** LESSON PLAN **

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| **SCHOOL** | De Weijerwereld |
| **THEMATIC AREA** | HEALTH – Healthy food |
| **TEACHER** | Teachers form 6-7-8 oldest pupils |
| **SUBJECT** |  |
| **AGE GROUP**  (approximately) | 9 t/m 12 years |
| **TIME REQUIRED** | 1 hour |
| **PLACE** | CLASSROOM |
| **LESSON OBJECTIVES** | The children know at the end of this lesson why too much sugar is bad for them. In addition, they can read through a label of a product how much sugar is in it. |
| **REGULAR LESSONS YOU CAN USE** | * Language ,for translation in English of course the English lesson * Biology * Nature knowledge |
| **CLASS ORGANISATION** | * Pupils work in pairs |
| **MATERIALS** | * sugar cubes * 1 bottle cola (1.5l) * drink different packages and cans * 1 poster * Tube of glue Bisonkit |
| **ICT TOOLS** | https://schooltv.nl/video/suiker-lekker-maar-ook-een-dikmaker/#q=suiker |
| **PROCEDURE** | (what happens, what we do step by step)   * On the digiboard is a picture of a label (including the ingredients) of a bottle of cola. * On the basis of this label we calculate together how many sugar cubes there are in a bottle of cola and these lumps are also visualized by stacking them * Then the broadcast of school TV is watched (see ICT tools) * In class, this broadcast is discussed with the emphasis on why too much sugar is not good for you. * The children receive a package or can (1 for 2 pupils) drink and will figure out how much sugar is in it. Then this is also pasted on the poster. (see picture) |
| **EVALUATION** | The goals have been amply achieved. In the beginning it was difficult for some pupils to read the labels, but with some help that went very well.  A number of children also told afterwards that through this lesson they pay more attention to what they eat and drink.  For example, they drink more water and sometimes leave products in the supermarket because they contain too much sugar.  The result of the sugar poster was also great and OK. This poster still stands as a kind of eye-opener in the classroom. |
| **ATTACHEMENTS** | M:\weijerwereld gr 7 18 19\fotos\suiker\20181023_160137.jpgM:\weijerwereld gr 7 18 19\fotos\suiker\20181003_080803.jpg  M:\weijerwereld gr 7 18 19\fotos\suiker\20181003_132913.jpg |