



Erasmus+



MR.BOW LESSON PLAN

Title:

We are what we eat

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Subjects:

English as a foreign language; Science; Biology;



Aim of the lesson

By completing speaking, listening and role-play activities, the students will enrich their knowledge on food and cooking vocabulary. They will also develop the 21st century skills such as critical thinking, creativity, collaboration, communication, ICT literacy, global awareness and citizenship through social inclusion.

Age of students: 10-12 yrs. old

Time

Preparation time: 15 min.

Teaching time: 50 min.

Teaching material

Online:

<https://padlet.com/> [googleforms](https://www.google.com/forms); <https://www.typeform.com/>

Offline:

paper, glue, pictures related to the tasks

21st century skills

Using the internet - useful websites for searching

Students get the ability to find information about issues in the internet on websites

Collecting details about determined themes

Presenting the collected information to an audience using tools like ppt

Lesson Plan

Name of activity	Procedure	Time
1. Proverbs – food, eating and cooking – explain and	1. An apple a day keeps the doctor away! ... 2. A hungry man is an angry man! ... 3. Eat to live but do not live to eat! ... 4. It's no use crying over spilt milk! ... 5. Too many cooks spoil the broth!	5 min.

<p>use in sentences</p>	<p>Ss are divided into groups of six. A representative of each group is asked to come and choose a number from a bag. The teacher then tells each of them the proverb (ss had previously been given a list of proverbs to think about). Each group has five minutes to write a short explanation and to use the proverb in a sentence. (creative thinking and communication). The answers can be collected on a padlet.</p>
<p>2. Food pyramid explained</p>	<p>Ss have to find the food pyramid on the internet, discuss it and then solve the tasks (3 minutes) A food pyramid is a chart that can be used to see how many servings of each food should be eaten each day. It is for having good health. Grains give carbohydrates and some vitamins and minerals. Vegetables and fruits give a lot of vitamins, some minerals, and few fats, but fruits often have more calories and sugar. Dairy products (like milk, cheese, yogurt, etc.) have protein, some fat, and a lot of calcium, an element that helps build strong bones. Meats have protein, some fat, and B vitamins. Fats, oils, and sweets give calories, fats, and sugars but not a lot of nutrition.</p> <p>A. Find the correct ending for each sentence: (2 minutes)</p> <ol style="list-style-type: none"> 1. The food pyramid is <ol style="list-style-type: none"> a. A chart; b. The pyramid of Kheops; c. A game 2. The food pyramid <ol style="list-style-type: none"> a. Teaches you about ancient Egypt; b. Helps you be healthy; c. is made of stone. <p>B. Answer the following questions: (5 minutes)</p> <ol style="list-style-type: none"> 1. What can a food pyramid chart be used for? 2. What do grains give? 3. Is it true that fruits and vegetables can give fats/ 4. What does calcium help do? 5. Where do we find protein and B vitamins? <p>Based on the text and on the exercises devise a healthy meal plan for a week</p>
<p>3. Eating habits in ss' families</p>	<p>Ss, divided into groups, do a survey- you can use googleforms/typeforms for online lessons and then a representative of the group presents the results to the other ss. Survey:</p> <ol style="list-style-type: none"> a. Who does the cooking in your family? b. How often do you eat out? c. Favourite food – what is the favourite food of each member of your family? d. What time do you have breakfast, lunch, dinner? <p>The following topics are discussed:</p> <ol style="list-style-type: none"> e. Slow cooking versus fast food. f. Balanced diet. g. Do you think that you have a healthy diet? <p>(critical thinking and communication)</p>
<p>4. Thematic vocabulary</p>	<p>Fruits, vegetables, utensils/cooking</p> <p>Ss are asked to explain why cooks are cruel (They beat eggs, batter meat and whip cream) and complete the following sentences:</p>

1. If you want to make an omelette, first.....the eggs.
2. If you want a delicious desert, you mustn't forget to put a dollop ofcream on your cake or ice-cream

- 1.What is batter?
- 2.What is it used for?
- 3Where does the word "batter" come from?
- 4.Why are the words in italics used in this joke?
(ss. will find the words in dictionaries; research and communication)

The abbreviation lunch is taken from the more formal Northern English word luncheon, which is derived from the Anglo-Saxon word nuncheon or nunchis meaning 'noon drink'. The term has been in common use since 1823. The Oxford English Dictionary reports usage of the words beginning in 1580 to describe a meal that was eaten between more substantial meals. It may also mean a piece of cheese or bread

During the Middle Ages the main meal of the day, then called dinner, for almost everyone took place late in the morning after several hours of work, when there was no need for artificial lighting. In the early to mid-17th century the meal could be any time between late morning and mid-afternoon.

During the late 17th and 18th centuries, this meal was gradually pushed back into the evening, creating a greater time gap between breakfast and dinner. A meal called lunch came to fill the gap.

The remains of cold joints, nicely garnished, a few sweets, or a little hashed meat, poultry or game, are the usual articles placed on the table for luncheon, with bread and cheese, biscuits, butter, etc. If a substantial meal is desired, steak may be served, as also veal cutlets, kidneys... In families where there is a nursery, the mistress of the house often partakes of the meal with the children, and makes it her luncheon. In the summer, a few dishes of fresh fruit should be added to the luncheon, or, instead of this, a compote of fruit or fruit tart, or pudding

In the 19th century, male workers began to work long shifts at the factory. Initially, workers were sent home for a brief dinner provided by their wives, but as the workplace was moved farther from the home, working men took to providing themselves with something portable to eat during a break in the middle of the day. In many countries and regions lunch is the dinner or main meal. Prescribed lunchtimes allow workers to return to their homes to eat with their families. Consequently, where lunch is the customary main meal of the day, businesses close during lunchtime. Lunch also becomes dinner on special days, such as holidays or special events, including, for example, Christmas dinner and harvest dinners such as Thanksgiving; on these special days, dinner is usually served in early afternoon. Among Christians, the main meal on Sunday, whether at a restaurant or at home, is called "Sunday dinner", and is served after morning church services

The Old English word for dinner, disner, means to break a fast, and was the first meal eaten in the day until its meaning shifted in the mid-13th century. It was not until the 15th century that "breakfast" came into use in written English to describe a morning meal, which literally means to break the fasting period of the prior night; in Old English the term was morgenmete meaning "morning meal."

5.Meals of the day. Short texts to read/listen to about the meals of the day (see below)

10 min.

Assessment

Research and communication: Ss are asked to surf the net in search of information on the three meals of the day: etymology, history, etc; this will be their assignment for the next English class

Student feedback

Add here the method with which your students will be able to give you feedback and discuss the lesson.

Collect the students' feedback using padlet

Teacher feedback