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Erasmus+KA2 Moving2Health 2017-2019

Italy

**LESSON PLAN : HOW TO STAY HEALTHY**

* **Before starting the activities and developing the different topics it is necessary a vocabulary work and a brainstorming related to the chosen topics.**
* **YOU’RE WHAT YOU EAT**
* **THE BENEFITS OF EXERCISE**
* **WHEN SPORT GETS DIRTY**
* **GM LABELLING**

**Objectives :** to develop students’ awareness

to stimulate communication

to develop the four skills

**1.Warm up** : 1.YOU’RE WHAT YOU EAT . What does it mean? Say if what you eat has an effect on your health

**In pairs** think of food which are generally considered healthy and others which are generally considered unhealthy . Make a list of four each:

**Healthy………………………………………………………..**

**Unhealthy……………………………………………………**

**2.LISTENING ACTIVITY**: You’ll hear a nutritionist talking about a good diet .

Complete the given text…………………

**Discuss** in pairs. Is your diet healthy? Do you need to make any change in your eating habits ?

**2. THE BENEFITS OF EXERCISE (reading comprehension)**

Text

A)Read the title of the text. what do you think it’s going to be about?

1. Exercise and health
2. Exercise and communication
3. e-sports

B) Which three of these points are in the text ?

1. Teens who don’t exercise all have serious health problems as adults
2. Schools need to change the types of physical activities they offer teenagers
3. Regular exercise can improve students’ academic performance
4. Many Primary school pupils do more exercise that high school pupils in the USA
5. teenagers avoid sports because of bad experiences at school

C) Make a summary of the text

**3) WHEN SPORT GETS DIRTY**

Reading text with related comprehension exercises

**4) GM LABELLING PROJECT**

1. Get information on the legislation about GM labelling in your country
2. Go to supermarkets and check if the legislation is followed and how GMOs are referred to on the labels
3. Get copies of the labels or get the cans and packs
4. Do some research on GMOs getting pictures of vegetable which have been genetically modified ( even vegetables with funny shapes, different coloursetc)
5. Organize an exhibition with the pictures , information on labels and your conclusions .