

LESSON PLAN-1

CLASS - 3 SUBJECT - ENGLISH

TOPIC - MCB CH 5 Eating Healthy

BRIEF DESCRIPTION

The conversation between a girl, her mother and a doctor to make the students aware of their health and nutrition.

OBJECTIVES:

I- Specific Objectives-

To enable the students to –

SP1- read and understand the content.

SP2 - define healthy and balanced diet.

SP3 - understand the different components of food .

SP4- understand the need for healthy and balanced diet.

SP5 - answer questions based on the content.

SP6- **enhance expression in reading. (KPI 2)**

SP7- To enable the students to use enriched vocabulary related to food in verbal and written expression. (KPI 1)

SP8 - understand definite and indefinite articles.

II- Behavioural Objectives

To enable the students to-

B1- - distinguish needs and wants in a diet.

B2 - understand importance of healthy food.

B3 - develop willingness to share with someone who does not have as much.

B 4 - respect food.

PROCESS/ACTIVITIES –

ACT 1 - Warm-up activity (discussion on their favourite breakfast).

ACT 2 – Making a list of any 5 dishes that you do not like and mention whether they are healthy or unhealthy.

ACT 3 - (ART INTEGRATION) Draw or paste a picture of a basket full of fruits.

ACT 4 - Model reading with expressions and explanation of the lesson

ACT 5 - Written work of the lesson (keywords, verb forms, sentence framing, question-answers and book exercises)

ACT 6 - **Enacting the content. (KPI 2)**

ACT 7- Creating a menu for your breakfast, lunch and dinner.

ACT 8- **Organize a Food Week- Students will bring and share the recipe of their favourite food item and identify the prominent nutrients in them. (KPI 1)**

ACT 9 – **Word search activity related to nutrients found in food. (KPI 1)**

ACT 10- **Jumbled letters related to nutrients found in food. (KPI 1)**

ACT11- Listening exercise - Book exercise E

ACT 12 - Writing Activity – Book Exercise G

ASSESSMENT:

A1 –Reading assessment

A2- Worksheets/Wednesday Test

Digital Content to be used: (If applicable)

(Links to be written)

Videos related to the nutritional value will be shown.

Link to explore the nutritional value of any dish.

EXPECTED LEARNING OUTCOMES:

Students will be able to:

1- **read with proper pronunciation, punctuations and expressions.**

2- take part in conversation on a familiar topic (eg. Diet or healthy vs junk food) **(KPI 2)**

3 - understand the nutritional importance in our diet.

4 – value the importance of food and also stop wasting food.

5 - use new vocabulary in proper context. **(KPI 1)**

Placement of objective, Instructional Activities and Assessment

Topic/Duration/ Assessment Topic: MCB CH 5 Eating Healthy 15 days/Wednesday Test, Term 1 Assessment						
	Knowled ge	Understandi ng	Application	Analys is	Synthesis	Evaluation
Objectives	SP1	SP 2,3,4	SP 5,6			
Instructional Activities	ACT 1,2,8	ACT 4,7	ACT 5,6	ACT 1, 7		
Assessme nt			A1 A2			

