

Eat- Compete -Get Fit! 2017-1-TR01-KA219-046127_1
Erasmus+ KA219 Cooperation for Innovation and the Exchange of Good Practices Project

English / Biology / Chemistry / Health & Food /
Lesson Plan

Subject: The influence of obesity on	Grade: 1st grade of high school
Topic: general health condition	
Learning Standards: listening / speaking	
Objectives: learn vocabulary connected with body organs and diseases,	
Materials: raise awareness of health issues.	
Time: 45 min.	
<p>1) Engage</p> <p>video, overhead projector, dictionaries,</p> <ol style="list-style-type: none"> 1. What are your eating habits? How often do you eat fast food? 2. Are you happy with your appearance? 3. How often do you do check-ups? 4. What could be the possible effects of being over obese? 	
<p>2) Explore</p> <p>- Episode from the film: Super Size Me, questions about the episode</p> <p>- Copies with digestive system with names they must match the names.</p> <p>- Functions of organs</p>	
<p>3) Explain</p> <p>- We explain vocabulary connected with diseases and body organs, we discuss the influence of obesity on the general health condition</p> <p>- Teaching them right parameters: heart beat, blood pressure, BMI</p>	
<p>4) Elaborate</p> <p>- Teaching the names of nutritional groups like: carbohydrates, proteins, vitamins, minerals</p>	

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5) Evaluate

A short quiz about the disease in a multiple choice questions, for example:

Which products contain the biggest amount of fibre?

a) bread

b) fresh fruit

c) margarine

d) roasted meat.

Homework; present your daily diet with examples of glycemic index
Search for glycemic index of everyday products.
influence of glycemic index on diabetes.