

STUDY COURSE MATERIAL

EVS

SESSION-2020-21

CLASS-MONT III

TOPIC:My Body, Sense Organs, Food

DAY-1

❖ TEACING MATERIAL

MY BODY

Your body is more than what you see when you look in the mirror – there are different parts that have different jobs, but each part works together so you can eat, sleep, sit in class and play with friends.

Your body is a pretty amazing thing! While there's lots happening on the outside that you can see, such as scratching an itch, eating lunch with your friends at school and running outdoors, there's even more happening inside. Find out more about your bones and muscles, and about your five senses and the nervous system



head



eyes



mouth



body



hand



nose



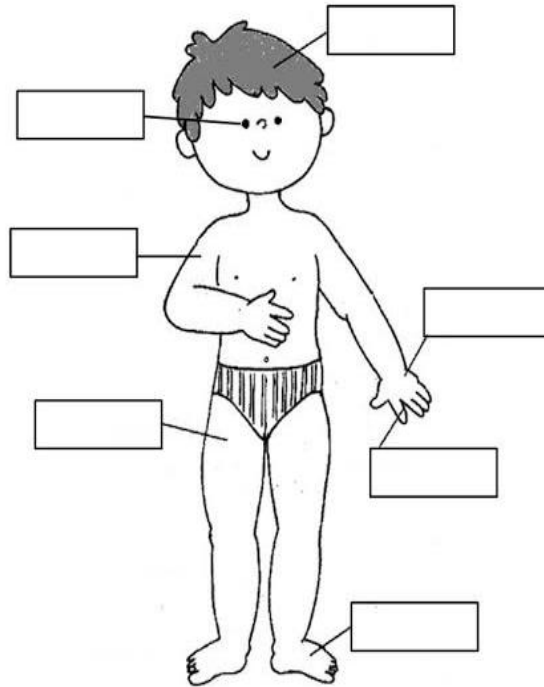
ear



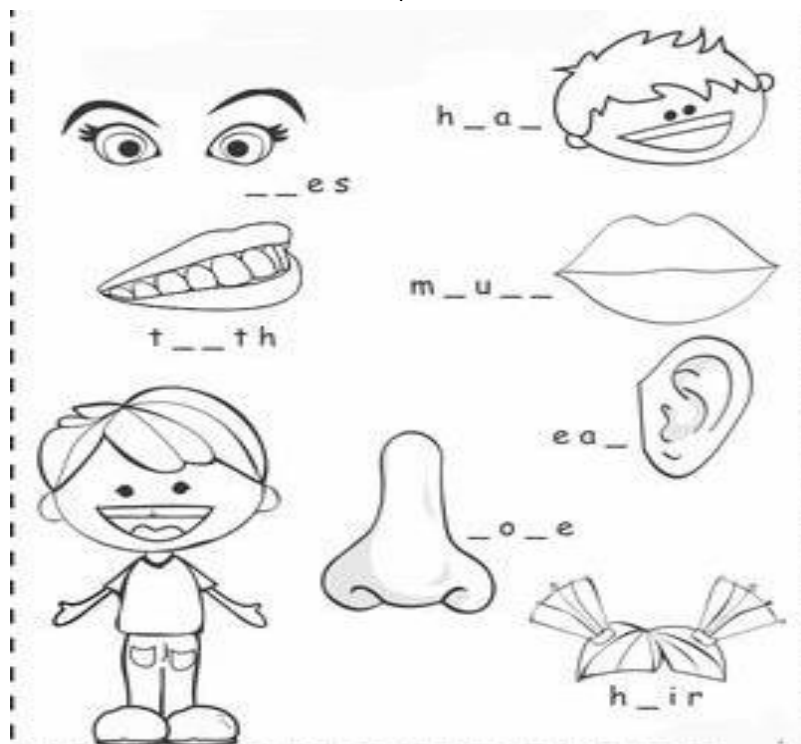
foot

WORKSHEET

WRITE THE PARTS OF BODY



FILL IN THE MISSING LETTERS



VIDEO-LINKS

<https://youtu.be/SDKgeb3aDsQ>

https://youtu.be/q4NIEG_ygiM

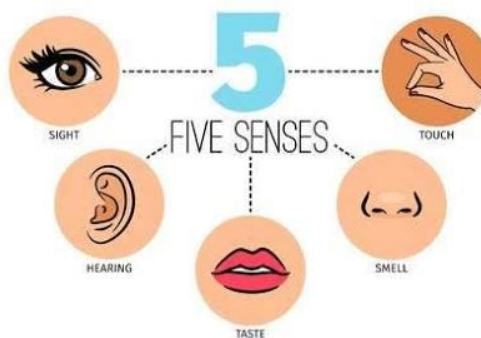
https://youtu.be/_9UG0g9YOR8

DAY-2

❖ TEACHING MATERIAL

SENSE ORGANS

The sense organs are the body organs by which humans are able to see, smell, hear, taste, and touch or feel. The five sense organs are the eyes (for seeing), nose (for smelling), ears (for hearing), tongue (for tasting), and skin (for touching or feeling).



WORKSHEET

WRITE THE FIVE SENSES AND COLOUR IT:

I see with my eyes.

I hear with my ears.

I taste with my tongue.

I smell with my nose.

I touch with my hands.



The illustration shows five simple line drawings of human senses: two hands, a tongue sticking out, two eyes, a nose, and two ears. These are arranged horizontally below the text. The entire worksheet content is enclosed in a rectangular frame with a decorative scalloped border at the bottom.

❖ VIDEO-LINKS

<https://youtu.be/IsJM-GB89X8>

<https://youtu.be/hNKa2HBoe7k>

DAY-3

❖ TEACING MATERIAL

FRUITS









Fruits benefit us in many ways, including improved nutrition, decreased obesity risk and better performance, we should eat one fruit each a day as we used to say 'An apple a day keeps a doctor away'

HERE ARE THE 10 FRUITS NAME:



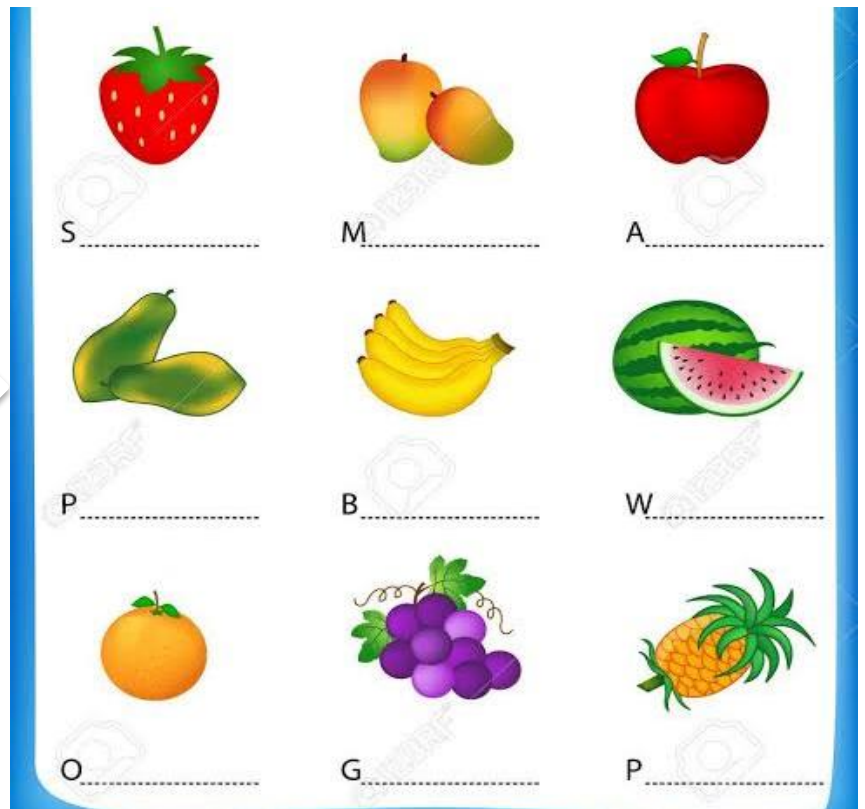
Apple Banana orange Mango Grapes Papaya cherry Strawberry Watermelon Litchi

FILL IN THE MISSING LETTERS:

 _ppl_	 b_n_n_
 ch_rr__s	 gr_p_s
 _r_ng_	 p__ch
 l_m_n	 p__r

WORKSHEET

WRITE THE
NAME OF
FRUITS



❖ VIDEO-LINKS

<https://youtu.be/UCnGsvWv9Vo>

<https://youtu.be/mfReSbQ7jzE>

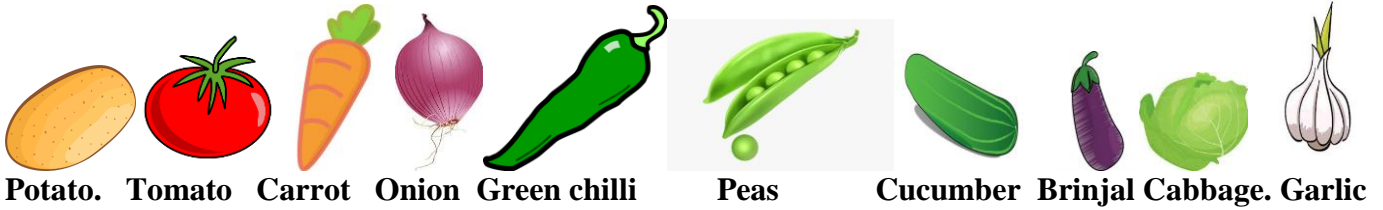
DAY-4

❖ TEACING MATERIAL

VEGETABLES










Eating vegetables provides health benefits - people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

HERE ARE THE 10 VEGETABLES NAME

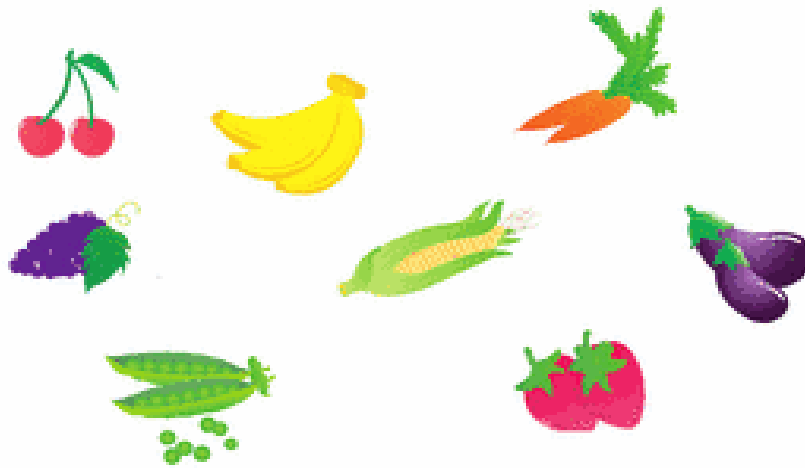


WORKSHEET

Fill in the missing letters:

1. p__pk_n 	2. m_sh__m 
4. c_c_m_e_ 	3. c_b_g_ 
5. t_m_t_ 	4. c_rr_t_ 
7. c_r_ 	6. o____ns 
8. p_t_t_ 	

Count and classify:



How Many?

Are fruits? _____
Are vegetables? _____
Are purple? _____
Are yellow? _____
Are orange? _____
Grow on trees? _____

❖ VIDEO-LINKS

<https://youtu.be/DOT15xaX7-E>

DAY-5

❖ TEACING MATERIAL

GRAINS:

Grains are types of grass that produce seeds that can be eaten. Grains are also called cereals. Wheat, rice, and corn are the most commonly grown grains. Other important grains include barley, oats, rye, millet, and sorghum

Here are 5 grains name:



Wheat.



coffee beans



corn



Rice



Red Beans

WORKSHEET:

Look at the pictures and do as instructed:

Color the fruits and vegetables green.
Color the grains brown.
Color the proteins red.
Color the dairy foods blue.

Video- link

<https://youtu.be/2CluFZKclto>