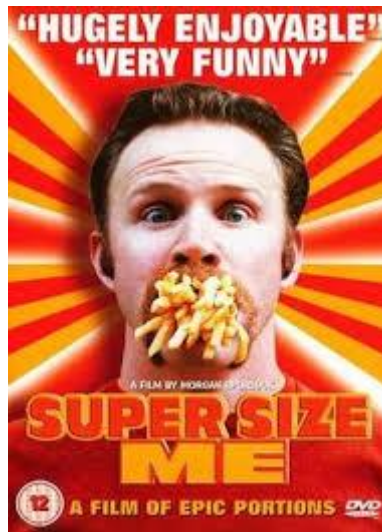


SUPERSIZE ME

ERASMUS+ PROJECT "YEAH" 2018

Watch the famous film "Supersize me" and discuss it with your classmates!



Activities proposed for European Erasmus+ project

1. **Class discussion on healthy eating habits:** We will use the flipped classroom methodology approach for this activity.
 - a. Firstly, students watch the film "Supersize me" in English either at home or at school.
 - b. Secondly, after watching the film, they will answer individually a set of questions about junk food and its impact on health (see attached document).
 - c. Next, at school students will share the answers of the questions and discuss them in class with their teacher.
 - d. In small groups, they will fill in a table of statements contrasting bad and good eating routines.
 - e. Finally, as the final product for this activity, they will make a list with the benefits of a healthy diet.
2. **Creation of a healthy dinner design:** Students will design a healthy dinner according to the rules of a healthy diet and they will write in English the ingredients and why they like it.

3. **Cooking a healthy dinner:** They will cook their healthy dinner at home and they will take a picture of it.
4. **Picture and description of a healthy dinner:** Students will upload his picture along with its description on a Padlet wall adding their name and country of origin.
5. **Final product: Collaborative Padlet Wall with healthy dinners from different countries:** Healthy dinners will be shared by students in all countries participating the project. This wall will be the final product of this activity.
6. **National and International Product Assessment:** Individual contributions are evaluated in all participating countries according to the quality of the design of a healthy dinner and the description in English.
7. **Visibility and dissemination:** Our common Padlet Walll will be embedded on our eTwinning Livespace so we can share it with eTwinning members.

Activity proposed by María Isabel Sánchez Martín
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ACTIVITIES FOR STUDENTS

“SUPERSIZE ME”

FILM

Answer these questions after you watch the film:

1. Do you think the film shows a true situation?
2. Do you think this situation is similar to the one in your country?
3. Did you know that there are more and more overweight people in Europe?
4. Do you like junk food?
5. How often do you eat this type of food?
6. Did you know that junk food is the main risk for obesity?
7. In your opinion, why is junk food so popular?
8. What can you do to cut down on junk food?

Fill in this table about eating habits:

HEALTHY DIET	SUPERSIZE ME DIET
Variety of products is essential for a healthy diet.	Diet is always the same during the film.
Cereals, vegetables and fruit are the basis of a healthy diet.	
Proteins must never exceed 15% of total diet.	
Sugar consumption must be kept to a minimum.	
You must drink between 1.5 and 2 litres of water every day.	
You must take part in every stage of your diet: shopping, cooking and menu design.	
Junk food must only represent a very occasional part of your diet.	

Make your own list of good eating habits:

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	