



CHOITHRAM SCHOOL NORTH CAMPUS

LESSON PLAN

SUBJECT – EVS

TOPIC-L-3 FOOD WE EAT

CLASS III

BRIEF DESCRIPTION : The lesson gives information about the different kinds of food that we eat, what is the balanced diet and its importance and how the healthy food habits help us in maintaining good health.

OBJECTIVES:

I- Specific Objectives-

To enable the students to –

SP3.1-To know about the different kinds of food **K**

SP3.2-to learn the sources of different kinds of food and their importance **K**

SP3.3 Define balanced diet **K**

SP3.4 Importance of eating a balanced diet. **U**

SP3.5 Learn healthy food habits. **AP**

II- Behavioral Objectives

To enable the students to-

B3.1- to be aware of different kinds of food their sources and importance; **K**

B3.2- categorise the different food items in their meals. **U**

B3.3- develop awareness about balanced diet. **K**

B3.4 - adopt the healthy food habit in their routine. **AP**

PROCESS/ACTIVITIES –

ACT 1- Students will be divided in three groups of 10-12 each & will be bringing the assigned food items from home, that will be displayed, and will be shared by all in their plates. **Sp3.1**

ACT 2- Flash cards will be shown for different kinds of food, their sources and their importance and students will be noting them down in their copy. **Sp3.2**

ACT 3- Students will be preparing a model of Balanced diet Plate displaying the three different types of food items. (pictures) **Sp3.4**

ACT 4- Students will perform a Role Play Activity stressing on adapting healthy food habits.
Sp3.5

ACT 5 – Reflective Fun Activity- Students will be making the Smiley Badges on the basis of frequency of Consuming Junk Food.

A Consuming Junk food once in a month

B Consuming Junk food fortnightly.

C Consuming Junk food weekly **B3.4**

ASSESSMENT:

A1- Worksheet will be taken.

A2- Pen-Paper Test will be taken

A3- Term I Exam will be taken.

Digital content to be used: (Reference video)

<https://youtu.be/UeVC7HwyGVA>

1. Healthy food habits

https://youtu.be/psC_E3UBkHg

2. Balanced diet

<https://youtu.be/Z51bWG17m-Q>

3. Different kinds of food

EXPECTED LEARNING OUTCOMES:

Students will:

- 1- learn about the different kinds of food, their sources and importance.
- 2- understand the importance of eating a balanced diet
- 3- follow healthy food habits in their routine.
- 4- choose healthy food items over the junk food.

Topic/Duration/ Assessment

Topic: The Food We Eat

	Knowledge	Understanding	Application	Analysis	Synthesis	Evaluation
Objectives	SP3.1 SP3.2 B3.1 B3.3	SP3.4 B3.2	SP3.5 B3.4			
Instructional Activities	ACT 1 ACT2	ACT 3 ACT 4	ACT 5			
Assessment		A 1 A 2				

EVS Department (III to V)

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