** LESSON PLAN**

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| **SCHOOL** | Primary school Tone Pavček |
| **THEMATIC AREA** | HEALTH |
| **TEACHER** | Tatjana Kupljenik, Polona Zoran PerkoExternal associates - medical staff from the health center |
| **SUBJECT** | Science |
|  **AGE GROUP**(approximately) | 6 – 11 years old |
| **TIME REQUIRED** | 4 – 5 hours |
| **PLACE** | Classroom for the household |
| **LESSON OBJECTIVES** | Students:* get acquainted with the importance of personal hygiene;
* they can read food declarations;
* measure, weight
* identify which beverages contain more / less sugar;
* identify which beverages are healthy / unhealthy;
* prepare healthy spreads and bread;
* learn about the importance of healthy eating habits;
* learn how essential is food for growth and functioning;
* learn that the enjoyment of various healthy food helps maintain health
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| **LESSONS YOU CAN USE** | * Natural sciences and technology
* Knowledgeable environments
* Household
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| **CLASS ORGANISATION** | * Team work
* Group work
* Individual work
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| **MATERIALS** | 2 kg of wheat flour, 1 kg curd, 4 cubes of yeast, 1 l of milk, 2 large sour creamTies, drilling machine, 2x scales, sugar weighing bags, funnel, cuffsKitchen accessoriesSmall salts / oils, little butter, 2 eggs, 2 large bread crumbs, 4 kitchen towels, boards and knives, soup bowls, 2 baking trays, 2 cooking zones, lubrication knives and spoonsVarious drinks - juices, carbonated drinks |
| **ICT TOOLS** | /  |
| **PROCEDURE** | *Footnote:**Hygiene of hands and work space - the teacher warns the students about the hygiene of the hands and the work area. Before starting, everyone thoroughly wash their hands and protect the work area.*Introductory partThe teacher welcomes students and invites them in a circle. Together they discuss today’s topic and the activities of the day. 1. activityPupils name what ingredients we need to make bread, after prepare them and make dough for bread. The teacher helps them. The prepared dough needs to rest for one hour.2. activityPupils attend the lecture on personal hygiene, which is lead by the medical stuff from the Novo mesto Health Center.3. activityPupils place the dough in a baking dish and take it in the oven, bake it for one hour.4. activityEvery student gets a bottle of a drink. On the declaration, the student has to find out how much sugar contains a selected beverage (the amount is expressed in grams). After, the student measures the quantity of sugar on the balance, and puts the sugar into a transparent bag. Use a welding machine. Each student fastens his bag on a wooden board and puts a bottle of a drink that he has "studied" next to the board.After, prepare an exhibition and discuss findings (which beverage contains the most / the least sugar, how does this impact to our health, which is the most healthy drink, which is the least healthy, etc.).5. activityPrepare a spread: use the ingredients (curd, sour cream, various seeds).6. activityUse the bread you baked, put the prepared spread on the bread and enjoy the meal.Finishing partTalk to students about what they have learned today and what have they found out. Pupils express what is healthy / unhealthy for drinking, spreads, bread... |
| **EVALUATION** |  |
| **ATTACHEMENTS** |  |