellow.
- (2) Dried Pepper is black in colour.
- (3) Red Chili makes the food hot and spicy.
- (4) Fennel Seeds keeps our stomach healthy.
- (5) Cardamom is used as a mouth freshener.
- (6) Clove looks like a nail but it is a bud.

Choose the correct answer:-

1. Rice 2. Saunf 3.cloves 4.turmeric

Match the following:-

Ans: 1. -- a) makes food hot and spicy.

2. -- b) give a sharp and spicy taste.

3. -- c) heal wounds

4. -- d) add fragrance to food.

5. -- e) mouth freshener.

6. -- f) reduce toothache.

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Assessments	Food	Spices, Spices

9. MS_Summary_Spicy Riddles

In this lesson, we learnt the following:

- the benefits of spices we use in the kitchen
- spices' names and uses through riddles
- the medicinal values of some spices
- about the spices that are not used in India
- like spices, friends and good company have to be chosen carefully

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

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.