

### Elaboration and presentation of a poster about different types of diet

This activity is addressed to 3<sup>rd</sup> of ESO. While doing this activity, the students will be aware of the existence of different diets, with different benefits and problems. Moreover, they will have to explain it to their colleagues using a poster. In order to do the activity, the students will be grouped in heterogeneous groups of 3 or 4 people.

In a first session, the students had to search for information about a specific diet. Then, using Canva or the models that this programme has, they had to organize the information they had in order to elaborate an attractive poster. Thus, apart from organizing the information in a logic way that they would understand, they had also to construct the poster to be visually attractive and understandable for their colleagues.

In a second session, which was the real open lesson, each group had to explain their poster to their colleagues. After that, the students discussed the differences between the different diets, analyzing their benefits. Finally, each student compared his or her own diet with the different analyzed diets.

In here you can see some of the posters.

