



CHOITHRAM SCHOOLNORT CAMPUS

LESSON PLAN

SUBJECT - EVS

TOPIC- L-5 EATING RIGHT

CLASS - V

TOPIC- EATING RIGHT

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

OBJECTIVES:

I- Specific Objectives-

To enable the students to –

SP3.1- know about the different kinds of food groups and nutrients **K**

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

SP3.3- define balanced diet **K**

SP3.4- understand the importance of eating a balanced diet. **U**

SP3.5- learn healthy food habits. **AP**

SP3.6- to understand the causes, symptoms and preventive measures of deficiency diseases.

U

II- Behavioural 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 different food groups. **U**

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

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

B3.5- develop an understanding to be away from deficiency diseases by following a healthy and maintained diet and lifestyle. **U**

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- Pictures from different books will be shown for different kinds of food, their sources and their importance and students will be noting them down in their notebooks.

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 adopting 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**

ACT 6- Students will bring the pictures of deficiency diseases and sources of food to prevent deficiency diseases. **B3.5**

ASSESSMENT:

A1- Worksheet will be taken.

A2- Pen-Paper Test 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

<https://youtu.be/eJml6nwgOD4>

4. Deficiency diseases

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.
- 5- Develop an understanding to know about different deficiency diseases, its symptoms and preventive measures.

Topic/Duration/ Assessment

Topic: Eating Right

	Knowledge	Understanding	Application	Analysis	Synthesis	Evaluation
Objectives	SP3.1 SP3.2 SP3.3 B3.1 B3.3	SP3.4 SP3.6 B3.2 B3.5	SP3.5 B3.4			
Instructional Activities	ACT 1 ACT2	ACT 3 ACT 4 ACT 6	ACT 5			
Assessment		A 1 A 2				

EVS DEPTT.

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