***The human brain***

LESSON PLAN

(created on basis of the template:

https://www.teachingenglish.org.uk/teaching-teens/resources/lesson-plans

**Topic:** understanding the human brain, stay healthy, food for healthy brain

**Aims:**

* to develop students’ awareness of the importance of the human brain
* to raise students’ awareness of appropriate exercises and food for healthy brain
* to extend students’ vocabulary
* to develop students’ listening skills
* to develop students’ reading skills
* to develop students’ speaking skill

**Age / level:** 12-14 year-olds

**Time**: 3 lessons (3×45 minutes)

**Materials:**

HANDOUT 1 – The Human Brain & Brain Food

HANDOUT 2 – The Human Brain (reading text)

Dictionaries

Procedure:

**LESSON 1**

* The teachers shows a walnut shell and the walnut inside & ask the students to make a connection to a human body part – the brain. They then brainstorm information they already know about the brain and write it on the blackboard. Students watch the video on human brain and compare the information from the video with the information they've collected on the blackboard.

Students complete the handout (HANDOUT 1, EXERCISES 1).

Video clip link: <https://www.youtube.com/watch?v=D33Aj5w061g>

* In pairs, the students read the text »The Human Brain – A user's guide«. (HANDOUT 2). They choose 2 facts that they find the most interesting.
* The teachers helps with checking the vocabulary.
* The teacher leads the discussion about what should / shouldn't people do to help the brain stay healthy and work well?
* The teacher shows the video clip: Exercise to Increase your Brainpower. The students try out the exercises.

Video clip link: <https://www.youtube.com/watch?v=FiDFjSQ8Vqw>

**LESSON 2**

* The students watch the brain exercise video clip again and in pairs write the instructions for each exercise.
* They try out the exercises again and vote for their favourite one.
* The teacher asks the students about what they usually eat for breakfast & writes a list of breakfast foods on the blackboard. Then the students get the handout with the brain food – they look at the photo and tell when was the last time they ate any of the food items in the photo.
* The students group the foods. (HANDOUT 2)

**LESSON 3 – THE BRAIN BOOKLET**

Groupwork or pairwork

Using everything learnt in the previous two lessons, the students make a little booklet – each pair / group contributes 1 topic / theme:

* What’s in a brain?
* The functions of different brain parts
* Amazing facts
* Brain food
* The goodies for your brain
* The no-goes for your brain
* The colour brain exercise
* The finger brain exercise
* The number brain exercise
* The both hands writing exercise

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