



LESSON PLAN

SCHOOL	
THEMATIC AREA	HEALTH
TEACHER	Frieda Heutink
SUBJECT	A healthy breakfast
AGE GROUP (approximately)	9-10 years
TIME REQUIRED	4 hours lesson, 1 hour breakfast
PLACE	Classroom
LESSON OBJECTIVES	<ul style="list-style-type: none"> ● Pupils think about what they eat for breakfast ● Pupils realise that having breakfast is very important for functioning during the day ● Pupils know the consequences of having no breakfast ● Pupils know what is a healthy breakfast ● Pupils know where they can read about the ingredients of healthy food ● Pupils learn how to implement data in charts by using ICT ● Pupils learn how to read and interpret charts
REGULAR LESSONS YOU CAN USE	<ul style="list-style-type: none"> ○ English, for translation (one hour/lesson) ○ Biology and/or Lessons in healthy behaviour (two hours/lessons) ○ Mathematics, for reading and interpreting charts (one hour/lesson)
CLASS ORGANISATION	<ul style="list-style-type: none"> ● Pupils work individually ● Pupils work in pairs ● Pupils work in groups
MATERIALS	<ul style="list-style-type: none"> ○ Different packaging of foods ○ List of healthy foods ○ List of unhealthy foods
ICT TOOLS	<ul style="list-style-type: none"> ● Internet ● ICT for creating charts
PROCEDURE	<ul style="list-style-type: none"> ○ Pupils fill in a survey of what they eat for breakfast ○ Pupils summarize all the data of the survey ○ Pupils learn how to implement data in a chart ○ 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 contains ○ Compare the healthy breakfast with the unhealthy one. ○ Why is the unhealthy breakfast unhealthy?
EVALUATION	<p><u>For the teacher:</u></p> <ul style="list-style-type: none"> ○ You carried out all the lessons in the regular curriculum. Not

	<p>additional to the daily activities.</p> <ul style="list-style-type: none"> ○ In the English lessons you can skip the lesson about food because you already taught this during this “healthy breakfast project”. ○ In the mathematics lessons you can skip or shorten the lesson about charts. Or just a short repeat is enough. <p><u>For the pupils:</u> One month later: fill in the survey again and compare both surveys. Is there a (positive) difference between both?</p>
ATTACHEMENTS	<ul style="list-style-type: none"> ○ See the summary of the data of the survey in the charts. ○ Pictures of the breakfast