** LESSON PLAN** 

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| **SCHOOL** | Szkoła Podstawowa nr 2 im. K.K.Baczyńskiego w Puławach |
| **THEMATIC AREA** | HEALTH |
| **TEACHER** | Kinga Sołtan-Miazga |
| **SUBJECT** | Healthy lifestyle |
|  **AGE GROUP**(approximately) | 9-10 year olds (younger groups) |
| **TIME REQUIRED** | 45 minutes  |
| **MIEJSCE** | classroom |
| **LESSON OBJECTIVES** | Student:* knows what to eat to be healthy
* creates a pyramid of healthy lifestyle
* makes a healthy lunchbox in groups
* learns how much sugar is found in popular products
* cooperates with peers during the activities;
* understands the importance of healthy eating
* develops language skills;
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| **LESSONS YOU CAN USE**  | * Language (English)
* Biology
* Nature knowledge
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| **CLASS ORGANISATION** | * collective work
* individual work
* group work
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| **MATERIALS** | - worksheets,- materials for group work |
| **ICT TOOLS** | Multimedia devices – interactive board, film“Short animated story for kids - Fit and Healthy –English” - YouTube, film - “7 Tips for Healthy Living” – YouTube, ClassFlow, Presentation in PowerPoint |
| **PROCEDURE**  | **1. WELCOME****2. GETTING TO KNOW LESSON OBJECTIVES:***Today we will talk about healthy lifestyle:*1. what to eat to be healthy
2. we will create a pyramid of healthy lifestyle
3. you will make a healthy lunchbox in groups
4. you will see how much sugar is found in popular products

**3. CROSS OUT THE WORDS**Each student receives a worksheet and the task is to find all the words concerning healthy eating. **4**. **HEALTHY & UNHEALTHY PRODUCTS**Each student receives two-colored markers (red and green circle on the stick). Its task is to raise the appropriate marker: red - if the product is unhealthy or green - if it is healthy. Teacher displays the illustrations on the blackboard using the program ClassFlow.

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|  HEALTHY | UNHEALTHY |
| 1. lettuce
2. carrots
3. fruit juices
4. water
5. bananas
6. eggs
7. homemade sandwiches
8. rice
9. nuts
10. fish
11. honey
12. apples
13. milk
 | 1. cookies
2. popcorn
3. coca-cola
4. hot-dog
5. hamburger
6. donuts
7. fries
8. chips
9. sugar
10. cake
11. bars
12. fish and chips
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**5. Educational film - “Short animated story for kids - Fit and Healthy –English”** <https://www.youtube.com/watch?v=_VczK2zV2sE> **6.Common creation of a healthy lifestyle pyramid.**Each group has squares with products from the pyramid of a healthy lifestyle. Together, we create individual floors of the pyramid, attaching  the images with glue to the big paper sheet. Each floor is discussed by the teacher and displayed to students using a presentation made in PowerPoint.**7. Creating a healthy lunch box in groups.**Students work in groups. Their task is to create a healthy lunch with the pictures prepared by the teacher. After selecting the appropriate products and cutting them out, the students stick them to colored sheets of paper.**8. Where is sugar hiding?**Groups receive cubes of sugar from which they will build a "sweet tower".The teacher presents the content of sugar cubes in selected products consumed frequently by children (PowerPoint presentation). After each presented product, students place as many sugar cubes in front of them as the product contains.* One OREO cookie = 1 sugar cube
* Mars bar = 7 sugar cubes
* A can of Coca Cola = 8 sugar cubes
* 100 g Milka chocolate = 11 sugar cubes
* Skittles = 13 sugar cubes
* Ketchup HEINZ = 17 sugar cubes
* Cappy apple juice = 20 sugar cubes

**9. Educational film summarizing a healthy lifestyle.**<https://www.youtube.com/watch?v=eFn4F4q5fIs>  |
| **EVALUATION** | Each student has two-colored markers (red and green circle on the stick). They raise the appropriate marker: green – TRUE, red- FALSE. * I found out that fruit juices contain a lot of sugar,
* I know how to make a healthy lunch
* I can identify healthy and unhealthy products
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| **ATTACHEMENTS** | Film - “Short animated story for kids - Fit and Healthy –English” <https://www.youtube.com/watch?v=_VczK2zV2sE>Film “7 Tips for Healthy Living ” <https://www.youtube.com/watch?v=eFn4F4q5fIs>  |