** LESSON PLAN**

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| **SCHOOL** | **Secondo Circolo Didattico “Cavour” Marsala- Sicilia- Italia** |
| **THEMATIC AREA** | Health |
| **TEACHER** | Valeria De Vita |
| **SUBJECT** | Know why and when food si healthy find a correct snack and helathy meal |
| **AGE GROUP**  (approximately) | 9-10 years old |
| **TIME REQUIRED** | 6 hours ( in two weeks) |
| **PLACE** | Classroom, supermarket |
| **LESSON OBJECTIVES** | * understand that healthy food is essential for the well-being at any age * . distinguish carbohydrates, proteins, lipids, sugars, vitamins * Know when a menu is healthy * know its own need to have a snack |
| **LESSONS YOU CAN USE** | * English lesson * Biology * Nature knowledge * Science * Art * Maths, for buying food |
| **CLASS ORGANISATION** | * Large group (for general information) * Pupils work individually * in pairs * in groups |
| **MATERIALS** | Paper, colours, pencils  Different food (bought before) |
| **ICT TOOLS** | LIM, computers |
| **PROCEDURE** | 1) invite children to tell about what they generally consume, for the different meal and snacks  2) carry out interviews to the classmates to find correct and incorrect abits about meals and snacks  3) identify the energy required by its own body in the different parts of the day.  4) go to the supermarket to buy the most used products to prepare a snack at school  5) find out which products are healthy  6) analize the snack: proceed to tabulate an ideal snack in nutritional terms.  7) read the labels of the products one buis.  8) write in colored tables the nutritive value of each product  8) proceed to comparison to identify the best product to be consumed as snack |
| **EVALUATION** | Organize an healthy snack at school, Produce different wallcharts about healthy family menu, healthy snack, video. |
| **ATTACHEMENTS** | Photos  Video Healthy snack: <https://www.youtube.com/watch?v=LOXt0Ot2Xw4> |