

Grade : V
Year : 2019-20

Work Education (Meal planning and Dextrous hands) Annual Planner

Month and Number of days	Units	Sub Units	Objective	Activities Planned	Assessment/Recap
March (1 day)	Introduction to Meal planning	Importance of meal planning	Introduce meal planning as part of work education	Students speak individually about their interest in meal planning	---
June (3 days)	1. How to plan a Meal? 2. Lassi	1. Making a meal plan 2. Ways of cooking 3. Introduction to beverage	1. Students learn the steps involved in preparing a healthy meal plan. 2. Students will get the knowledge about different types of cooking methods like steaming, grilling, blending... 3. Students make a beverage(lassi) with Seasonal fruit.	1. Students prepare a healthy meal plan for three days. 2. Students prepare a beverage (lassi) with seasonal fruit.	Assessment I
July (2 days)	1. Lassi 2. Chaat	1. Mango and chocolate flavour 2. sprouts	Students will learn to prepare flavoured lassi and sprouts chaat which can be served as a healthy dish.	1. Preparation of flavoured lassi 2. Preparation of sprouts chaat	
August (3 days)	1. Breakfast in a glass 2. Canapés 3. Salad	1. fresh seasonal fruits 2. monaco biscuit 3. corn	1. Students are made aware of a quick breakfast. 2. Preparing healthy version of biscuit snacks. 3. Preparation of a healthy salad.	1. Group discussion. 2. Preparation of healthy snacks. 3. Preparation of nutritional food.	Assessment II
September (2 days)	Introduction to and making a tricolor sandwich.	1. Bread and cheese	Students will learn to make the dish presentable.	Preparation of Tricolor sandwich	---

Month and Number of days	Units	Sub Units	Objective	Activities Planned	Assessment/Recap
Dexterous Hands					
October (1 day)	Paper Crafts	Paper Flowers	Develop aesthetic sense by preparing various kinds of paper flowers and leaves.	Paper flowers garden	---
November (3 days)	Best out of waste	i) plastic bottles ii) news papers	To learn and progressively understand that resources should be used carefully, that they could reuse waste material and not always depend on new things.	1.Desk organizer 2.News paper chair	Assessment III
December (2 days)	Simple Origami	Origami Animals	Learning to make paper sculptures through origami	1.Jumping Frog 2. Dog	---
January (2 days)	Lantern	Paper lantern	Develop aesthetic sense by making decorative lantern.	Making a paper lantern	Assessment IV
February (2 days)	Greeting Card	3D greeting cards	Learning to make custom designed greeting cards	pop up greeting card	