

LESSON - PLAN
2020-21

Submitted by:
SACHIDANANDA MAHATO

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Syllabus for 1st Unit Test - 2020

Class - IV (Science)

Lesson - (1) The food we eat

Lesson - (2) The Teeth.

Lesson	Objectives	Teaching point/Explanations	Class/ Home work	Remarks
-10-	<p>→ Importance of balanced diet.</p> <p>→ Care of raw food</p> <p>→ Care of cooked food.</p> <p>⇒ Preservation of food.</p>	<p><u>Vitamins</u> :- They help our body to function properly. They are needed in small quantity. They also protect us from diseases.</p> <p>most fish, eggs and fruits are good sources of vitamins.</p> <p><u>Minerals</u> :- They also needed in small quantity by our bodies. They help in keeping our bodies, blood healthy. Vegetables, fruits, meat, fish and milk are rich sources.</p> <p><u>Water</u> :- Although water is not a nutrient, it is also most essential for all body functions.</p> <p><u>Roughage</u> :- It is a fibre bulk in our diet. It helps in removing undigested waste from the body. Salad, Corn cobs, are rich in roughage.</p> <p><u>Balanced diet</u> :- A diet containing right quantities of nutrients is called a balanced diet. It includes all the food components - Carbohydrates, fats, proteins, roughage and water. We need a large amount of carbohydrates and small amount of fats, less of proteins and lots of fruits and vegetables.</p>	<p><u>Exercise</u> :-</p> <p>(A) Fill in the blanks :-</p> <p>1) All living beings need food to survive.</p> <p>2) Not all foods that contain sugar or starch are called carbohydrates.</p> <p>3) Proteins are called body-building food.</p> <p>4) Most of the body is made of water.</p> <p>5) Give two examples of each :-</p> <p>1) Carbohydrates - Rice, Bread</p> <p>2) Vitamins - Vitamin A, Vitamin C</p> <p>3) Fats - Butter, Ghee.</p> <p>4) Proteins - Meat, Milk</p> <p>5) Minerals - Calcium, Iron.</p> <p>(B) Answer the following questions :-</p> <p>1) What is a balanced diet?</p> <p>Ans: A diet that contains all the nutrients in the right proportion is called a balanced diet.</p> <p>2) How can you prevent the wastage of food?</p> <p>Ans: We can stop the wastage of food by following these methods :-</p> <p>1) Buy only the required quantity of food.</p> <p>2) Cook only what is sufficient.</p> <p>3) Find the food on your plate.</p> <p>4) What is food preservation?</p> <p>Ans: The process of preserving the food from getting spoilt is called food preservation. We can preserve the food by boiling, salting, canning, drying etc.</p>	<p><u>Class-work</u> :-</p> <p>To write the board work.</p>