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 **LESSON PLAN**

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| **SCHOOL** | Secondo Circolo Didattico Cavour Marsala  |
| **THEMATIC AREA**  | Resourse/ Healt |
| **TEACHER** | Centonze Benvenuta |
| **SUBJECT**  | ECO-ALIMENTAZIONE |
|  **AGE GROUP**(approximately) | 8 years |
| **TIME REQUIRED** | 2 months from February to April- (one hour a week).  |
| **PLACE** | Classroom |
| **LESSON OBJECTIVES** | * Know food necessary for a child body
* Prevent the new social diseases: obesity, anorexia and bulimia.
* Consider the value of traditional food
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| **LESSONS YOU CAN USE** | * Science
* Geography
* Ctizenship
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| **CLASS ORGANISATION** | * Individual work
* small groups work
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| **MATERIALS** | Cropped images, cardboard, scissors, various types of colors, glue, pins, brads, cardboard, notebooks. |
| **ICT TOOLS** | Computer, hands.  |
| **PROCEDURE** | * Reading a fun and challenging text. Create a discussion on how to spot healthy and necessary food: "Food Magic".
* Pupils identify and cut out food from a magic card that help story characters to become adults
* Pupils discover, identify and draw food to:

- protect against diseases (fruit and vegetables);- give energy (pasta, bread, rice, etc ..);- help to grow (eggs, meat, fish, cheese, etc ..).* Survey: pupils color different amount of squares to indicate the amount taken (1 to 10 squares) to find out a correct diets.
* Direct observation and transcription in the notebook of the information from labels of food packaging (product type, expiry dates and ingredients)

• Pupils identify harmful and necessary ingredients for their growth.* Pupils create two traffic lights with heavy paper
* Collection and / or drawing of images representing food and ingredients.
* Pupils divide these images into three groups: carbohydrates, vitamins and fats.
* Realization of the wallcharts "THE traffic LIGHT of the nutrition" where red indicates the foods to avoided, yellow the food to be alternated and green the food to be eaten every day.

• Development of a team game. The class is divided into two groups: the "Reds" and the "Greens", each group is headed by a team leader who has a traffic lights; time by time each of the team members choose a food and show it to the opposing team; The team leader, after a brief consultation with his own group, shows the color of the light to which, according to the team, the chosen food belongs. The winner is the team who has the most points.• Class snack: Castelvetrano black bread and olive oil (olives grows in Marsala (Nocellara). |
| **EVALUATION** | Team games. |
| **ATTACHEMENTS** | Video  |