

DAILY LESSON PLAN

(NO.6)

Unit:3

HUMAN HEALTH

Date:

Year level: 4

Topic:

- Food sources included in balanced diet

Key Learning Area: Food sources included in a balanced diet such as Fruits and Vegetable group, Grain group, Milk group, and Meat group

Lesson Outcomes:

- Students will be able to learn about the food sources that are included in a balanced diet

Required days: 1 day

LESSON STRUCTURE:

Teaching hours: 40 min.

Time	Introduction (Set):	Teaching Approaches
Total time: 5 min. 5 min.	Introduce the concept of the food sources that are included in a balanced diet	<u>Method:</u> <u>Class discussion and Visualization</u> Discuss the importance of eating healthy food with the students. (Class Discussion) Ask the students about the food items that are healthy and nutritious.

Time	Main content:	Teaching approaches
Total time: 30 min. 30 min.	Tell the students about the food Sources that are included in a balanced diet such as fruits and vegetable group, grain group, milk group, and meat group.	<u>Method:</u> <u>Class discussion, Video Aid, Reading and Writing</u> Read the respective concept from the course book and discuss its important concepts with the students. Show a video related to a balanced diet i.e. best food for health to the students. 【Consult video aids section related to this topic (video length: 4 min.)】 Solve exercise short question no. 4

Time	Conclusion:	Teaching approaches
Total time: 5 min.	<p>Students will be asked about:</p> <ul style="list-style-type: none"> ➤ Food sources that are included in a balanced diet such as fruits and vegetable group, grain group, milk group, and meat group 	<p>Method: Inquiry-based method</p> <p>Ask questions about the concepts being delivered</p> <p>Solve exercise MCQ that are related to this topic</p>

RESOURCES:

Need resources such as :

- Course Book
- Video Aid
- Whiteboard
- Board Marker

SAFETY CONSIDERATION:

None

ASSESSMENT:

Assessment can be done through:

- Exercise-based questions
- Activity-based knowledge
- Reading Visual pictures
- Asking conceptual questions

REFLECTION:

This teaching strategy has helped students to:

- Learn about food sources that are included in a balanced diet such as fruits and vegetable group, grain group, milk group, and meat group

