




FOUNDATION PHASE LIFE SKILLS

PERSONAL AND SOCIAL WELL-BEING LESSON PLAN GRADE 3	
TERM 4	Week 1
Topic:	Processes and Products Plants :What we get from plants Process – from sugar cane to sugar Drying and Canning
Objective/ Aim:	<ul style="list-style-type: none"> Identify the basic needs of plants Learners understand that plants have a life cycle that includes sprouting: developing roots, stems, leaves and flowers; reproducing; and eventually dying. Identifying the main parts of a sprouting plant. Learners must know that all the foods we eat are either parts of plants, contain plant parts as their main ingredient or are from animals who rely on plants to survive. The primary objective of food preservation is to prevent food spoilage until it can be consumed. Preserving food also offers the opportunity to have a wide variety of foods year-round.
Integration	<ul style="list-style-type: none"> Home Language <ul style="list-style-type: none"> - Reading - Writing - Phonics - Spelling
Lesson: Learning and Teaching material (LTSM):	<ul style="list-style-type: none"> Real examples (3D) of food: tomato, lettuce, carrots, bananas, etc. Flash cards – Cereal boxes Pictures of plants – Cut out from old magazines DBE Workbook Page 34
eResources:	<ul style="list-style-type: none"> Eportal URL for Life Skills resource file Video URLs Sunflower song with actions https://youtu.be/z4jJaqHjR_s This is a Sunflower https://youtu.be/JP27pEXqBy0 Parts of a plant https://youtu.be/TD60-3rqPXq Food from plants https://youtu.be/e0SVNqWNovY Food we get from plants - for children https://youtu.be/Pp3O-y_hONY SUGAR How It's Made https://youtu.be/jCKt02NGifM

	<ul style="list-style-type: none"> • How to Make Dried Mangos https://youtu.be/MCGUuGilyb0 • How to Make Dried Fruit at Home (Using Your Oven) https://youtu.be/kjLWtgOpOL4 • How to bottle fruit https://youtu.be/VkbqDqUtzVE • Orange marmalade recipe https://youtu.be/SHixMXH3yYg • Fruit salad story. https://youtu.be/Xx_H0O6LHV0
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Introduction:	<ul style="list-style-type: none"> • Teacher show the video: This is a Sunflower. Learners then listen to the Sunflower song and do the actions. • Teacher asks questions to see what learners remember from their previous knowledge about where food comes from? • Discussion about plants. Its parts, how it grows, what it needs to grow etc.
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<p>Lesson: Content / Concepts / Skills CAPS</p> <p>To be taught /guide/support...)</p> 	<p>NB. Inquiry - Teacher to decide which of the aspects dealt with below will be a research project which will be done at home. Give clear instructions about the research 'find out'. What information should be gathered? Take into consideration the resources learners have at home. Some only have a cellphone for mom and dad to support them.</p> <p>How to present it? Written – sentences, paragraphs, pictures/ and or drawings.</p> <p>Rubric: Relevant information, presentation and neatness- A part to be added for presentation to their peers in their group.</p> <p>Plants: What we get from them</p> <p>The Life Cycle of a Plant:</p> <p>A plant starts out as a seed buried in the ground. As water falls on the seed and the sun warms it, its hard shell opens and it starts to grow. The plant's roots start to grow. Then the stem of the plant starts to grow and burst through the soil. Later the leaves start to grow from the stem. The buds will start growing as the plant grow bigger which will later sprout into flowers. Sometimes the flowers turn into fruit.</p> <ul style="list-style-type: none"> • Learners watch the following video: Parts of a plant https://youtu.be/TD60-3rqPXg <p>The basic needs of plants:</p> <ol style="list-style-type: none"> 1) Water is necessary in plant growth. It helps in making their food. 2) Sunlight 3) Fertile soil with mineral and nutrients 4) Carbon Dioxide is given off by humans and animals <p>Plants provides us with many things such as:</p> <ol style="list-style-type: none"> 1) They provide us all our basic necessities i.e. food, clothing and shelter.
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2) Plants give us many kinds of food. All vegetables, fruits and nuts come from plants. They help to keep us healthy because they contain vitamins, minerals, proteins, carbohydrates, oils and fibre. Chocolate also comes from plants.

3) Plants provide us the life gas oxygen and the wood.

4) We get gums and resins from plants.

5) They also provide us pleasant scenery, fragrance and perfumes.

6) Several plants like Turmeric, Opium, Neem etc. have medicinal importance to us.

7) They provide different habitats to animals.

Learners watch the following videos:

- Food from plants
<https://youtu.be/e0SVNqWNovY>
- Food we get from plants - for children
https://youtu.be/Pp3O-y_hONY

Process: From sugar cane to sugar -Learners watch the video:

- SUGAR | How It's Made
<https://youtu.be/jCKt02NGjFM>

LESSON 2:

Plants: Drying and Canning

- Teacher has 3D examples of fresh tomatoes, mangoes, peaches, dried tomatoes, dried mangoes, canned fruit and vegetables.
- Teacher explains that Drying/Dehydrating is the oldest form of food preservation.
- Drying reduces the moisture in foods making them lightweight and convenient to store, it can easily be used in place of other food preservation techniques.
- Humans have used the heat from the sun, fanned by fresh air, to dry everything from fruit to herbs.
- Canning is when the food contents are sealed in an airtight container at high temperatures. Meat, fish, fruits and vegetables are preserved by canning.
- Teacher show the learners the 3D examples and ask them to identify the fresh and dried product, as well as the fresh and canned product.
- Teacher then shows the following videos:
E.g. How to Make Dried Mangos
- Learners have the opportunity to taste the fresh product and the dried product.



Parent information:



- Parents must assist learners to google: Plants-What we get from plants
- They can print pictures.
- Cut the following pictures from old magazines:
 - What we get from plants: fruit, vegetables, etc.
- Bring plants from home to show and tell in class about the different parts of the plant.

LESSON 2:

- Parents must assist learners to google:
 - Plants: Canning and Drying of fruit and vegetables.
 - More ways of preserving food.
- They can print pictures.
- Cut the following pictures from old magazines:
 - Fresh fruit and vegetables.
 - Canned fruit and vegetables.
 - Dried fruit and vegetables.

Bring dried fruit/vegetables from home to show and tell in class about the process.

Learner activities:

Reinforce consolidation and revision/ reflect/ /perform/communicate



1. Worksheet on plants.
Circle the items that a plant needs to survive.
2. Life Cycle of the plant. Number the pictures in the correct order.
3. The presentation on chart (Kellogg's box)– as mentioned above

Topic:			
Assignment: Process - From sugar cane to sugar			
Criteria 5 marks	Followed instructions Good presentation factual 5 marks	Satisfactory presentation – more information needed 3 marks	Need support Did not follow Instructions 1 mark
Presentation Logical Order			
Relevant information			
Neatness			
Oral presentation			

4. Oral presentation
5. Read-aloud a shared reading/writing piece
6. Vocabulary - recognition and use in sentences
7. Dictionary skills – Arrange in alphabetical order

LESSON 2:

1. Worksheet: Comprehension on preserving foods.
2. The presentation on chart (Kellogg's box)– Process of drying food.
3. Oral presentation: Process of canning food.

4. Read-aloud a shared reading piece: Preserving food.

Assessment:

The following activities can be used for informal assessment during lessons after multiple opportunities: Use informal assessment tools

- Show and tell the parts of a plant.
- Draw a plant and label it.

The following formal activities can be used to assess which require a rubric

- Life Cycle of a plant.
- Number the pictures of the Sugar process in the correct order.

Resources:



Resources Plants

Rubric: Life Cycle of a plant

Criteria	Support needed	Fair attempt	Good attempt
Learner could not number the pictures in the correct order.			
Learner numbered most of the pictures in the correct order.			
Learner numbered all the pictures in the correct order.			

- Show and tell the process of drying fruit/canning fruit or vegetables.

Topic: Plants Drying of fruit

Assignment: Discuss the process from fresh fruit to dried fruit.

Criteria 5 marks	Followed instructions Good presentation factual 5 marks	Satisfactory presentation – more information needed 3 marks	Need support Did not follow instructions 1 mark
Presentation Logical Order			
Relevant information			
Neatness			
Oral presentation			