

# Lesson Plan

Grade: Four

Subject: Science

Term: 1<sup>st</sup>

Time: 40min

Teacher's Name: \_\_\_\_\_

Week: 9

Day: 1

Chap 3: Human Health

Topic: Importance of Maintaining Good Health

## Students Learning Outcomes

At the end of this period, the students will be able to:

- Describe the importance of maintaining good health.
- Recognize everyday behaviors that promote good health (e.g., a balanced diet, drinking clean water, exercising regularly, brushing teeth, getting enough sleep).

## Resource Materials:

Chalk/marker, white/blackboard, Flashcards, Science Textbook

## Warm-up Activities

5mins

- Before beginning the lesson, ask students to say "Tasmiya."
- Ask them: What are benefits of wearing masks? How washing hands is good for health? Wait for their responses. Appreciate them for correct answers.

## Teaching and Learning Activities:

25mins

- Write down the topic name "Importance of maintaining good health" on board.
- Tell the students today we are going to study about importance of maintaining good health.
- We need to keep our body fit to spend a healthy life.
- A healthy body is free from various infections and diseases.
- If a person is healthy, he feels more relaxed, fresh, and happy.
- We should adopt various methods to keep our body healthy.
- If we keep our body active, we will be healthy.
- Write down the activities that help us to promote good health include:
  - Exercise
  - Getting Enough Sleep
  - Brushing Teeth
  - Drinking Clean Water
  - Balanced Diet etc.
- Tell the students that we will discuss these in detail.
- **Exercise:** Physical activities like exercise helps us to keep us fit. Along with exercise other activities like playing, running, walking and jumping also helps us to stay fit and strong. It can also help to manage weight, reduce the risk of disease and strengthen bones and muscles.

- **Sound sleep:** Sleeping soundly is very important to keep ourselves healthy. Our organs also need some rest. So, sleeping helps our organs to rest for a while. Sleeping for around 8-10 hours is important for us to keep working properly. Ask them to do the activity.
- Ask them to suggest any five exercises to keep body healthy and fit. Check their work.

**Review:** **3mins**

Explain the main points about importance of maintaining good health.

**Evaluation:** **5mins**

To check the understanding of students, ask them:

- Why is it important to keep good health?
- How can a person remain healthy and fresh?
- Name the activities that help us to promote good health.

**Homework:** **2mins**

Ask students to learn the topic. And task them to write Q3 (v) of Exercise in their notebooks.

# Lesson Plan

Grade: Four

Subject: Science

Term: 1<sup>st</sup>

Time: 40min

Teacher's Name: \_\_\_\_\_

Week: 9

Day: 2

Chap 3: Human Health

Topic: Importance of Maintaining Good Health

## Students Learning Outcomes

At the end of this period, the students will be able to:

- Recognize everyday behaviors that promote good health (e.g., a balanced diet, drinking clean water, exercising regularly, brushing teeth, getting enough sleep).

## Resource Materials:

Chalk/marker, white/blackboard, Science Textbook

## Warm-up Activities

5mins

- Before beginning the lesson, ask students to say "Tasmiya."
- Ask them: What are the activities that promote good health? Wait for their responses.

## Teaching and Learning Activities:

25mins

- Write the topic name "Importance of maintaining good health" on the board.
- Tell students we are going to learn about some important activities that promote good health.
- **Cleaning:** Cleaning is also very important for us to remain healthy.
- Ask students what are the ways that can keep us clean. Wait for their response.
- Tell them different ways including taking a bath, cleaning our surroundings, brushing, cutting our nails, washing our hands etc.
- **Drinking clean water:** Ask students how many glasses of water they drink in a day. Why drinking water is necessary? Wait for their response.
- Tell students that we need water to live because all our body functions perform in the presence of water. Water keeps us hydrated. Clean water is free of germs. Germs causes diseases. In order to maintain good health drinking clean water is necessary.
- Tell the students "**Filtered water is free of germs that can cause many diseases. So, in order to remain healthy and hydrated, we should drink filtered water.**"
- Ask them to open their textbook and do the activity.

## Review:

3mins

Explain the main points of important activities to remain healthy.

## Evaluation:

5mins

To evaluate the understanding of students, ask them:

- How can we keep our body healthy?
- Why should we drink filtered water?

**Homework:**

**2mins**

Ask students to learn the topic.

# Lesson Plan

<b>Grade:</b> Four	<b>Subject:</b> Science	<b>Term:</b> 1 <sup>st</sup>	<b>Time:</b> 40min
<b>Teacher's Name:</b> _____		<b>Week:</b> 9	<b>Day:</b> 3
<b>Chap 3:</b> Human Health	<b>Topic:</b> Balanced Diet and Its Components		

## Students Learning Outcomes

**At the end of this period, the students will be able to:**

- Recognize everyday behaviors that promote good health (e.g., a balanced diet, drinking clean water, exercising regularly, brushing teeth, getting enough sleep).
- Define a balanced diet and explain its components.
- Identify common food sources included in a balanced diet (e.g., fruits, vegetables, grains, milk and meat group).

## Resource Materials:

Chalk/marker, white/blackboard, Science Textbook, Worksheet

## Warm-up Activities

**5mins**

- Before beginning the lesson, ask students to say "Tasmiya."
- Ask them: Why drinking clean water is important? Why is cleaning important? Wait for their responses.

## Teaching and Learning Activities:

**25mins**

- Write the topic name 'Balanced diet and its components' on the board.
- Tell the students today they will learn about importance of balanced diet to maintain our health.
- Ask students what they know about balanced diet. Wait for their response.
- A balanced diet is one in which all the nutrients are present in the right proportions. A balanced diet helps in providing nutrient according to the needs and demands of the body. It also makes our body strong enough to fight against germs.

Write down components of balanced diet on board.

- Carbohydrates
- Proteins
- Vitamins and Mineral Salts
- Fats, Fiber, and Water etc.
- Tell the students about components of balanced diet one by one.

**Carbohydrates:** Tell the students, Grains are a rich source of carbohydrates. They provide the required energy to our body. The best sources of carbohydrates are fruits and vegetables because they contain vitamins and minerals.

**Proteins:** Tell the students proteins are important building blocks of our muscles. Proteins are essential nutrient present in all living organisms. Tell them, they help in the development of organs, tissues, muscles and hormones in the body.

**Vitamins and Minerals Salts:** Tell the students, vitamins and minerals are essential for bodily function such as helping to fight infection, wound healing, making our bones strong.

Milk and other dairy product are a source of different vitamins and calcium.

**Fiber and Fats:** Fats store energy in our body for later use. Fiber is necessary for the body to get rid of the waste material and undigested food.

**Review:** **3mins**

Explain the main points about balanced diet.

**Evaluation:** **5mins**

To evaluate the understanding of students, ask them:











- Why do we need carbohydrates and proteins?

**Homework:** **2mins**

Ask students to learn the topic. Write the answer of Q4 (i) of Exercise in their notebooks.

## Worksheet

Identify the plant, animal and mineral of food sources. Write these food sources in relevant columns. Use the words from the chart.

<b>Carrots</b> 	<b>Water</b> 	<b>Meat</b> 	<b>Tomatoes</b> 	<b>Eggs</b> 
<b>Oranges</b> 	<b>Chicken</b> 	<b>Salt</b> 	<b>Lemon</b> 	<b>Sausages</b> 

Plant Sources	Animal Sources	Mineral Sources

# Lesson Plan

Grade: Four

Subject: Science

Term: 1<sup>st</sup>

Time: 40min

Teacher's Name: \_\_\_\_\_

Week: 9

Day: 4

Chap 3: Human Health

Topic: Drinking Clean Water

## Students Learning Outcomes

At the end of this period, the students will be able to:

- Understand the value of clean drinking water and inquire about the factors that generally make it unclean.

## Resource Materials:

Chalk/marker, white/blackboard, Science Textbook

## Warm-up Activities

5mins

- Before beginning the lesson, ask students to say "Tasmiya."
- Ask them: What is balanced diet? Wait for their responses.

## Teaching and Learning Activities:

25mins

- Write down the topic name 'Drinking Clean Water' on board.
- Tell the students today they will learn about importance of water in our life.
- Water is used for many purposes in our daily routine. It is used for washing, cleaning, irrigation but most importantly for drinking.
- Ask the students: Why do we need to drink water? Wait for their response and tell them: Water is the most abundant compound in our body. It makes up to 60% on average.
- Our blood contains water in large amount. Our brain has water. Moreover, our body needs water to perform various functions. Water helps in digestion of food. Less amount of water in our body can cause serious problems like dehydration etc. Water is necessary for excretion and nourishment. We need to drink a lot of water to keep our skin fresh.
- The diseases that are caused due to the germs present in water are known as water borne diseases. These diseases can be life threatening.
- Ask the students how water is made unclean and dirty? Wait for their response.
- Allah (SWT) has made everything perfect.
- It is due to human actions that we are suffering from various problems.
- Ask students to list those human activities that are making water dirty. Ask students open their textbooks and solve activity.

## Review:

3mins

Explain the main points about importance of drinking clean water.

## Evaluation:

5mins



To evaluate the understanding of students, ask them:

- Why water is necessary for our body?
- How do we get water borne diseases?
- Why drinking clean water is important?

**Homework:**

**2mins**

Ask students to learn the topic.

# Lesson Plan

Grade: Four

Subject: Science

Term: 1<sup>st</sup>

Time: 40min

Teacher's Name: \_\_\_\_\_

Week: 9

Day: 5

Chap 3: Human Health

Topic: Drinking Clean Water

## Students Learning Outcomes

**At the end of this period, the students will be able to:**

- Understand the value of clean drinking water and inquire about the factors that generally make it unclean.

## Resource Materials:

Chalk/marker, white/blackboard, Science Textbook, Worksheet

## Warm-up Activities

5mins

- Before beginning the lesson, ask students to say "Tasmiya."
- Ask them: Why is water important? Wait for their responses. Appreciate them for correct answer.

## Teaching and Learning Activities:

25mins

- Write down the topic 'Factors polluting water' on board.
- Tell the students that today we are going to learn about different factors that make water unclean and dirty.
- Write down 'Irrigation' on board.
- Tell students that Pakistan is an agricultural country. A large amount of water is used for irrigation purposes. This water when runs down, it enters the lakes and rivers.
- This water contains many chemicals and other pollutants. There are some chemicals that are sprayed on fields. These chemicals include pesticides. Pesticides kill pests that eat healthy field and lessen the yield. We use pesticides to improve the yield but these pesticides when enter the water, they become harmful chemicals that can cause many diseases.
- Waste from factories include many chemical and toxic substances. When these chemicals enter the water, they cause water to become toxic and cause many harmful diseases such as cancer.
- People in village and even in cities are used to throw their garbage in water that makes it very unhealthy and unclean.
- Oil spills is also a very big cause of water pollution. Oil forms a layer on surface of water due to which light and oxygen cannot pass through it. It causes suffocation for water animals.
- Sewage water when added to drinking water makes it unclean.
- Metallic waste added in water due to mining also makes water toxic.

- Ask students to watch scientific videos to understand this topic more easily.

**Review:****3mins**

Explain the main points about all the factors that causes water to become dirty.

**Evaluation:****5mins**

To evaluate the understanding of students, ask them:





- Name some factors that makes water unclear.
- What is the role of factories in making water unclear?
- What are pesticides?

**Homework:****2mins**

Ask students to learn the topic. And solve the given worksheet.

## Worksheet

Q1. Match the major causes of water pollution to the below pictures.

Oil Spill	
Fertilizers	
Industrial runoff	
Solid trash	
Pesticides	

Q2. Why water is important for us?

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