

## DAILY LESSON PLAN

**(NO.5)**

## Unit:3

**Date:**

## HUMAN HEALTH

**Year level: 4**

**Topic:**

➤ **Balanced Diet**

**Key Learning Area:** Balanced diet and its components, Nutritional Deficiency and related diseases

### Lesson Outcomes:

- Students will be able to learn about the balanced diet and its components
- Students will be able to learn about nutritional deficiency and related diseases

**Required days: 1 day**

### LESSON STRUCTURE:

**Teaching hours: 40 min.**

| Time   | Introduction (Set):  | Teaching Approaches  |
|--|--|--|
| <p><b>Total time: 10 min.</b></p> <p>10 min.</p> | <p>Introduce the concept of a balanced diet and its components. Also, introduce the concept of nutritional deficiency and related diseases</p> | <p><b><u>Method:</u></b> <u>Class discussion and Visualization</u></p> <p>Students will be asked to think about the importance of a balanced diet to avoid nutritional deficiency and related diseases</p> <p>Show some visual pictures of food items and discuss their nutritional facts with the students to highlight the components of food and its sources.</p> |

| Time                                 | Main content:  | Teaching approaches   |
|--------------------------------------|--|---|
| <b>Total time:</b><br><b>25 min.</b> |  | <b><u>Method:</u></b> <u>Class discussion, Reading and Writing</u>  |
| 20 min.                              | Tell the students about a balanced diet and its importance. Also, discuss the components of balanced diet. | <p>Read the respective concept from the course book and discuss its important concepts with the students.</p> <p>Provide an activity on page no. 52 from the course book</p> <p>Solve exercise short question no. 5</p> <p>Solve exercise long question no. 1</p> |
| 5 min.                               | Tell the students about the nutritional deficiency and related diseases                                    | <p>Read the respective concept from the course book and discuss its important concepts with the students.</p>   |

|  |  |   |
|--|--|---|
|  |  | Discuss the importance of a balanced diet with the students in order to avoid nutritional deficiency and related diseases via class discussion. |
|--|--|---|

| Time                          | Conclusion:  | Teaching approaches  |
|-------------------------------|--|--|
| <b>Total time:<br/>5 min.</b> | Students will be asked about <ul style="list-style-type: none"> <li>• The balanced diet and its components</li> <li>• Nutritional deficiency and related diseases</li> </ul> | <b>Method:</b> Inquiry-based method<br><br>Ask questions about the concepts being delivered<br>Solve exercise MCQ that are related to this topic |

### **RESOURCES:**

#### **Need resources such as :**

- Some visual pictures of food items to highlight the components of food and its sources
- Course book
- 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 a balanced diet and its components
- Learn about nutritional deficiency and related diseases