

**Grade : VI**  
**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 Explanation on different types of Sandwich	1.Making a meal plan 2.ways of cooking 3.Introduction 4. Prepare a Coleslaw Sandwich	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, baking...  3. Students learn about types of sandwiches.	1. Students prepare a healthy meal plan for three days.	---
July (2 days)	1 Coleslaw Sandwich  2 Mocktail with seasonal fruit.	1.To make a Coleslaw Sandwich.  2 To make a Mock tail.	Students will learn to prepare a coleslaw sandwich and a mock tail with any seasonal fruit.	1. Preparation of Coleslaw Sandwich. 2. Preparation of Mocktail	Assessment I
August (3 days)	1 Introduction of Sprout Bhel  2. Introduction of Peanut Masala.  3 Introduction of	1. Benefits of Sprout Bhel,  2. Peanut Masala and Fresh Pineapple Salsa.	1. Students are made aware of the benefits of using organic products.  2.Preparing healthy version of Sprouts and Peanuts.  3.Students will learn to fold	1.Group discussion.  2.Preparation of all 3 dishes.  2.Napkin folding ,cutlery placement	

	Fresh Pineapple Salsa.		napkin,basic cutlery etiquette		
September (2 days)	Introduction to Salad.	To Make Russian Salad	Students will learn how to prepare a Russian Salad.	Preparation of Russian Salad.	Assessment II
Dextrous Hands					
October (1 day)	Paper crafts	Bouquet	Developing skills for making useful things with simple material	Paper bouquet	---
November (3 days)	Best out of waste	i)waste CD 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.	Wall piece News paper	Assessment III
December (2 days)	Simple Origami	Origami Bird	Learning to make paper sculptures through origami	Swan	---
January (2 days)	Popsicle sticks	Earring holder with craft sticks, Popsicle sticks spring garden	Acquire skills of making useful things out of common material that are easily available.	Earring holder, Spring garden	Assessment IV
February (2 days)	Greeting Card	3D greeting cards	Learning to make custom designed greeting cards	pop up greeting card	