



# LESSON PLAN TEMPLATE: INDIRECT METHOD

**Grade: 4**

**Learning Area: Social Sciences Geography**

**Topic: Crop farming (Food and Farming in South Africa)**

**SILENT SITTING:**

Sit comfortably with your feet on the floor and keep your back straight. Slowly close your eyes. Breathe in slowly count (1, 2, 3) breathe out slowly. Concentrate on the breath. When breathing in, breathing in the pure love of God, on the out breath releases all the feelings of selfishness and all the feelings of tiredness (Repeat 3 times). Dwell in the Love of God. Slowly bring your awareness back into the classroom. Open your eyes slowly.

**VALUE:** Peace - Gratitude

**SUB VALUE:** Gratitude and Self-discipline

**CONTENT:**

**A) AS PER CURRICULUM** (*May use your required template as per National protocol or this part*)

*Types of Farming:*

*Farming for the self and the family*

**Subsistence Farming:** Here the farmer plants crops and keeps animals to provide food for their own family.

**Commercial Farming:** Here farmers plant crops and raise animals to sell. They provide food for the nation.

**Crop Farming:** Important crops in South Africa

**Maize:** (mealies) grown in many parts of South Africa. Mealie meals are eaten by many people on a daily basis.

**Sugarcane:** grows best in warmer parts of South Africa that also get Summer rainfall. Mainly the eastern coast of KZN.



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**Sunflowers:** Planted mainly in the Free State. The seeds of the sunflower are used to make cooking oil.

*Fruit also grows well in different parts of South Africa.*

**Tropical Fruit:** This type of fruit grows in hot and wet places. Examples of Tropical Fruit planted are mangoes, bananas, pineapples and avocado pears.

**Deciduous Fruits** these grow best where it is cold in winter and dry in Summer. These trees lose their leaves in winter. Examples are: Apples, grapes, peaches and pears.

**Citrus Fruit** becomes ripe in the cold winter months. Oranges, lemons, naartjies are some examples.

*Commercial farmers also keep livestock*

Livestock such as sheep, cattle and chickens are kept by farmers and then sell it.

## B) INTEGRATION:

### 1. *Within Learning Areas*

Gratitude to farmers and all the laborers on the farms. Their hard work on the farms ensures that the nation is fed.

Gratitude also for the shops for getting the food from the farms and making it available to all the people in urban areas.

Gratitude to the farmers for planting the crops that provide us with food

Consider how commercial farming is different from hunter-gatherers – they only gathered and used what they needed – the Khoisan, living in harmony with nature – disciplined culture/ self-disciplined, only consumed what was needed.

### 2. *Between Learning Areas:*

Life-skills: Personal and social well being. Self-discipline: commercial farming produces food on a large scale - this is processed e.g. into fruit juice, dried fruit and jams – which we over consume - resulting in ill health, for example diabetes and obesity.

Eating to live. Take the amount of food we need. Do not waste food especially when we realize the amount of effort that went into producing the food.

### 3. *Into The Universe/ Cosmos/ Creation*

Gratitude to God for providing the ideal conditions for crops to grow. He provides the seeds, enough sunlight, rain and nutrients in the soil so that the crops could grow. Thank God for all the elements that assists us selflessly all the time so that we may live. Learn to appreciate God's creation. In the same way we should live our lives in a selfless manner always trying to help others around us starting with our siblings, parents, learners at school, neighbours and society.



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### C) SELF REFLECTION:

Look at ourselves and think about the times we wasted food and what could we do in future to minimize wastage of food. Do a daily self - audit and give gratitude to God for all He has provided for us.

Food is God.