

## Class I

### Lesson Plan:- Unit 7

Topic -: Keeping healthy and Safe.

**Brief Description:-** This lesson plan will give awareness to students about how to Keep themselves healthy and Safe and its importance with the help of the lesson “Keeping healthy and safe”. They will be able to identify and categorize various types of safety measures. They will learn the importance of eating right type of food at the right time , Various type of food, and how to keep them safe from danger things.

### **Specific Objectives**

The students will be able to

**S1.1** Define the cereals and pulses, Safe and unsafe things .  
(Knowledge)

**S1.2** List the healthy food, and animal based food and plant based food (Knowledge)

**S1.3** Recognize milk products. (knowledge)

**S1.4** Categorize safety rules. (Understanding)

**S1.5** Differentiate between different dangerous and safe things. (Understanding)

**S1.6** Extract the importance of keeping self and others healthy and safe. (Understanding)

### **Behavioural Objectives :-**

Students will be able to

**B1.1** get familiar with the healthy food.  
(Application)

**B 1.2** use of safety measures. (Application)

**B1.3** become sensitive about importance of keeping healthy and safe. (Application)

**B1.4** become aware about safety rules and traffic rules.  
(Application)

**B1.5** develop feelings for responsibility. (Application)

Activity: \_

**S1.1** Activity:- Introductory Discussion – Who do you keep yourself safe? What do you eat in Breakfast , Lunch and dinner ? What are Healthy and Junk Food .? What does the traffic lights stand for ?.....

S1.2 Activity 2 :- Reading of lesson and identifying type of Food, and about safety measures.

### **B1.3 Safety drive-**

Students will speak on how to take care of their Family members , friends and self from dangerous things nad what nat to do.

### **S1.3, S1.6, B1.1, B1.4 Class activity.**

Students will be given chance to speak one safety measure they will take according to the situation given.

### **S1.5 Art Integrated- Clay art**

Students will paste pictures of Traffic signal in their scrap book.

### **Digital content to be used-**

<https://youtube.com/watch?vVYNGqtf4jNk&feture=share>

### **B1.5 Be safe**

A video on safety rules will be shown.

### **B1.6 Being sensible-**

Students will be shown video on food we get from and safety rules..

### **S1.3. S1.4 Assessment -**

(written and oral assessment)

1. Worksheets.
2. Dictations of key words.
3. Discussion on How to keep healthy and safe.
4. Class activity.
5. Scrap book activity.

Expected learning outcomes :-

Students will be able to

1. Improve the vocabulary
2. Make use of new vocabulary in day to day conversations
3. Read the age appropriate text fluently.
4. Understand that keeping safe and healthy is important.
5. Become aware of importance of safety rules.
6. Understand that we all are responsible to each others safety.
7. Take care of themselves.

Knowledge	Understanding	Application	A	S	E
S1.1	S1.4	B1.1			
S1.2	S1.5	B1.2			
S1.3	S1.6	B1.3			
1.8		B1.4			
		B1.5			
		B1.6			