

DAILY LESSON PLAN

(NO.6)

<p><u>Unit:3</u></p> <p style="text-align: center;"><u>HUMAN HEALTH</u></p> <p><u>Topic:</u></p> <ul style="list-style-type: none"> ➤ Food sources included in balanced diet <p><u>Key Learning Area:</u> Food sources included in a balanced diet such as Fruits and Vegetable group, Grain group, Milk group, and Meat group</p> <p><u>Lesson Outcomes:</u></p> <ul style="list-style-type: none"> ➤ Students will be able to learn about the food sources that are included in a balanced diet 	<p><u>Date:</u></p> <p><u>Year level: 4</u></p>
--	---

Required days: 1 day

LESSON STRUCTURE:

Teaching hours: 40 min.

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

Time	Main content:	Teaching approaches
<p>Total time: 30 min.</p> <p>30 min.</p>	<p>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.</p>	<p><u>Method:</u> <u>Class discussion, Video Aid, Reading and Writing</u></p> <p>Read the respective concept from the course book and discuss its important concepts with the students.</p> <p>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.)】</p> <p>Solve exercise short question no. 4</p>

Time	Conclusion:	Teaching approaches
Total time: 5 min.	Students will be asked about: <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 	Method: Inquiry-based method Ask questions about the concepts being delivered Solve exercise MCQ that are related to this topic

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

