

MICRO-TEACHING LESSON PLAN

Skill: Achieving Closure

Sub: Science

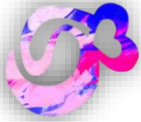
Identification of Data:

Subject: General Science Topic: Components of Food Class: VI	Teacher: Time: 7 min Date:
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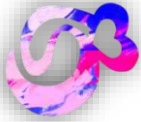
Teaching Aids:

- ❖ **General Aids:** Pointer
- ❖ **Specific Aids:** Roller Black Board

Step	Teacher's Activities	Pupils' Activities	Components of the skill
I N T R O D U C T I O N	The teacher will say, "Today we have learned about the components of food."	Pupils will listen attentively to the teacher.	
Step	Teacher's Activities	Pupils' Activities	Components of the skill
D E V E L O P M E N T	In order to achieve closure, the teacher will repeat the summary written on the blackboard: A substance that provides nourishment essential for the maintenance of life and for growth are called components of food. Those are – Carbohydrates, Fats, Proteins, Mineral Salts, Vitamins, Water and Fibre. Food, thus, on the basis of their role in the body are classified into major groups	The pupils will listen attentively.	Consolidation of learning by and statement.



<p style="text-align: center;">D E V E L O P M E N T</p>	<p>as energy-giving, body-building and protective foods.</p> <p>After that the teacher will ask the following questions:</p> <p>Q1. What are the essential components of food?</p> <p>Q2. What is a balanced diet?</p> <p>Q3. What are the importance of a balanced diet?</p> <p>Q4. What are the three major groups of food?</p> <p>After asking the questions the teacher will appreciate the students for their answers as ok, good, you have to come to learn many more things regarding the components present in our food.</p>	<ol style="list-style-type: none">1. Carbohydrates, Fats, Proteins, Minerals Salts, Vitamins, Water and Fibre.2. A diet containing all the essential components of food in proper and correct quantities.3. It leads to a good physical and a mental health, it increases the ability to fight or resist diseases.4. Energy-giving foods, growth-promoting foods and protective foods.	<p>Consolidation of learning by questioning.</p> <p>Creating a sense of Achievement</p>
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B.Ed. Study Materials

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Step	Teacher's Activities	Pupils' Activities	Components of the skill
C O M P L E T I O N	<p>Next, the teacher to test the <u>Application of acquired knowledge</u> of the students, he/she will give the following question as home assignment: $5 + 5 = 10$</p> <ol style="list-style-type: none">1. Make a list of food items and write the components present in them.2. Write the importance of each component of food with examples. <p>The teacher will then say, "Today we have learnt about the components of food present in our food and also their importance. In our next class we will learn about the various diseases which occurs due to imbalanced diet."</p>	<p>The pupils will note down the question on their exercise book.</p>	<p>Application of acquired knowledge/skill</p> <p>Cognitive link</p>

Prepared By-

Jintu Sonowal

Founder of www.gyanshalatips.in