



Healthy Eating Dimension

INS MARINA Activities

Lesson plan



Stage	Subject	Lesson title
2nd CSE- 14 years old	Physics & Chemistry	<i>The Wheel that moves me</i>
3rd CSE - 15 years old	Art	<i>Eat a Rainbow</i>
2nd BAT - 17 years old	English	<i>Four Corners Debate: Meat-Eaters versus Veggies</i>



The Wheel that Moves me

The Wheel that moves me



Lesson Objectives

- To know what a healthy and balanced diet is.
- To be aware of what we eat at every meal.
- To create a record of the foods we eat.
- To get to know what eating habits we need to improve to have a diet as healthy and balanced as possible.

The Wheel that Moves me:

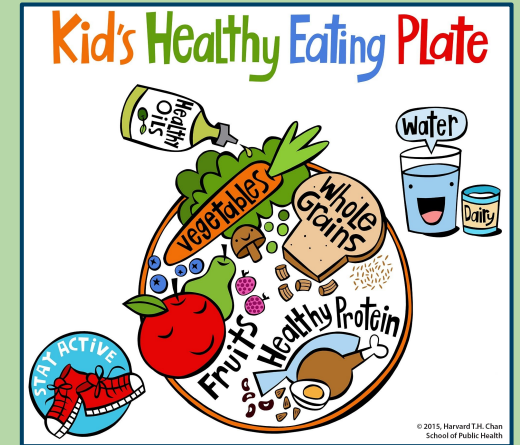


- How did we work on it?

Word Cloud



Food Wheel





The Wheel that moves me

- How did we work on it? - WORD CLOUD

Què ha de tenir per a vosaltres una dieta saludable i equilibrada??

Mentimeter

20

- Healthy diet brainstorming

What should a healthy,
balanced diet have for
you?



The Wheel that moves me



- How did we work on it? - DEBATE

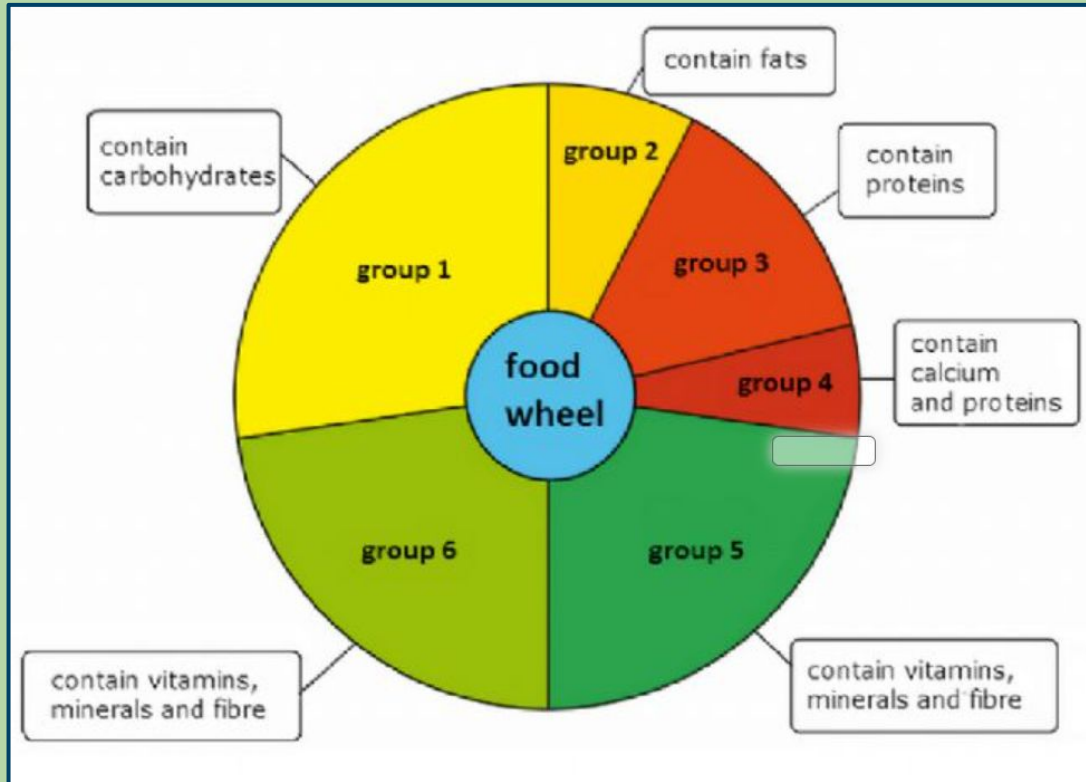


- **A balanced and healthy diet**



The Wheel that moves me: The food wheel

Do your own wheel





The Wheel that moves me

- How did we work on it? - RECORD YOUR MEAL

.....Dia Diumenge / Day Sunday / بيوم الأحد.....

Esmorzar	Pati	Dinar	Sopar
Civada / Oats / الشوفان 	Bocata / Bocata / بوكاتا 	Arròs / Rice / أرز 	Sopa de verdures / Vegetable Soup / حساء الخضار 
Fruita / Fruit / فاكهة 	Mortadela / Mortadella / مرتديلا 	Peix / Fish / السمكة 	Bombón de chocolate / Chocolate Candy / قنبلة الشوكولاتة 
logurt natural / Natural Yogurt / زبادي طبيعي 	Oli / Oils / نפט 	Batut de fruites / Fruit Smoothie / عصير الفواكه 	Nabis / Blueberry / نبيوس 

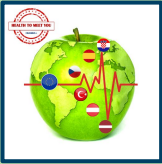


The Wheel that moves me

- How did we work on it? - RECORD YOUR MEAL

ezmørzar breakfast micul dejun	pati curte playground	dinar lunch pranz	sopar diner seara
aigua amb llimona. water & lime. apá cu lámãie. 	poma. apple. mãr. 	aròs basmati. basmati rice. orez basmati.  + SABOR + TASTE + GUST	amanida + chia. salad + chia. salatã + chia. 
vineri	friday		divendres





The Wheel that moves me

- How did we work on it? - RECORD YOUR MEAL

あなたに会うための健康!

	月曜日	火曜日	水曜日	木曜日	金曜日
朝食	 コーラ・カオ入りミルク	 コーラ・カオ入りミルク	 コーラ・カオ入りミルク	 コーラ・カオ入りミルク	 コーラ・カオ入りミルク
学校給食	 ジャムサンド	 チーズサンド	 ジャムサンド	 タンジェリン	 ジャムサンド
昼食	 カネロニ	 スパゲッティ	 チーズフィンガー	 スープ	 焼きそば
スナック菓子	 タンジェリン	 ピンクパンサー	 タンジェリン	 ピンクパンサー	 タンジェリン
ディナー	 ポテトオムレット	 チキンロック	 スープ	 鶏の串焼き	 ピザ

HEALTH TO MEET YOU!

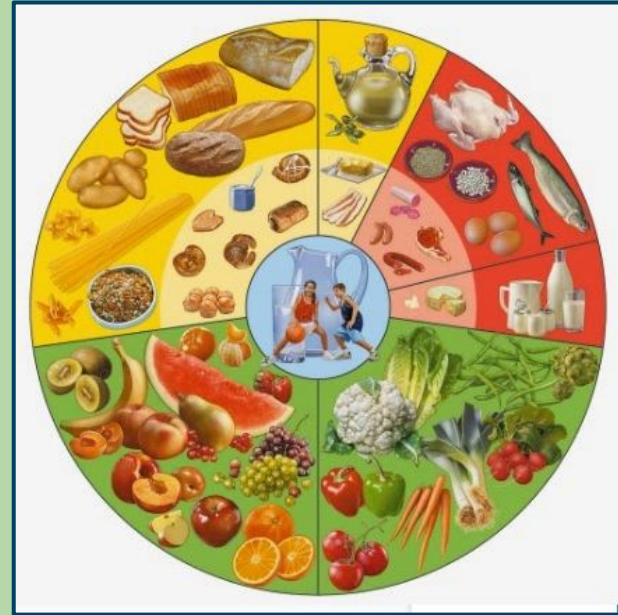
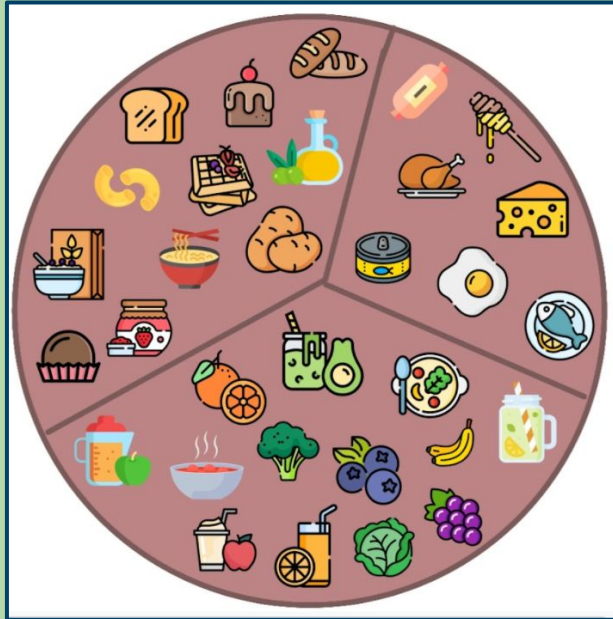
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	 Milk with Cola Cao	 Milk with Cola Cao	 Milk with Cola Cao	 Milk with Cola Cao	 Milk with Cola Cao
School Breakfast	 Jam sandwich	 Cheese sandwich	 Jam sandwich	 Tangerines	 Jam sandwich
Lunch	 Cannelloni	 Spaghetti	 Cheese fingers	 Soup	 Yakisoba
Snack	 Tangerines	 Pink Panther	 Tangerines	 Pink Panther	 Tangerines





The Wheel that moves me

- How did we work on it? - DESIGN YOUR WHEEL





The Wheel that moves me

- How did we work on it? - REFLECTION

Reflexió

La meua roda alimentaria és pareguda a la roda comuna, però he de dir que hi ha bastants greixos, i no tants vegetals. Però ara en endavant ho tindrè en compte i intentaré fer el millor possible per respectar proteïnes crec que estic bastant bé, ja que les consumeixo bastant. I això és tot!

With this image as a reference I could say that my diet is made up of each of these sections but depending on the section I might need to consume more or consider consuming less. The section I consume the most is the protein section, where I consume them almost every day. The section where I have to consume the most would be the fruit and vegetable section, as the only food that requires it is the soup, but in the case of the fruit, I usually eat it.

The Wheel that moves me





Eat a Rainbow

Eat a Rainbow



Before starting

Previous knowledge:

- Work with temper colors to create a color wheel (1st year CSE).

Lesson objectives:

- To identify the main sectors in the food wheel focusing on vegetables and fruits.
- To recognize healthy food in an everyday context looking for variety.
- To reproduce the color of vegetables and fruits using primary colors, black and white to create a rainbow.
- To create a poster to promote healthy food through ethical consumption in the market.

Eat a Rainbow

S1. Preparation

Before visiting the market...

- Observation and discussion.
- Groups: 3-4 people, one leader.
- Assigning a color.
- Explanation of the activity.



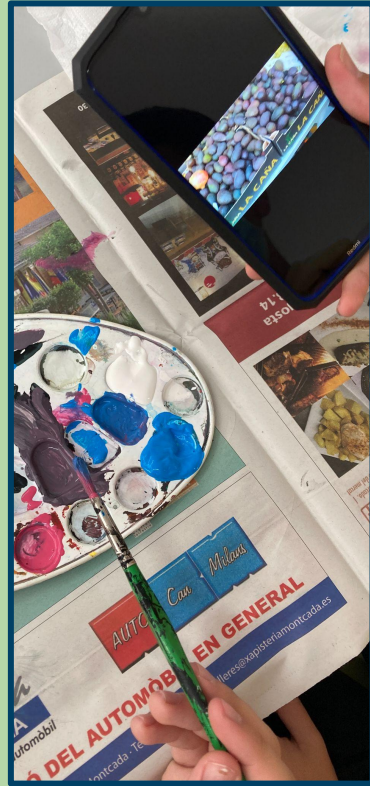
Eat a Rainbow

S1. Market Visit



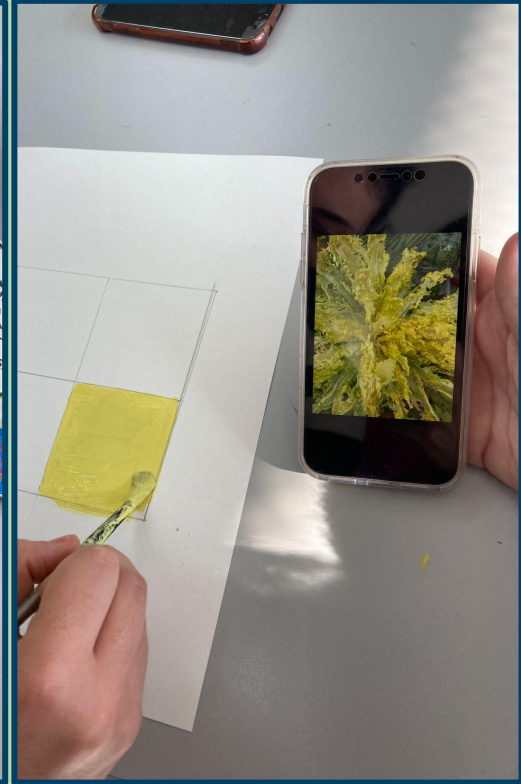
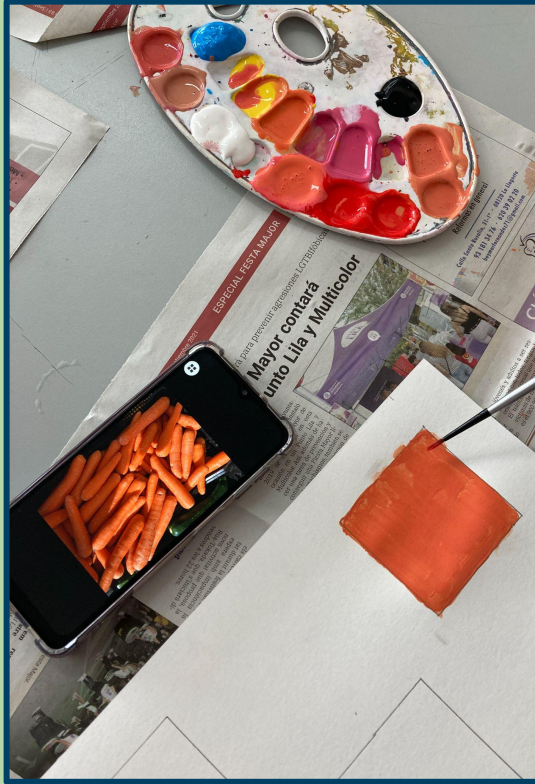
Eat a Rainbow

S1. Creating Colors



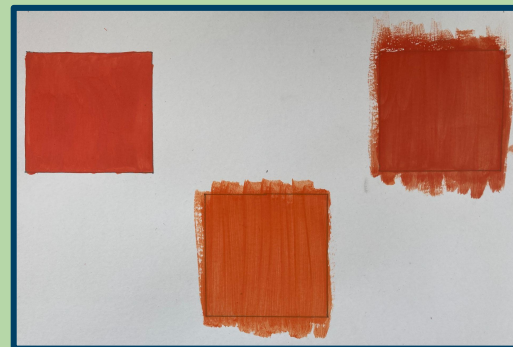
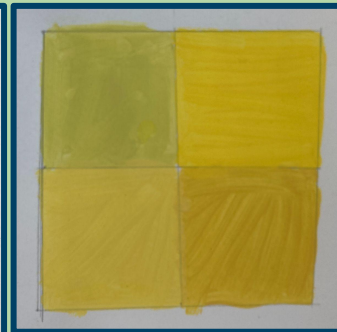
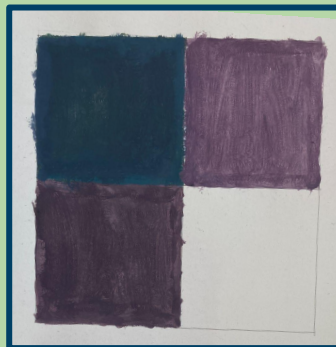
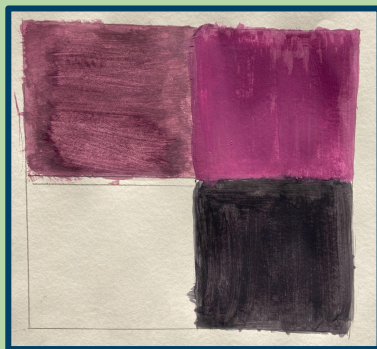
Eat a Rainbow

S1. Color Palettes



Eat a Rainbow

S1. Color Palettes



Eat a Rainbow

S2. Poster

The image shows a digital design tool interface with a poster project. The poster features a grid of colorful food images (blueberries, grapes, kiwi, corn, carrots, tomatoes) with the text "Eat a Rainbow!" in a white, hand-drawn font. Below the grid, it says "LA LLAGOSTA STREET MARKET EVERY THURSDAY ESTACIÓ ST." The interface includes a top menu bar with options like "Inicio", "Archivo", "Redimensionar", "Se guardaron todos los cambios", "Eat a Rainbow", "Compartir", and "Descargar". A left sidebar contains icons for "Plantillas", "Elementos", "Subidos", "Fotos", "Texto", "Estilos", "Fondo", and "Logos". A central panel shows a "Paleta de colores de las fotos" with a grid of color swatches. The bottom status bar displays "Notas", "55%", and other navigation icons.

Eat a Rainbow

S2. Poster



LA LLAGOSTA STREET MARKET
EVERY THURSDAY
ESTACIÓ ST.

Eat a Rainbow

Motivational aspects:

Conclusion

- Visiting a weekly event close to school, next to school gate.
- Meeting grandparents, whom they explain what they are doing to, and they may ask for advice.
- Remembering what they studied two years ago, and being able to apply it in a near context.

Eat a Rainbow

Conclusion

Notes for the future:

- Repeating the activity in different seasons to work with seasonal fruits and vegetables and observe how the palettes change.
- Contacting the town council to create a poster competition to promote healthy eating and the town market.



Four Corners Debate:

Meat-Eaters vs. Veggies

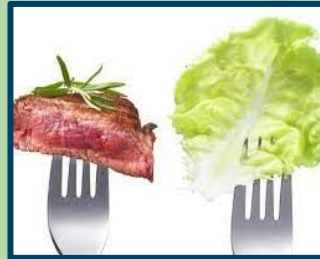


Four corners debate: Meat-Eaters vs Veggies.



Lesson Objectives

- To decide and take a position on a statement:
All people should become vegetarian
- To interpret information from infographics and Youtube videos.
- To reason and develop personal statements about the topic mentioned.
- To learn more about two different lifestyles: being meat lover or veggie.

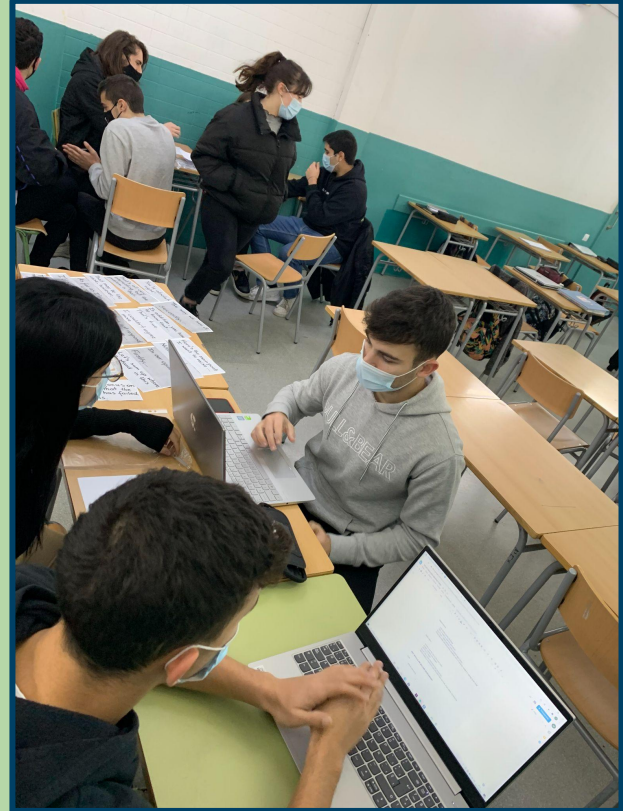


Four Corners Debate: Meat-Eaters vs Veggies

S2+S3. Preparation |

Before debating....

- Language basis: Vocabulary & grammar work.
- Groups: 3-4 people, one speaker.
- Explanation of the activity.



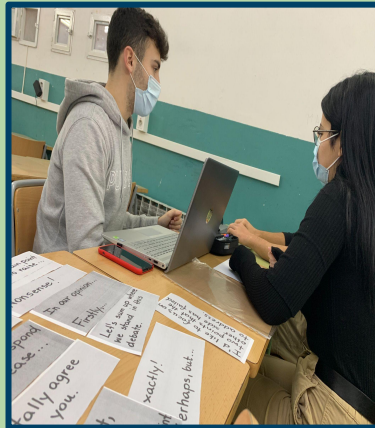
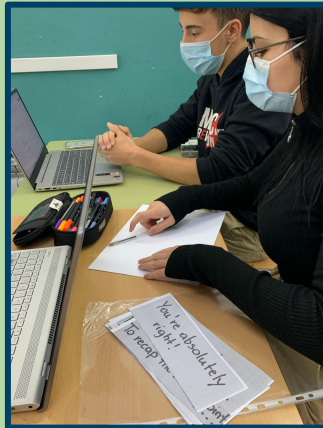
Four Corners Debate: Meat-Eaters vs Veggies



S4. Brainstorming

Before debating....

- Infographics' interpretation.
- Common brainstorming on a Google document.



A Why We Need Meat

VITAMIN B12 is critical for maintaining brain function and is found **ONLY** in animal protein.

PROTEINS from meat and dairy are high quality. Those found in plants are lower quality.

IRON found in meat is much more easily absorbed by the human body.

Meat enabled the human brain to get larger and develop.

Our bodies are designed to eat both meat and plants.

Meat Sustains the World's Poor
752 million of the world's poor raise animals for their livelihood. The production and sale of animal products account for 1.3 billion jobs.

B THE BENEFITS OF VEGETARIANISM

IMPROVE YOUR HEALTH

LOWERS RISK OF

- Heart disease
- Obesity
- Diabetes

Vegetarians live an average of 8 years longer

SAVE THE PLANET

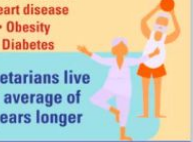
At least 50% of greenhouse gases are emitted by cattle.

Raising half a kilogram of beef uses up to 19,000 litres of water – enough for you to shower for a year.

Raising animals for food uses 30% of the world's land.

STOP THE CRUELTY

50 billion farm animals worldwide are raised in factory farms, where they live and die in pain.



Four Corners Debate: Meat-Eaters vs Veggies

S4. Brainstorming

Before debating....

- Video watching activity on Youtube.
- While-watching: Common brainstorming on a Google document.



What if the world became vegetarian?



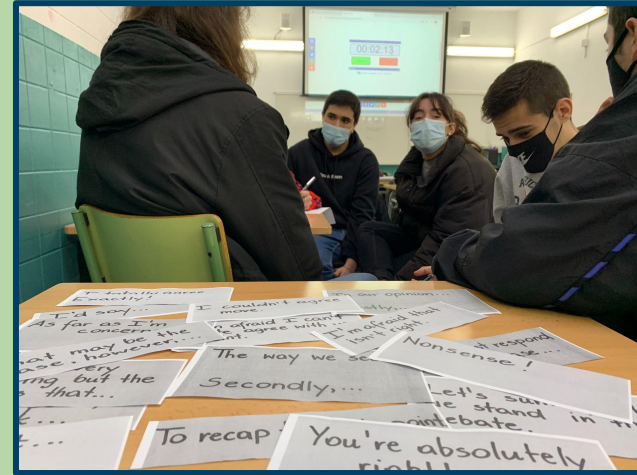
Vegans vs. Meat-Eaters



Four Corners Debate: Meat-Eaters vs Veggies



S5. Debate

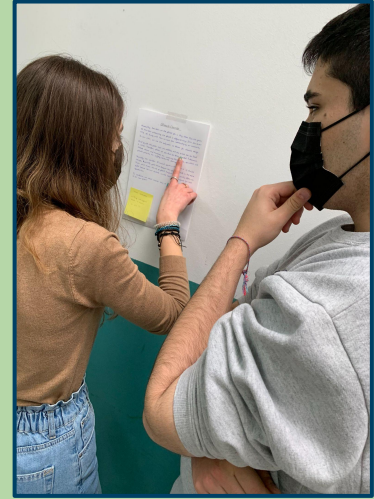
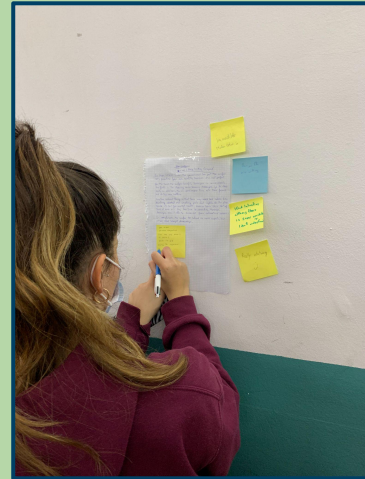
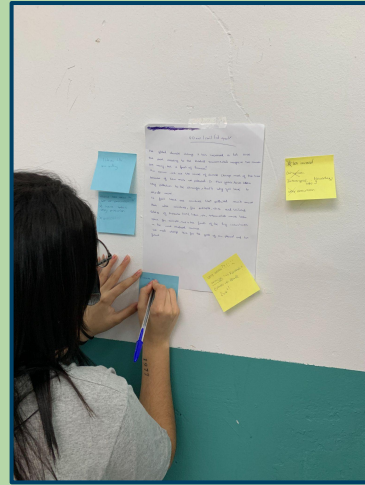


Four Corners Debate: Meat-Eaters vs Veggies

S6. Opinion essay

After debating...

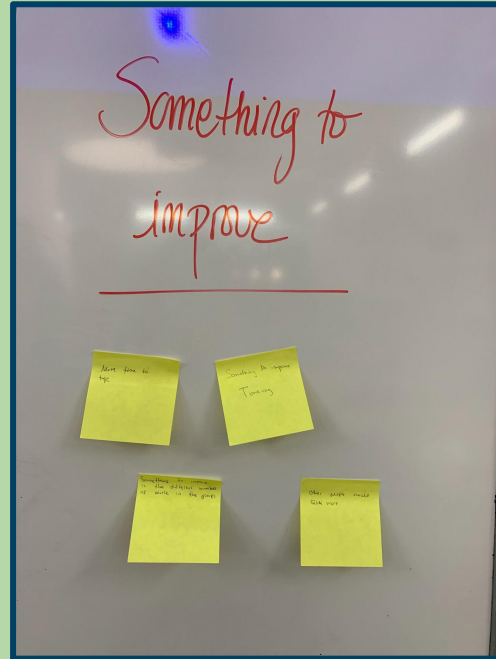
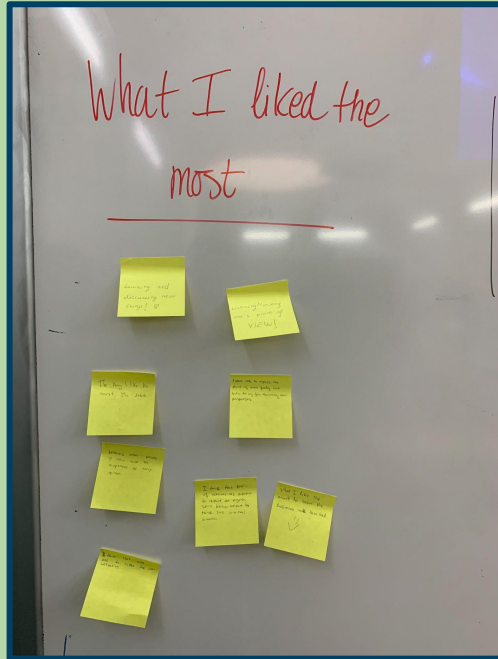
- Writing task: opinion essay
- Gallery Walk: peer assessment
- Teacher's assessment



Four corners debate: **Meat-eaters** vs. **Veggies**

My students' feedback:

Conclusion





These are our **suggested activities:**

- ❑ The Wheel that moves me
- ❑ Eat a rainbow
- ❑ Four corners debate: **Meat-eaters** vs. **Veggies**

Thank
You