

Model Lesson Plan

Subject: Home Science

Class: X

Topic: Principles of meal planning

Duration: 40 min

1. Instructional Objectives/ Learning Outcomes: -

After completion of the topic, Students will be able to: -

- Recognize the Need of meal planning
- Recall their physical condition and work Pattern.
- Identify the nutritional requirement of family members.
- Compare the requirement of different members
- Justify the proper meal planning
- Establish the Concept of meal planning
- Gain the understanding of planning out meal
- Enumerate the principles related to Meal planning.

2. Learning resources: -









- Chart of food group.
- PPT
- Blackboard
- Chalk duster

3. Learning methods: -

- Lecture method
- Play way method
- Learning by doing

4. Execution: -

5E	Teacher activity	Student Activity
Engage	<p>Previous knowledge assumption: -</p> <p>Students may have basic knowledge of meal planning.</p> <p>teacher will try to create curiosity among students by asking them questions.</p> <p>How many time do you take meals in a day?</p> <p>Yes, we take 3-4 meals in a day.</p> <p>Do you take same kind of food in all four meals (Morning, afternoon, evening and night)?</p> <p>Yes, you are right.</p> <p>Have you ever think how much your mother needs to work for planning your meal for the whole day?</p> <p>Do you know the food prepare is according to your taste, liking, your age and physical needs. Dishes are never repeated in same day.</p> <p>Announcement of the topic: -</p> <p>Today we are going to discuss about meal planning.</p>	<p>2-4 times</p> <p>No madam We eat different food in all meals.</p> <p>We have never thought about this.</p>
Explore	<p>Today we will do an activity.</p> <p>List the name of food items you want to eat in your breakfast for a week. While keeping in mind there should not be junk and should be nutritious also not repetitive.</p>	<p>All students will do this activity.</p>
Explain	<p>Teacher will now allow the student to share their ideas on the meal planning and how they can plan one for themselves.</p> <p>Meal planning is the action of deciding meals in advance. It is the process of planning meals according to requirements.</p>	

	<p>Points to be keep in mind while planning meal: -</p> <ul style="list-style-type: none"> -Age -Gender -Occupation -Like and dislikes -Pocket friendly -Season -Availability of food items -Physical condition -Occasion 	<p>Students will listen carefully.</p> <p>Students will note down the points.</p>
<p>Elaborate</p>	<p>I hope Now will you be able suggest few points while planning meal.</p> <p>(Teacher will explain the principles of meal planning with the help of PPT)</p> <div style="text-align: center;"> <p>Principles</p> <ul style="list-style-type: none"> • Try to have foods from all 5 food groups in each meal <div style="display: flex; align-items: center;">  </div> • Meals should be attractive: consider... <ul style="list-style-type: none"> - Colour - Flavour & aroma - Texture - Shape & size - temperature  • Cost: <ul style="list-style-type: none"> - Try to use foods in season E.g. <ul style="list-style-type: none"> - What are some early summer foods? - What about late summer foods? - Fall?  • Consider Cooking Ability <div style="display: flex; align-items: center;">   </div> • Consider time available <div style="display: flex; align-items: center;">   </div> • Consider cooking method <ul style="list-style-type: none"> - E.g. oven, BBQ  </div>	<p>Students: -</p> <ul style="list-style-type: none"> Tasty, Easy to make Variety Attractive <p>Students will listen carefully.</p>
<p>Evaluate</p>	<p>Teacher will now allow students to explain the ideas debriefing the meal planning and points related to it.</p> <p>P.T.: so what did we learn today .</p>	<p>Madam we learnt the main factors and principles of meal planning.</p>

Home Work: -

1. Give 2 important reasons for planning off daily meal.
2. Plan a day's diet for your grandfather.
3. Write the factors that influence the meal plan of a family.
4. How do family traditions affect the meal planning?