

Vision Empower & XRCVC
Teacher Instruction KIT
Food –Essence of Life

Syllabus: Karnataka State Board

Subject: Environmental Studies

Grade: 5

Textbook Name: Environmental Studies- Text cum work book-English medium- Fifth standard

Chapter Number & Name: 9. Food- Essence of life

1. OVERVIEW

1.1. OBJECTIVE & PREREQUISITES

Objective

- To know about the nutrients of the food.
- To know about the sources of food and their availability of food.
- To understand the changing food habits and its effects on health.
- To understand the term food wastage and the methods to preserve it.

Prerequisite Concept

- Food sources, EVS- Grade 4, chapter 8: Food- Health

Content Index

*Kindly Note: Activities marked with * are mandatory*

1. OVERVIEW

1.1. OBJECTIVE & PREREQUISITES

2. LEARN

2.1 KEY POINTS

2.2 LEARN MORE

3 ENGAGE

3.1 INTEREST GENERATION ACTIVITY

Interest generation activity

Activity 1: Food

3.2 CONCEPT INTRODUCTION ACTIVITIES

Functions of food

Activity 2: Functions of food

Food groups

Activity 3: Role play- food groups to keep us healthy

Reducing food wastage

Activity 4: Reducing wastage of food

3.3 LET'S DISCUSS: RELATE TO DAILY LIFE*

4 EXERCISES & REINFORCEMENT

4.1 EXERCISES & REINFORCEMENT

Reinforcement

Activity 5: Which type of food should we eat?

4.2 IMPORTANT GUIDELINES*

Exercise Reading

Perform Textbook Activity

Provide Homework

2. LEARN

2.1 KEY POINTS

Protein: often called the body's building blocks which are used to build and repair tissues. They help us fight infection and our body uses extra protein for energy. This includes seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds. Protein is also found in the dairy groups

Carbohydrate: body's main source of energy. The fruit, vegetables, dairy and grain food groups all contain carbohydrates. Sweeteners like sugar, honey, and syrup and foods with added sugars like candy, soft drinks, and cookies also contain carbohydrates.

Lipid or Fat: fats give us energy, and they help the body absorb certain vitamins. Essential fatty acids help the body function, but they aren't made by our body—we have to consume them. Many foods naturally contain fats, including dairy products; meats, poultry, seafood, and eggs; and seeds, nuts, avocados, and coconuts.

Vitamin and Minerals: necessary for the healthy functioning of our bodies. We need vitamins and minerals to help us grow, to see correctly, to form bones, muscles, skin and organs, as well as to help us battle infections. Deficiencies in certain vitamins and minerals can lead to severe problems. This includes a wide variety of fresh foods including whole grains, bread, cereals, vegetables, fruits, meat, fish, poultry, eggs, nuts, legumes and dairy products.

Balance diet: A diet that contains the proper proportions of carbohydrates, fats, proteins, vitamins, minerals, and water necessary to maintain good health.

2.2 LEARN MORE

None

3 ENGAGE

3.1 INTEREST GENERATION ACTIVITY

Interest generation activity

Activity 1: Food

Materials Required: None

Prerequisites: None

Activity Flow

- Ask children to make a list of vegetables, fruits and food items they consume.
- After that ask them the sources of these food items like vegetables, pulses, and differentiate between plant sources and animal sources.
- Discuss with the children what healthy food is and what is unhealthy food?
- Does their list contain healthy food?
- Then introduce that food substances from plant source are classified as follows by adding examples of each:
 - Cereals
 - Pulses
 - Oil seeds
 - Vegetables
 - Green leafy vegetables
 - Fruits

3.2 CONCEPT INTRODUCTION ACTIVITIES

Functions of food

Activity 2: Functions of food

Materials Required: real food items

Prerequisites: None

Activity Flow

- Introduce these three functions of food:
 - Food gives us energy.
 - Food helps us to grow.
 - Food gives protection to our body.
- Then food contains nutrients that are Carbohydrate, Protein, Mineral and Fats.
- Explain each of the nutrients, their functions with examples and showing the real food item.
- Explain availability of food and discuss with them about the food habits.
 - What is junk food?
 - Have you ever fallen sick by eating junk food or fast food?

- Why is junk food not good for our health?
- To keep ourselves healthy, should we consume junk food or not?
- To keep ourselves healthy what kind of food should we eat? then explain to them about a balanced diet.

Food groups

Activity 3: Role play- food groups to keep us healthy

Materials Required: None

Prerequisites: balance diet

Activity Flow

- As students know about nutrients and a balanced diet. Assign roles to 3 children in your class (grain, vegetables, and fruit) and ask them to do the role play.
- Role play:
 - Grains: I am very essential to eat every day because it gives our body energy. I am a carbohydrate and give energy to think and run. I include oatmeal, wheat, rice, millets.
 - Vegetables: I am also very essential to eat everyday because I contain the vitamins and minerals which help in fighting sickness, growth and healthy functioning of the human body. I include spinach, broccoli, tomatoes, carrots, etc.
 - Fruits: I am too essential to eat every day because I give energy, contains vitamins and minerals and fiber which helps in digestion. I include apples, bananas, mangoes, pears, etc.
- After these 3 dialogues, conclude by telling them how important these food groups are to keep us healthy.

Reducing food wastage

Activity 4: Reducing wastage of food

Materials Required: A4

Prerequisites: None

Activity Flow

- Cut an A4 sheet into four equal pieces and then give 2 or 3 pieces to each child.
- Ask them to join those given parts to form one complete A4 sheet.
- As each child would be missing 1 or 2 parts to form an A4 sheet again.
- Ask them how they would feel if one part to complete an activity would be missing. This activity is to make them realise how we feel when there is a lack of one particular thing which is important to complete a task.

- Match this lacking thing with food, similar to this there are people who starve and die because they didn't get proper food to eat and there are people who waste food.
- Conclude this by telling them that we shouldn't waste food and should also inform others to reduce food wastage.
- Discuss with the children how we can reduce food wastage:
 - Plan meals.
 - Use perfect portions.

3.3 LET'S DISCUSS: RELATE TO DAILY LIFE*

- Tasting a variety of cuisines
- Food cooked and consumed on a daily basis
- Give the student raw and foods like onions, tomatoes, carrots to compare the change in smell, flavour and texture.

4 EXERCISES & REINFORCEMENT

4.1 EXERCISES & REINFORCEMENT

Reinforcement

Activity 5: Which type of food should we eat?

Materials Required: None

Prerequisites: Food nutrients

Activity Flow

- Ask the children to discuss with their friends as to which type of food should we eat?
- Give them a hint as to whether we should eat junk food or not?

4.2 IMPORTANT GUIDELINES*

Exercise Reading

It is very important that the children practice their learnings as well as their reading. Hence have the children read out the newly learned concepts from their textbooks or other available resources.

Perform Textbook Activity

It is good practice to have the children perform the textbook activities. Your textbook activities might not be accessible hence go through this resource to learn how to make textbook content accessible

Provide Homework

To evaluate their understanding and to help the student revise and implement the new learnt concept ensure to provide them with homework. Students should perform one or two of the questions mentioned above or from the textbook exercises with the teacher in Class and the remaining may be given for homework. Also, ensure that the student knows their special skills linked to independently using their accessible books as it will be critical to doing homework independently

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