** LESSON PLAN **

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| **SCHOOL** |  |
| **THEMATIC AREA** | HEALTH: a healthy week menu |
| **TEACHER** | Maaike van Sambeek (form 8) |
| **SUBJECT** | A healthy week menu |
| **AGE GROUP**  (approximately) | 11-12 years |
| **TIME REQUIRED** | 3 hours lesson |
| **PLACE** | Classroom |
| **LESSON OBJECTIVES** | * Pupils think about what they eat for breakfast, lunch and dinner every day * Pupils realise that having a healthy meal is very important for functioning during the day, and for health in the future * Pupils know about healthy and unhealthy nutrients * Pupils know where they can read about the ingredients of healthy food * Pupils know the meaning of the list of ingredients on the food packaging * Pupils know about the amount of nutrients they need every day * Pupils know about what they eat every day and if it is (un)healthy |
| **REGULAR LESSONS YOU CAN USE** | * Biology and/or Lessons in healthy behaviour (two hours/lessons) * Searching, finding, processing and presenting information (ICT, one hour/ lesson) * English, for translation (one hour/lesson) |
| **CLASS ORGANISATION** | * Pupils work individually * Pupils work in pairs * Pupils work in groups |
| **MATERIALS** | * Different packaging of foods * List of healthy foods * List of unhealthy foods |
| **ICT TOOLS** | * Internet * ICT software: Word, PowerPoint |
| **PROCEDURE** | * Pupils fill in a survey of what they eat for breakfast-lunch-dinner * Pupils make an inventory of what they eat during a day/week * Pupils summarize all the data of the survey * Pupils search in the internet: what is healthy food, which nutrients do we need as human beings of 11-12 years old * Pupils study the list of healthy and unhealthy foods * Pupils try to find how many kcal a child of your age needs every day * Use the packaging’s and try to find out how many kcal the foods contains * Try to find out how many kcal your breakfast-lunch-dinner contains * Compare the healthy meals with the unhealthy ones. * Create healthy meals: one group creates a breakfast, one group for the lunches and one group for the dinners * Search for the recipes for all the meals |
| **EVALUATION** | For the teacher:   * You carried out all the lessons in the regular curriculum. Not additional to the daily activities. * In the English lessons you can skip the lesson about food because you already teached this during this “healthy menu’s project”. * In the lessons “information processing” pupils work for the presentations   For the pupils:  One month later: fill in the survey again and compare both surveys. Is there a (positive) difference between both? |
| **ATTACHEMENTS** | * See the summary of the week menu * See the recipes of the breakfast-Lunch-Dinner |