



**LESSON TITLE: Food: Where Does It Come From?** **TIME** [170 minutes]

#### OVERVIEW

Students will explore the variety in Indian food through Google Earth creation [What's on Your Plate India ?](#)

Then they will study the [Food Crops in India](#) To answer the question Where does food come from ?

#### SUBJECT/TOPIC

Food : Where Does It Come From ?

#### AGE LEVEL 10-11 years



### Learning Objectives

At the end of lesson students should know about the great variety in food and why is it needed.

They will know about the food crops in India.



### Inquiry

Why do we need so much variety in food ?  
Is everyone getting enough food ?



### Materials Needed

INTERNET connection

Access to Google Earth and My Maps

Text Book class VI Science (NCERT)



### Lesson Summary

- **Engage:** Talk about food habits of children. What and when do they eat ?
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- **Explore:** Study the [Indian food platter](#) and know about the variety in food. Know about [food crops in India](#).
- **Explain:** Why so much variety in food ? Where does food come from ?
- **Revise:** Discussion in groups and class.
- **Apply:** Display Board and campaign on not wasting food



### Sustainable Development Goals

2 ZERO HUNGER



### Culminating Task/Assessment

Students will work in groups to put up display boards, plan campaigns on not wasting food and they can use google tools to show food scarcity, food preservation etc.



## Textbook Chapter

Class VI , Science, L-1, Food Where Does it Come From ? (NCERT)

### Engage (5 minutes)

Students work in groups. To fill [Table1](#) and [Table2](#) in each group

### Explore (25 minutes)

1. Students explore The Google earth story [What's on Your Plate India ?](#)
2. Students will share what all they eat in their meals, breakfast, lunch and dinner.
3. To read about the [nutrients needed by human beings](#).
4. Discussion in class on rich [Sources of nutrients](#).
5. Discussion on diet of animals. Do they get all the nutrients ?

### Explain (20 minutes)

1. Teacher explains the variety in food. Even one person eats a number of food items.  
Why are many food items included in every meal ?
2. Teacher facilitates whole group discussion by raising probing questions like " What if we don't get all the nutrients ?"  
Thus introducing the concept of [Balanced Diet](#) and [Deficiency Diseases](#).

### Revise (10 minutes)

1. Discussion on terms : Nutrients, Balanced Diet, Deficiency Diseases, Obesity etc.
2. Seeking information from students and [tabulating](#) on board : Nutrients, Functions, Deficiency Disease and Sources

Next, repeat the process with a second source of information.

### Explore (25 minutes)

1. Explore the Google My Map [Food Crops in India](#) and [Rainfall pattern in India](#).
2. Despite having enough food production, why is there still [hunger in India](#) ?
3. Are the foodgrains managed properly ? Is there proper Distribution ?

4. Even with such variety in food, why is there [malnutrition](#) ?

### Explain (20 minutes)

1. Teachers organize students into small groups
2. Question to be raised “ Does everyone around you get enough food to eat ? If not why ? Every group to pool in answers..
3. Teacher to list causes of hunger and malnutrition on board.
4. Each group to suggest ways to mitigate hunger and malnutrition.

### Revise (10 minutes)

1. We should strive to reduce [food wastage](#). List the ways.
2. What do animals eat. How do we classify animals according to their food habits ? Give examples according to [Table 4](#).

(Option to repeat this process with additional sources of information, each time resulting in an updated hypothesis.)

### Apply (60 minutes)

Students to work in groups

- 1.Group A : Display Board on “ Malnutrition”
2. Group B :Display Board on “ Do Not Eat Junk Food”
- 3.Group C : Prepare placards and plan a rally on “Do Not Waste Food” in school.
- 4.Group D : Prepare MY MAP on food security in India.

Evaluate:	On four point scale			
	Excellent(4)	Very Good(3)	Good(2)	Needs to Improve(1)
Content knowledge				
Presentation				
Participation				

### Additional Resources

[https://expeditions.gle/fdl?amv=190521017&apn=com.google.vr.expeditions&ibi=com.google.Expeditions&imv=2.3&isi=1131711060&link=http://expeditions.gle/view\\_tour/Science\\_of\\_food](https://expeditions.gle/fdl?amv=190521017&apn=com.google.vr.expeditions&ibi=com.google.Expeditions&imv=2.3&isi=1131711060&link=http://expeditions.gle/view_tour/Science_of_food)

