

MATHS PLAN

COUNTRY: Italy

SCHOOL: Istituto Comprensivo "N. D'Apolito"

**ACTIVITY NAME: Maths and Health
"Food Pramid"**

ACTIVITY NUMBER: N. 1

MATERIALS:

real food: bread, pasta, rice, potatoes, pulses, vegetables, cheese, milk, yoghurt, butter, oil, sweets ...

MAKING ACTIVITY:

- Have the carpenter prepare a wooden pyramid with 7 floors.
- Paint it and let it dry.
- Research the foods in the food pyramid, starting with those that can be eaten more frequently and ending with those that are less recommended.
- Buy the chosen foods and arrange them in their places on the levels of the pyramid.
- Prepare a huge poster with all the information about the foods in the pyramid and their beneficial and non-beneficial properties.