** 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
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| **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)
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| **CLASS ORGANISATION** | * Pupils work individually
* Pupils work in pairs
* Pupils work in groups
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| **MATERIALS** | * Different packaging of foods
* List of healthy foods
* List of unhealthy foods
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| **ICT TOOLS** | * Internet
* ICT software: Word, PowerPoint
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| **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
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| **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
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