**"Portion guide - how, what and how much to eat?"** - lesson plan

1. Name and surname of the teacher: Aleksandra Broda, MA

2. Date of the classes: November 15, 2018.

3. Subject (type of classes): open classes

4. Grade: Va + guests

5. Lesson (activity) topic: "A guide to portions, how, what and how much to eat."

6. Objectives of the lesson (classes):

General objectives: gaining theoretical and practical knowledge in the field of: the recommended number of portions of individual groups of products consumed during the day, the size of portions and measuring portions of products without using a scale.

Detailed objectives:

- the student knows how many portions of food groups should be consumed during the day

- can explain the concept of a portion

- knows how to name how many servings should be consumed during the day from each food group

- is able to measure the right portion of products without using a scale

7. Methods and forms of work:

Methods: explaining, talking, explaining, experimenting, setting tasks to be performed

Organizational forms: individual, group, collective.

8. Teaching aids: food products of all food groups (several pieces each), kitchen scale, bowls, mug, spoon, teaspoon, deck of cards, dice, computer mouse, 2 and 5 zlotys coins, information boards (in two languages ), poster: health plate.

9. Course of classes:

- Greeting students and recalling the rules of the lesson.

- Introduction to the topic, reminding of information on healthy eating (nutrition pyramid). Asking 2 -3 willing people to create a health pyramid from food products.

- Discussion of individual food groups on the basis of a arranged pyramid. A brief reminder of the importance of consuming certain foods for the body. Information on the amount of consumption of each product group. (boards)

- Conversation on the concept of a portion, explaining what a portion is (board).

- Presentation of the number of portions of cereal products in a breakfast meal (board)

- Experiment: 3 volunteers pour the amount of corn flakes eaten for breakfast into a bowl, then weigh it and compare it with the portion determined by the nutritionists.

- Conversation about people's tendency to eat too large portions, explaining the effects, introducing XXL products.

- Measuring portions of products without using a scale - kitchen items - demonstration, explanation (board).

- Measuring portions of products with your own hand: hand, fist, handful, thumb - demonstration, explanation (board).

- Measuring portions of products based on household items (deck of cards, dice, coins) - demonstration, explanation (board).

- Summary, evaluation - ending the topic, encouraging to keep the right portions when composing meals. Summarizing and students’ reflections on the lesson.