

Class I

Lesson Plan:- Unit VI

Topic -: My Food Habits.

Brief Description:- This lesson plan will give awareness to students about Food habits, Different types of meals, Good food habits and various sources of food from the lesson “My Food habits”. They will be able to identify and categorize various types of food we get from plants or animals from any given text. They will learn the importance eating food so that we can get energy to work and play and to respect food and not to waste it.

Specific Objectives

The students will be able to

- S1.1** Define the food . (Knowledge)
- S1.2** List the types of food. (Knowledge)
- S1.3** Recognize sources of food. (knowledge)
- S1.4** Categorize plant food and animal food. (Understanding)
- S1.5** Differentiate between energy giving food, body building food and protective food. (Understanding)
- S1.6** Extract the importance eating healthy food. (Understanding)

Behavioural Objectives :-

Students will be able to

B1.1 get familiar with the body parts and appreciate nature and oneself. (Application)

B 1.2 use of personal care products to maintain healthy body. (Application)

B1.3 become sensitive about importance of sense organs (Application)

B1.4 become aware about good and bad touch. (Application)

B1.5 develop feelings for physically challenged people. (Application)

Activity: _

S1.1 Activity:- Introductory Discussion - What is your Name ? What is your mother 's name? How do you feel milk is hot or cold? How was the lunch today? ...

S1.2 Activity 2 :- Reading of lesson and identifying various body parts and their uses.

B1.3 Body fitness drive-

Students will speak on how to take care of their different body parts and things used to keep them clean and healthy eg. Nail cutter, comb, toothbrush etc. Importance of Daily exercise and eating healthy food.

S1.3, S1.6, B1.1, B1.4 Blind fold activity.

Students will be blind folded and they will identify different sounds coming from different directions, touches (hot/cold/hard/soft) tastes and sweet and foul smell. They will become sensitive about their body parts.

S1.5 Art Integrated art activity.

Students will paste pictures of body parts and sense organs in their scrap book.

Digital content to be used-

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

B1.5 Be safe

A video on Good touch and bad touch will be shown.

B1.6 Being sensible-

Students will be shown video on physically challenged people and will be asked to help any one of them by giving something useful to them and photographs of the same can be called.

S1.3. S1.4 Assessment -

(written and oral assessment)

1. Worksheets.
2. Dictations of key words.
3. Discussion on body parts and sense organs.
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.
4. Understand that every body part is important.
5. Become aware importance of sense organs.
6. Understand that all body parts work together to keep us healthy.
7. Take care of their body to keep it fit.

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			