



## **CHOITHRAM SCHOOL NORTH CAMPUS**

### **LESSON PLAN**

### **SUBJECT – EVS**

### **TOPIC-L-3 THE FOOD WE EAT**

### **CLASS III**

**BRIEF DESCRIPTION-** The lesson gives information about different kinds of food and their importance in our lives. It also gives information about the balanced diet. The lesson also tells about the healthy eating habits we should follow for overall healthy life.

#### **OBJECTIVES:**

##### **I- Specific Objectives-**

###### **To enable the students**

SP 1: to make students aware about the different kinds of food. (K)

SP 2: to understand the functions of different kinds of food. (U)

##### **II -Behavioural Objectives**

###### **To enable the students to-**

BO1: to identify the uses of different kinds of food in our day to day lives. (U)

BO2: to know the importance of healthy eating habits in our lives (AP)

#### **PROCESS /ACTIVITIES**

ACT 1: Students will bring different food items to school and categorize them into different categories.

#### **ASSESSMENT:**

A 1 Worksheet, Pen-paper test

#### **DIGITAL CONTENT TO BE USED:**

[\(209\) Importance of Food For Us | Periwinkle - YouTube](#)

#### **EXPECTED LEARNING OUTCOMES:**

##### **Students will be able to:**

1. know about different kinds of food with their functions.
2. know about the importance of food in our lives.
3. know about the different eating habits.

**Placement of Objectives, Instructional Activities and Assessment**  
**Topic: L-3 THE FOOD WE EAT**

	<b>KNOWLEDGE</b>	<b>UNDERSTANDING</b>	<b>APPLICATION</b>	<b>ANALYSIS</b>	<b>SYNTHESIS</b>	<b>EVALUATION</b>
<b>Objectives</b>	SP1	SP2	BO1 BO2			
<b>Activities</b>			Act 1 & 2			
<b>Assessment</b>		Assessment				

**EVS Department (III to V)**

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