

EVS • CLASS 3

Healthy Food Habits

Balanced diet, nutrients and smart choices

TEACHER

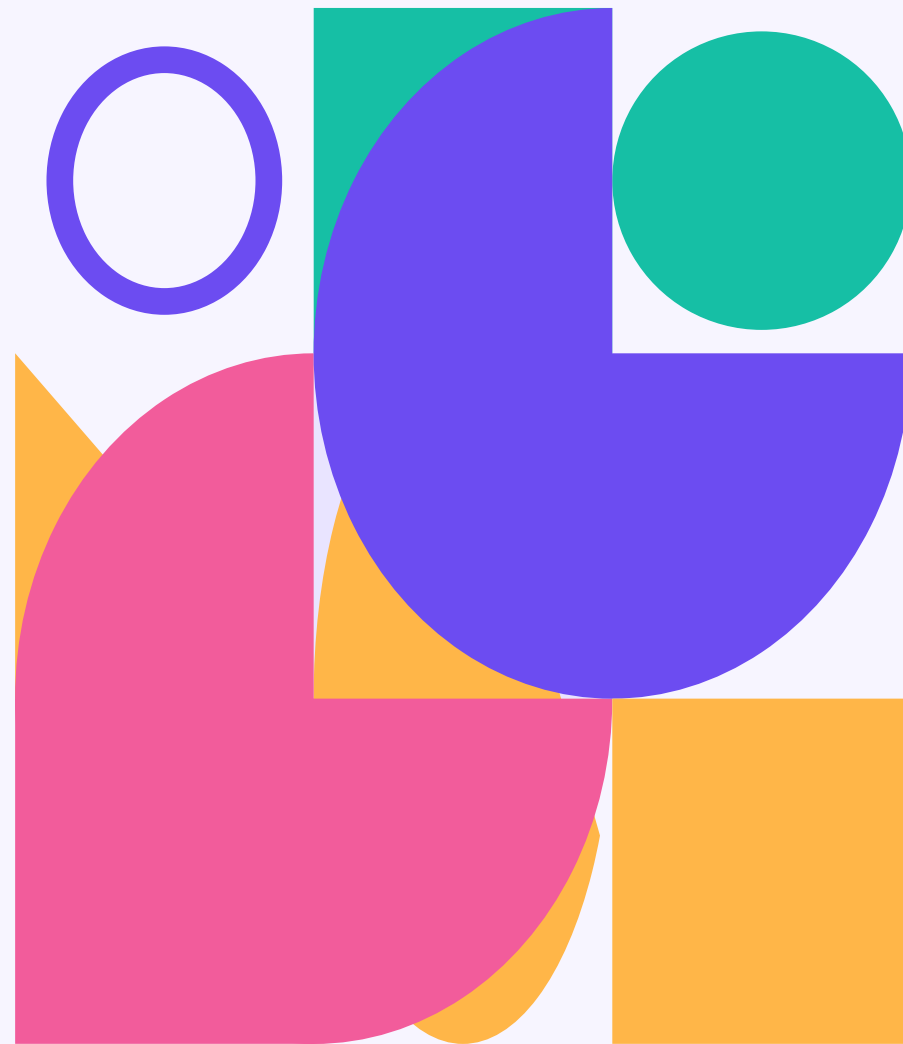
Teacher Name

CLASS

3

PERIOD

40 minutes





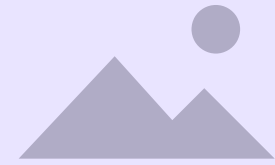
Lesson plan

01 Warm-up

02 Learn

03 Explore

04 Practise



Image



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.



What did you eat for breakfast?

Was it a rainbow?

Think about it



A balanced plate

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.



Diagram / picture



Key terms

01

Carbohydrates

Energy foods like rice and roti.

02

Proteins

Body-building foods like dal and eggs.

03

Vitamins

Protective foods like fruits.



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



Healthy or junk?

Healthy

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

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?



Activity time

01

Plate art

Make a paper balanced plate.

02

Food sort

Sort pictures into groups.

03

Taste test

Try a new fruit together.



Homework

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

Great work today!

Next lesson: Keeping clean

Teacher Name

Class 3

