**LESSON PLAN**

**Teacher:** Adriana Macura

**Topic:** Sugar and its influence on human body

**Date:** 31st October 2018

**Class:** 4a

**Time:** 90 minutes

**General goals:** Acquaintanceship of students with the harmfulness of sugar

**Specific goals:** - growth of awareness of harmfulness of sugar

* analysis of sugar amount in food (sweets, drinks, snacks)
* knowledge of substitutes of sugar
* group work enhancement
* development of exchanging opinions skills

**Methodology:** brainstorming, presentation, discussion

**Forms of work**: group work, individual

**Teaching aids**: A0 sheets of Bristol boards, crayons, felt-tips, hot glue, hot glue gun, empty packets, bags, cans and other food containers, sugar, ziplock plastic bags, small pieces of paper, glue

**The process of the lesson:**

1. Welcome

2. Puzzle: White as snow, sweet unbelievably, added to tea just before stiring

3. Watching the film on youtube: Zabójczy cukier: chroń dziecko zanim będzie za późno

[www.youtube.com/watch?v=8bNB1pG1gO4](http://www.youtube.com/watch?v=8bNB1pG1gO4)

- what products are the main characters of the film

- what do they have in common?

- what are your associations connected with sugar?

Students write their associations on pieces of paper and stick them onto the Bristol board. The teacher and students discuss all statements.

4. The teacher enumerates / presents harmfulness of sugar:

- it turns into sugar in our body and causes obesity

- it contributes to curiosity development

- it causes to diabetes

- it delivers “empty calories”

- it stimulates the skin aging process

- it may damage kidneys

- it weakens the sight

- it raises the level of cholesterol

- it contributes to appearance of nutritional components deficit

- it contributes to aggression development among children

- it disturbs the process of digestion

- it addicts

- it may cause chronic tiredness

- it may be the reason for problems with concentration

5. Discussing the products containing sugar: fruit yoghurts, cereal, chocolate bars, crisps, drinks, juices

6. Weighing sugar according to its contents in products – calculating the number of teaspoons of sugar contained in a product

7. Hanging the posters on school corridors

8. What can substitute sugar?

Discussing the products which may substitute sugar: honey, xylitol, stevia, maple syrup, date syrup

9. Degusting healthy cakes prepared from natural ingredients:

- banana bread

- oat cakes

- brownie of millet groats

- halvah

10. Summary