



LESSON PLAN



SCHOOL	
THEMATIC AREA	HEALTH: a healthy week menu
TEACHER	Maaïke van Sambeek (form 8)
SUBJECT	A healthy week menu
AGE GROUP (approximately)	11-12 years
TIME REQUIRED	3 hours lesson
PLACE	Classroom
LESSON OBJECTIVES	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> ○ 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	<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 software: Word, PowerPoint
PROCEDURE	<ul style="list-style-type: none"> ○ 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

	<ul style="list-style-type: none"> ○ 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	<p><u>For the teacher:</u></p> <ul style="list-style-type: none"> ○ 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 taught this during this “healthy menu’s project”. ○ In the lessons “information processing” pupils work for the presentations <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 week menu ○ See the recipes of the breakfast-Lunch-Dinner