

Lesson Plan 3
Class – VI
Subject: Science
Topic: Sources of food

KPI DEFINITION ADDRESSED TO THE LESSON PLAN

KPI 1- To strengthen in- depth understanding of some complex scientific concepts

KPI 3- Application of scientific concepts in doing experiments

KPI 2- Promoting analytical thinking in order to establish connectivity with the real world situation and compare the different physical quantities.

TOPIC- Sources of food
 START DATE- 25 june 2023

KNOWLEDG E	UNDERSTANDIN G	APPLICATIO N	ANALYSI S	SYNTYHSI S	EVALUATIO N
S 3,	S 1, 2, 4,	S 6	S-5		
		B 1, 3,4	B 2, 5		
Act 1	Act 1, 2	Act 3	Act -4	Act – 5	
Assessment			As- 1	As – 2	As- 3

Brief Description of the lesson: This topic emphasizes on the different ingredients and sources of food. It also tells about food habits of animals and food chains. By this the learner will be able to apply the concept of importance of food chain in the environment.

UN Sustainable Goals to be achieved (if any): Good Health and Well-being.

Objectives:

I - Specific Objectives

To enable the students to-

- 1) Identify the varieties of food in India. (Comparing-U) **KPI 2**
- 2) Differentiate between herbivores, carnivores and omnivores. (Comparing-U) **KPI 1**
- 3) Understand the sources of food and its nutritious values, (Explaining- U) **KPI 1**
- 4) Comprehend about the different food habits of animals. (Explaining-U) **KPI 1**
- 5) Explain the role of scavengers in the environment. (Explaining-U) **KPI 2**
- 6) Know some important food ingredients and their sources. (Recalling-K) **KPI 2**

II - Behavioral Objectives

Students will be able to-

- 1) Make their own balanced diet chart. (Executing-Ap) **KPI 3**
- 2) Identify the different sources of food. (Executing-Ap) **KPI 2**
- 3) Include salad and sprouts in diet to get fibre. (Implementing-Ap) **KPI 3**
- 4) Select suitable food items according to their need. (Differentiating- An) **KPI 3**
- 5) Understand the journey of food from farm to dinning table. (Implementing – An) **KPI 3**

Process / Activities

Activity (to introduce the lesson)

Warm up activity

Activity 1- To sprout some seeds

Take some seeds of moong . soak them overnight in water. Drain out the water the next day and wrap the seeds in a wet cloth. Observe the seeds after one day.



Moong



Chana

Probing questions:

- 1.Do all types of seeds form sprouts?
2. Name the conditions required for sprouting.

The concept of healthy food will be introduced.

Testing of nutrients

Activity 2- To understand the parts of plant used in an ingredient.(**Inferring-U**) **KPI 1 and 2**

The activity will be including the following steps- Activity 2 wants us to know which part of the plant we use as food. A plant consists of leaves, stem, root and fruit. Our food comes from these parts. Below table summarises the plant part which we take as food.

Table 1.4 Plant parts as food

Food item with plant as the major source	Ingredients/source	Plant part which gives us the ingredient
1. Brinjal curry	Brinjal	Fruit
	Chilli as spice (any other)	Fruit
	Oil from groundnut, mustard, soybean, any other plant	Seed
2. Idli	Rice	Seed
	Urad Dal	Seed
3. Chicken curry	Chilli as spice	Fruit
	Oil	Seed
4. Kheer	Rice	Seed
	Sugar	Stem
5. Roti/chapati	Atta	Seed
6. Maggi	Wheat	Seed
	Chilli as spice	Fruit

Probing questions:

1. Does everyone around you get enough food to eat? If not, why?
2. What are the ways we can think to avoid wastage of food?

The concept of sources of food will be introduced.

Activity 3 . Make a list (with pictures) of food items generally taken by people of different regions of India. Place these on a large outline map of India to display in your classroom.

KPI 2

Activity 4 . Test the food usually eaten by cattle or a pet to find out which nutrients are present in animal food. Compare results obtained from the whole class to conclude about balanced diet requirements for different animals.

(Executing-Ap) **KPI 3**

Activity 5 To identify the food habits of different animals and construct a food chain/web to show their inter-relationship

Procedure 1. Visit a garden in your neighbourhood. 2. List down as many animals as you observe like insects, frogs, lizards on the grass, plants, trees, pond etc. 3. Study their inter-relationships 4. Make a food chain/food web to show their food habits. 5. Sketch the diagrams to represent the food chain

Digital Content to be used:

Video showing demonstration on Sources of food <https://youtu.be/XBoIV-oWDEs?si=SFCR1UWDJFO-9Ibo>

Video showing test for seed germination <https://youtu.be/cQAWv4L4bgc>

Expected Learning Outcomes

Students will be able to

1. Identify the different sources of food and understand their importance in maintaining healthy diet. (Recalling-K)
3. Relate his knowledge to his regular eating habits. (Recognizing-K)
4. Understand why food habits differ from one region to another. (Differentiating-An)
5. Identify the ingredients of food to be preferred in quantity to prepare a food item. (Checking -K)
4. Recall the importance of plant and animal food products in our daily life. (Recalling-K)
5. Acquire the skill of using the ingredients to prepare a specific food item. (App. A)

Assessment Activity:1

1. Science quiz will be conducted after completion of chapter.
2. Students will be asked to prepare a concept map on the sources of food.
3. Class test will be conducted after completion of chapter.

Review of the Lesson Plan: To be done when the lesson gets over

Problems faced – 1 Students face problems in identifying the variety of food in different states of India.

2 Students face problems in identifying the ingredients of some food items such as Puff pastry , Macarons etc.

3 Students got confused in identifying the parts of plants which can be eaten by us.

Success-

About 80% students could understand the topic better and also have ability to express it properly.

Failure-

About 20% of the students couldn't understand the particular set of questions in examination such as reasoning related questions.

Real Learning Outcomes-

The real learning outcomes is totally based on the coordination among students and teacher, how a particular topic can be explained and expressed by teacher and how students grasp up the knowledge of that particular topic. In topic of 'Sources of Food' food from plants and animals, ingredients of different dishes, food habitant of animals discussed as well as explained with example in the class but students faced problem in High Order Thinking Questions.

Students Response / Participation-

Students took interest in sprouting of seeds and developed the healthy food concept. They learnt to make variety of food dishes. Students got confused which part of plant is edible and non-edible.

Teachers Learning to be added.

Teacher faced problem in explaining some topics with demonstration.