

**Upcoming Theme's Overview: Class 4**

**Theme Name and Number: Theme 3- Food and Nutrition**

**Theme Dates: 6<sup>th</sup> October to 19<sup>th</sup> October 2022;**

**7<sup>th</sup> November to 11<sup>th</sup> November 2022**

**Central Idea:** Understanding different components of food helps us live a healthy life.

**Lines of Inquiry:**

- There are various components of food (Form)
- Various nutrients are related with different types of food (Connection)
- We acquire deficiency diseases due to lack of certain nutrients (Causation)
- Balanced diet and preservation of food is important (Responsibility)

## Section I - Core Subjects Overview

Week No.	EVS	English	Maths	Hindi	ICT
<b>Week 1</b>	<ul style="list-style-type: none"> <li>• Introduction of the theme- food and nutrition</li> <li>• Sources and components of food</li> <li>• Importance of sources of food</li> </ul>	<ul style="list-style-type: none"> <li>• Warmer</li> <li>• Pre teach</li> <li>• Predicting the text</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Number Sense:</b> Prime Factorisation by division method, HCF, Addition and subtraction of like fractions</li> <li>• <b>Geometry:</b> Perimeter of regular and irregular shapes</li> </ul>	<ul style="list-style-type: none"> <li>• Word web on Gaanw ka swaroop</li> <li>• Word web on Bhojan or poshan</li> <li>• New words from the chapter</li> </ul>	<ul style="list-style-type: none"> <li>• In Paint: Using shapes together, using words in drawings, putting multiple images together to make a picture</li> <li>• Recreate using images from the web- includes cropping and resizing</li> </ul>
<b>Week 2</b>	<ul style="list-style-type: none"> <li>• Components of food and nutrients</li> <li>• Detection of nutritional components of food (carbohydrates , proteins and fats)</li> <li>• Creating balanced</li> </ul>	<ul style="list-style-type: none"> <li>• Reading for gist</li> <li>• Reading for details</li> <li>• Reading comprehension</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Number Sense:</b> Introduction to LCM, multiplication, word problems</li> <li>• <b>Measurement:</b> Use of weighing scale to measure different objects and compare their weights</li> </ul>	<ul style="list-style-type: none"> <li>• Questions and answers</li> <li>• Exercise from the chapter</li> </ul>	Using a Word Processor : <ul style="list-style-type: none"> <li>• Working with Shapes: Drawing Shapes; Formatting shapes; Adding text inside a shape</li> <li>• Inserting Symbols: Types of symbols</li> </ul>

	<p>healthy meals</p> <ul style="list-style-type: none"> <li>• Importance of balanced diet and deficiency diseases</li> </ul>				
<b>Week 3</b>	<ul style="list-style-type: none"> <li>• Balanced diet v/s junk food</li> <li>• Poster making on healthy food v/s junk food</li> <li>• Preservation of food</li> <li>• Performance Task</li> </ul>	<ul style="list-style-type: none"> <li>• Pronouns and prepositions</li> <li>• Performance task</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Number Sense:</b> Addition/ Subtraction of unlike fractions, comparison of fractions</li> <li>• <b>Measurement:</b> Area of regular shapes, perimeter of irregular and regular shapes</li> <li>• <b>Geometry:</b> Types of angles and use of protractor</li> </ul>	<ul style="list-style-type: none"> <li>• Activity news on Khadya padarth me milawat</li> <li>• Workbook assignments related to the theme</li> </ul>	<ul style="list-style-type: none"> <li>• The Internet: Basic introduction to Email as a tool for communication: Opening and Reading an email</li> <li>• Typing an email in presence of the teacher and sending it with or without an attachment</li> </ul>

List of Vocabulary for - Food and Nutrition

**EVS Vocabulary**

Fibers

Proteins

Carbohydrates

Starch

Vitamins

Minerals

Nutrients

Nutrition

Fluids

Fats

Roughage

Malnutrition

Junk

Deficiency

Kwashiorkor

Marasmus

Night blindness

Anemia

Scurvy

Beri Beri

Rickets

Refrigerating

Deep freezing

Canning

Boiling  
Exercise  
Waste  
Function  
Energy  
Calcium  
Potassium  
Phosphorous

**English Vocabulary**

Hearth  
Flounce  
Bare  
Snug  
Fragrant  
Generous  
Morsel  
Weary  
Permit  
Envy  
Stoke  
Hapless  
Witness  
Dismay  
Bewildered  
Shimmering  
Misgiving

**Maths Vocabulary**

Equivalent fractions

Lowest common multiple

Highest common factor

Factorisation

Acute angle

Obtuse angle

Straight angle

Right angle

Area

Perimeter

Sides

Length

Width

**A note for parents:** You can reinforce the above vocabulary for children by ensuring that they understand the meaning of these words and its usage meaningfully, in different contexts. Children may be able to also read and write most of these words - although they are not expected to know the spellings of all of the words from the list.

## Section II - Holistic Development

Holistic Development Area	To be covered...
Art and Design	<ul style="list-style-type: none"> <li>• Still life drawing - Live drawing of fruits and vegetables</li> <li>• Exploring different printmaking styles</li> </ul>
Sports	<ul style="list-style-type: none"> <li>• <b>Athletics:</b> Game discipline, fitness activities, running, long jump, preparing for sports day march past</li> <li>• <b>Karate:</b> Judo techniques, punches and kicks, defense techniques</li> <li>• <b>Football:</b> Defending, Dribbling - practice of finishing, redirecting the ball, push pass and instep pass</li> </ul>
Interest Centers - Performing Arts	<p><b>Project Title: Dance Performance and Production for School's Annual Day</b></p> <ul style="list-style-type: none"> <li>• Introduction to the term "Dance"</li> <li>• Finalizing the Topic and Song Selection for performance.</li> <li>• The Performance prepared in the project will be performed in Annual Day</li> </ul>
Self-Enrichment	<ul style="list-style-type: none"> <li>• Challenges in growing up - To Understand and demonstrate respect in all relationships</li> </ul>
Assembly, Events, Celebrations, House Activities	<ul style="list-style-type: none"> <li>• Class Presentation: <ul style="list-style-type: none"> <li>○ Class 3 &amp; 4 IC-PA Project Presentation</li> <li>○ Class 4B</li> </ul> </li> <li>• Special Whole School Assembly on: <ul style="list-style-type: none"> <li>○ Children's Day celebration</li> </ul> </li> <li>• House Activity:</li> </ul>

- Diwali celebration