

**EAT IT!**

| **SUBJECT** | EnglishSocial StudiesArtIT |
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| **TOPIC** | **The Mediterranean Diet** |
| **OBJECTIVES** | 1. To search for and synthesise information.2. To manipulate and take an appropriate picture to describe a product.3. To pitch themselves or their product.4. To improve their IT skills by editing a short video. 5. To improve educational effectiveness 6 - To team working skills  |
| **ONLINE TEACHING MATERIALS** | PADLET, THINGLINK, INSTAGRAM |
| **WEB RESOURCES** | Described on the activity |
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| **ACTIVITIES** |
| **1. Warm up (Group Discussion)**  | Do you think food should be considered part of our cultural heritage? | 5’ |
| **2. Reading and expressing personal opinion** | **THE MEDITERRANEAN DIET**In 2013, the Mediterranean diet, which most of us share, was inscribed in the UNESCO’s Intangible Cultural Heritage list. **Have a look at the official UNESCO site and read the text:** <https://ich.unesco.org/en/RL/mediterranean-diet-00884>**After reading, answer the following questions:*** *How is food important to you?*
* *Can you think of any dishes associated with traditional celebrations in your country?*

**Share your ideas in the following padlet in groups of 2 or 3 students** <https://padlet.com/briera7/Erasmuscooking>  | 15’ |
| **3. Searching for Information** | **TRADITIONAL FOOD AROUND EUROPE**What do our partners usually eat? Have a look at the **Europeana** platform and find traditional dishes from our partner countries. <https://www.europeana.eu/es>Then, create a FOOD MAP with the information you find using Thinglink <https://www.thinglink.com/scene/1550587803568439298>  | 45' |
| **4. Pitching a product and video editing** | Are you the next Masterchef? Then, show us your talent!1. Students are asked to record a short video (60’’ max) of their favourite recipe for our Instagram account.
2. Preferably, they should work in pairs
3. Show some public profiles from platforms like Instagram, where professional profiles are showing recipes, in order to get some ideas.

[Laura🌿FoodLover (@catalanfoodlover) • Instagram photos and videos](https://www.instagram.com/catalanfoodlover/)<https://www.instagram.com/reel/CYJt7sIqlU4/?utm_source=ig_web_copy_link><https://www.instagram.com/p/CCBsRyWgBSg/?utm_source=ig_web_copy_link>1. Start working on the recipe: decide on what recipe they are going to do; write a list of ingredients and necessary tools; assign tasks (who is going to cook? Who is recording/taking pictures?); decide on the captions/text they will use in the video….
2. We have created a profile named: EuroDigiCultHer;

password: erasmusplusYou all can log in | 30' |
| **5. Cooking Time** | (at home)It’s time to cook! Show us your talent! Students should take pictures/videos of the process of cooking, and, if possible, the process of buying the ingredients. | --- |
| **6. Video Editing** | Once the cooking is over, it’s necessary to edit your video. We recommend using the app “InShot”When you finish, post your videos on our Instagram | 40' |
| **7. (Optional follow up)****How green are you?** | Encourage your students to buy local products and to avoid plastic packaging in their shopping. Ask to take a picture of all the packaging they have gathered and post it on our Instagram  |