

HOME ECONOMICS

I. OBJECTIVES

At the end of the lesson, the students will be able:

1. To identify and enumerate the different food groups.
2. To perform different activities relating to the usefulness of the three basic food groups.
3. To appreciate the value of eating nutritious foods.

II. CONTENT AND MATERIALS

- Topic/ Subject Matter : The Three Basic Food Groups
- Reference : Alviar, H. E. et. al. (2005). The World of Work 5.
REX Publishing House
- Instructional Material : PowerPoint presentation, cut-out pictures, cartolina, pens

III. PROCEDURE/LEARNING ACTIVITY

A. Routine Activities/ Introductory Activity

1. Prayer

Students will choose a prayer partner and they will pray together.

2. Attendance

Students will say their assigned numbers.

3. Checking of Assignments

The teacher will ask the students if they have listed the food that they have eaten yesterday.

B. Lesson Proper

1. Motivation

The teacher will show a picture of foods through a PowerPoint presentation

The students will search in the classroom some hidden pictures of food. Then, they will sort out these pictures by pasting them into the basket. After the activity, the teacher will ask the students why they came up to the idea that they should put that food in the certain basket.

2. Presentation

The teacher will present the three basic food groups. (base on the food groups in each basket).

Go Food

Give heat and energy, help other nutrients work for the body.

Glow Food

Prevent diseases by building the body's resistance, regulates body processes.