

My Food

CBSE, EVS, Class – II

Exploring what we eat...

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Major Concepts: Time, Sources of food and Healthy & unhealthy food

Learning Resources: Food grains, Vegetables, Fruits, Charts and Worksheets.

Prior Knowledge: Ability to identify vegetables & fruits, names of a few local food items

Learning Outcomes: Students will be able to

- Observe different types of vegetables, fruits and cooked food
- Identify vegetables that are eaten cooked or raw
- Identify the sources of fruits and vegetables [trees & plants]
- Distinguish between healthy and unhealthy food

ENGAGE

Activity 1: Passing the ball – The teacher engages children in a game where students name their favorite food and pass the ball to another student who then names his / her favorite food. (e.g. Food...food...food - I like Idli)

Activity 2: Coloring activity – Students are given a few coloring worksheets.

Worksheets are attached towards end of the lesson plan

EXPLORE

Note: Before starting the explore activity, the teacher asks children to bring small quantities of available food grains from home (cereals and pulses).

Activity 1: Identifying food made from different pulses - Teachers asks the students to observe the cereals that they brought and share their names in Tamil and English. The teacher makes a list of food items on the blackboard (e.g. Rice, Idly, Dosa, Poori, Chappathi, Porota, Idiyappam, Aappam, Uthappam) and asks students whether they are made from rice or wheat.

Activity 2: Distinguishing between raw and cooked food - The teacher asks children to name vegetables and fruits they have eaten at home or seen in the market. The teacher lists down these names on the black board. Children then work in groups to categorize them according to whether they are consumed raw or cooked or both ways.

Activity 3: Food from animals - The teacher asks students about food items that we get from animals (e.g. meat, eggs, milk etc). Students are encouraged to answer the question in either Tamil or English.

Activity 4: Different meals - The teacher divides children into three groups and shows different types of food items to each group. Students have to categorize them according to the meal they

are consumed for (breakfast, lunch or dinner). The teacher assesses how many students know the names of food items in English and how they divide the food items. Their group participation and knowledge about local food items is also assessed.

EXPLAIN

Activity 1: Favorite food – The teacher asks students to name their favorite food and speak 2-3 lines about it. E.g. carrots, potatoes, cauliflower, oranges, apples, sambar rice, pongal, biryani, poori, mutton etc.

Example: Tomato

I like tomatoes....Tomatoes grow as a shrub...
A tomato is Red in color. My mother prepares tomato rice using this vegetable.

The teacher encourages students to frame sentences in English.

Activity 2: Matching the meal – The teacher shows picture cards of various food items and writes them on the board. Children have to match the food items with the meal and time they are consumed.

Example:

Idli → Breakfast → Morning
Chapati → Dinner → Night

ELABORATE

Activity 1: Pet plants - Teachers ask the students whether they have seen the plants that give us food. She encourages them to plant cereals and pulses in the school premises. Waste plastic bottles and cups can be used to grow these plants and children can observe the growth of plants for two weeks.

Activity 2: Distinguishing healthy and unhealthy food – The teacher divides the class into groups and makes a chart depicting healthy and unhealthy food. This activity should be done during the class hours. The groups can present why they consider a particular food healthy or unhealthy.

Note: Teacher need not mention fast food and packed food unless it raised by the students during the presentation. Students can be sensitized towards some local food related issues like hunger, food wastage, nutritional deficiency etc.

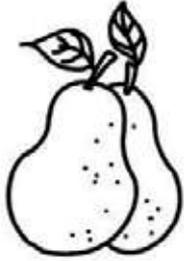
EVALUATE:

The teacher uses the worksheets given during various stages of the lesson and students participation during various activities.

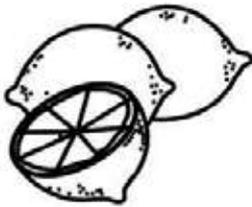


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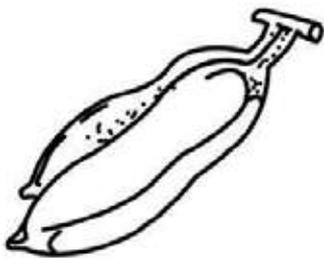
Colour the pictures and Write the name

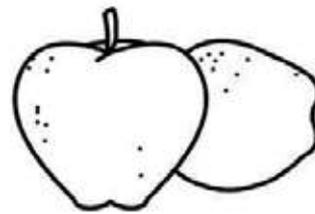




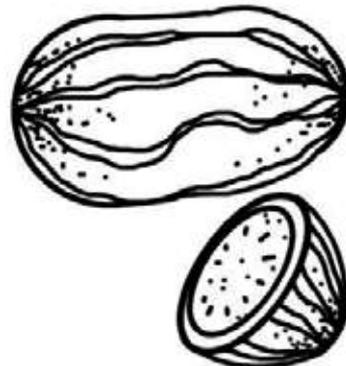












Colour the pictures & Mark the foods whether you like it or not

Food likes and Dislikes.....?

 = Yes I do
 = No i don't













Cheese Peas Carrot Bananas Rice Cookies