

EVS • CLASS 3

Healthy Food Habits

Balanced diet, nutrients and smart choices

TEACHER

Teacher Name

CLASS

3

PERIOD

40 minutes



Lesson plan

01

Warm-up

02

Learn

03

Explore

04

Practise

Learning objectives

- ▶ Name the food groups
- ▶ Know why we need a balanced diet
- ▶ Choose healthy snacks
- ▶ Practise good eating habits

YOU ALREADY KNOW

We need food to grow and play.

A balanced plate



Diagram / picture

A balanced diet has the right amount of every food group.

Grains give energy, dal and milk help us grow, fruits and vegetables keep us healthy, and water helps everything work.

Food groups

Group	Gives us	Examples
Energy	Power to play	Rice, roti
Body-building	Growth	Dal, milk
Protective	Good health	Fruits, greens

Draw one food for each group.

Did you know?

8

glasses of water a day

5

colours of food daily

60%

of our body is water

Real-life examples



Image 1

Lunch box

Roti, sabzi and fruit



Image 2

Snacks

Chana instead of chips



Image 3

Festivals

Sweets in small bites

Healthy or junk?

Healthy

- Fruit, sprouts, curd
- Energy that lasts
- Helps you grow

vs

Junk

- Chips, soda, candy
- Quick energy, then tired
- Bad for teeth

Check your understanding

- ▶ Name two energy foods
- ▶ Why do we need water?
- ▶ Pick the healthy snack: chips or banana?
- ▶ What colours did you eat today?



Image

Activity time

1

Plate art

Make a paper balanced plate.

2

Food sort

Sort pictures into groups.

3

Taste test

Try a new fruit together.

Homework

- ▶ Draw your dinner plate
- ▶ Keep a one-week food chart
- ▶ Ask family for a healthy recipe



Image

Great work today!

Next lesson: Keeping clean

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