

Eat- Compete -Get Fit! 2017-1-TR01-KA219-046127\_1

Erasmus+ KA219 Cooperation for Innovation and the Exchange of Good Practices Project

### Lesson Plan

<b>Subject: English/Cooking/Health education</b>	<b>Grade: 9</b>
<b>Topic: Intercultural topics</b>	
<b>Learning Standards: Reading , writing</b>	
<b>Objectives: learning international food names, learnig how they are prepaped</b>	
<b>Materials: textbook, realia, vegetables, cheese</b>	
<b>Time: 80 min two hours</b>	
<b>1) Engage</b> What is your favorite food? What is a traditional food? Give some examples What is an international food? Give some examples Is pizza an international food? Do you think pizza is a healthy food? Why/Why not? Do you know the ingredients of pizza?	
<b>2) Explore</b> Kebabs and döners, Curry, Pizza & pasta, Sandwiches, sausage, fried potatoes chips, croissants, hamburgers, noodles, sushi, taco etc are international food which you can find anywhere in the World. A short text about pizza cooking. Ingredients 1 (10-ounce) can refrigerated pizza crust dough Cooking spray 1 teaspoon extra-virgin olive oil, divided 1 garlic clove, halved 5 plum tomatoes, thinly sliced (about 3/4 pound) 1 cup (4 ounces) shredded fresh mozzarella cheese 1 teaspoon balsamic vinegar 1/2 cup thinly sliced fresh basil 1/8 teaspoon salt 1/8 teaspoon black pepper  How to Make It Step 1 Preheat oven to 400°. Step 2 Unroll crust dough onto a baking sheet coated with cooking spray; pat into a 13 x 11-inch rectangle. Bake at 400° for 8 minutes. Remove crust from oven, and brush with 1/2 teaspoon oil. Rub crust with cut sides of garlic. Step 3 Arrange tomato slices on crust, leaving a 1/2-inch border; sprinkle evenly with cheese. Bake at 400° for 12 minutes or until cheese melts and crust is golden. Step 4 Combine 1/2 teaspoon oil and vinegar, stirring with a whisk. Step 5	

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Sprinkle pizza evenly with sliced basil, salt, and pepper. Drizzle the vinegar mixture evenly over the pizza. Cut pizza into 8 pieces.

### 3) Explain

#### Health Benefits of Pizza

Pizza contains the ingredients that are healthy and is also high in fat. The homemade pizza helps to have control over the ingredients that are high in fat. Tomato has lycopene which is an antioxidant that helps to counteract various types of cancer. Olive oil helps to lower the LDL cholesterol and raise HDL cholesterol that helps to prevent the chances of heart ailments. Mozzarella cheese has high amount of protein, fats, sodium and calcium. Garlic is a great source of manganese, selenium and Vitamin C. Oregano has good amount of manganese, Vitamin K, oils and fiber.

#### Production of energy

Sugar with Vitamin B1 helps to oxidize for formation of usable energy. It plays a vital role in the enzyme system known as pyruvate dehydrogenase system that assists in the sugar oxidation. Thiamin is essential for the enzyme functions that release energy for the normal functions.

#### Forms hemoglobin

Iron plays a vital role in the formation of hemoglobin. It provides the shade of dark red and transports oxygen to the cells of the body. Extra hemoglobin is essential as we lose blood through internal and external injuries. Mostly the women lose more blood during the periods due to which they has more chances to get anemia.

#### Weakness

The presence of phosphorus helps to eliminate the health ailments such as numbness, weakness and fatigue. The adequate amount of phosphorus helps to maintain the people active and fit. It also helps to treat sexual weakness such as frigidity, loss of libido, sperm motility and impotence.

#### Assist digestion

Niacin or Vitamin B helps to assist in the functions of digestive system that promotes the nerve functions, healthy appetite and skin health.

#### Prevent cancer

Folate or Vitamin B9 is vital for the reduction of cancer in the body. It eliminates the cancers such as colon cancer, cervical cancer and lung cancer. The doctors recommend to include folate in the diets.

#### Immunity

Protein helps to promote the immune system. It prevents the chances of diseases and infections due to the presence of antibodies that eliminate the antigens from the body. It deactivates the production of antigens.

#### Prevent obesity

Calcium helps to maintain the body weight of females and males. It releases the parathyroid hormones that promote the bones to release in the blood stream. It also enhance the fat production and prevents break down.

#### Level of sugar

Manganese effectively controls the sugar level in blood. It prevents the chances of diseases such as diabetics. It maintains the sugar level and normalizes the secretion and synthesis of insulin. It also prevents the unpredictable drops of blood sugar.

#### Nervous system

Riboflavin treats the nervous ailments such as Alzheimer's disease, numbness, anxiety, multiple sclerosis and epilepsy. Vitamin B6 with Vitamin B2 helps to treat the symptoms of Carpal Tunnel Syndrome.

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#### Antioxidant properties

Zinc is considered to be an antioxidant that plays a vital role in enzymatic functions, protein synthesis and carbohydrate metabolism. It is vital for the body functions and integral functions.

#### Precautions

##### Gain in weight

Pizza is also a junk food which could lead to weight gain because it contains 3500 calories that could raise the weight by one pound. In a week, 500 calories are consumed if eaten daily.

##### Chances of stroke

Sodium helps to maintain the balance of fluid in the body but the excessive amount of sodium raise the level of blood pressure that increases the chances of stroke. It has high amount of sodium and the studies shows that excessive amount of sodium increases the chances of stroke by seventeen percent.

##### Intestinal problems

Pizza is also loaded with high amount of carbohydrates which might be difficult to digest. The daily intake of pizza might result in constipation and cause the gastrointestinal problems.

##### Skin problems

Pizza contains high amount of fat, cheese and sugar that could affect the activities of hormones of the teenagers. The daily intake of oily foods raises the production of sebum oils that could result acne or breakouts. The daily intake of pizza should be avoided to maintain the skin health.

#### **4) Elaborate**

Let's make a pizza.

Form groups of 5 students, Hand them necessary ingredients, Help rolling the dough and toppings and cooking in the oven.

Alternative (if there are no kitchen facility at school)

Form groups of 5 students, hand them colorful play dough, help them preparing play dough pizza

#### **5) Evaluate**

Kahoot! Test

Which one is a traditional food?

Which one is international food?

Which ingredient in pizza contains Lycopene?

What should be the heat of oven when cooking pizza?