



CHOITHRAM SCHOOL NORTH CAMPUS

Lesson Plan

Subject- EVS

Topic: L-3 (Food We Eat)

Class IV

Brief Description- The lesson gives knowledge about:

- # different nutrients present in the food
- # process of sprouting and fermentation
- # different methods of preserving food
- # healthy food habits

Objectives:

I - Specific Objectives:

To enable the students to:

- SO 1: identify different nutrients present in the food items. (AN)
- SO 2: know about methods and importance of sprouting and fermentation. (K)
- SO 3: know about different methods of food preservation. (K)
- SO 4: understand about healthy food habits. (U)

II - Behavioural Objectives:

To enable the students to:

- BO 1: inculcate healthy food habits to stay fit. (AP)

Process /Activities

- A 1: Group activity: Students will be told to make sprouted grains (grams, pulses) with the help of their parents at home and bring it in the class and share with others. (AP)
- A 2: Students will follow different healthy food habits. (AP)

Assessment:

Worksheet, Pen-paper test, Subject activity (sprouts making)

Digital content to be used:

<https://youtu.be/ZHWZ3BLMKQA>

Expected Learning Outcomes:**Students will be able to:**

1. categorise different food items having different nutrients.
2. Follow healthy food habits.

Placement of Objectives, Instructional Activities and Assessment Topic: Food We Eat						
	Knowledge	Understanding	Application	Analysis	Synthesis	Evaluation
Objectives	SO 2 SO 3	SO 4	BO 1	SO 1		
Activities			A 1 A 2			
Assessment						

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