

Explanation to the lesson by activities only:

Activity 1: Carbohydrate Sorting

Materials: Index cards, markers

1. Divide the students into small groups.
2. Give each group a set of index cards and markers.
3. Ask the students to write the names of different carbohydrates they are familiar with on the index cards. Encourage them to include examples of foods that contain carbohydrates.
4. Instruct the groups to sort the index cards into three categories: Monosaccharides, Disaccharides, and Polysaccharides.
5. After sorting, have the groups share their classifications with the class.
6. Facilitate a discussion on why certain carbohydrates were placed in specific categories.

Activity 2: Identifying Carbohydrates

Materials: Worksheet, pencils

1. Distribute a worksheet containing various food items to each student.
2. Instruct the students to identify the carbohydrates present in each food item and classify them as monosaccharides, disaccharides, or polysaccharides.
3. Allow time for the students to complete the worksheet individually.
4. Review the answers as a class, discussing the rationale behind each classification.

Activity 3: Real-life Applications

Materials: None

1. Engage the students in a discussion about the importance of carbohydrates in everyday life.
2. Encourage them to think about how carbohydrates provide energy for various activities, such as sports, studying, or playing musical instruments.

3. Ask the students to brainstorm examples of carbohydrate-rich meals or snacks that would be beneficial before engaging in these activities.
4. Facilitate a class discussion, allowing students to share their ideas and explain the role of carbohydrates in each scenario.

Questions for Discussion:

1. What are carbohydrates, and what elements are they composed of?
2. How are monosaccharides, disaccharides, and polysaccharides different from each other?
3. Can you provide examples of monosaccharides, disaccharides, and polysaccharides?
4. Why are carbohydrates important for the human body?
5. Explain the role of carbohydrates in providing energy for physical activities.

Conclusion:

Summarize the key points discussed in the lesson, emphasizing the classification of carbohydrates into monosaccharides, disaccharides, and polysaccharides. Reinforce the importance of carbohydrates as a source of energy and their presence in various foods we consume.