

Subject: Breakfast in our countries- delicious and healthy.

Date: 2nd, 3rd, 24th, 25th, 26th April 2019

Teacher: Iwona Anchim class: IV, V

Aims:

- develop language skills in writing, reading and speaking;
- expanding vocabulary;
- using IT skills;
- learning about customs and habits of young people from other countries

Methods: brainstorming, TIK,

Forms: individual, in groups in pairs

Webpages: kahoot, crosswordmaker, e-twinning

Lesson plan:

1. Students write the subject of the lesson.
2. Teacher shows the materials made by other students on eTwinning sites
3. Task nr 1 Let's make glossary – students work in groups of 4 and collect vocabulary. Then join and create materials nr 1
4. Task nr 2 We are solving crosswords. – students solve prepared crossword.
5. Task nr 3 students prepare materials – exercise Let's find names of food.
6. Homework Task nr 4 A healthy salad for everyone – recipes and nutritious description made by students.
7. Summary

1. Task nr 1 Let's make glossary

Glossary

	English	Polish	Other languages
1.	breakfast	śniadanie	
2.	bread	chleb	
3.	butter	masło	
4.	ham	szynka	
5.	cucumber	ogórek	
6.	tomato	pomidor	
7.	egg	jajko	
8.	cheese	ser	
9.	lettuce	sałata	
10.	delicious	pyszny	
11.	tasty	smaczny	
12.	healthy	zdrowy	
13.	unhealthy	niezdrowy	
14.	fresh	świeży	
15.	tea	herbata	
16.	water	woda	
17.	juice	sok	
18.	milk	mleko	
19.	cornflakes	płatki kukurydziane	
20.	pancakes	naleśniki	
21.	fish	ryba	
22.	sausage	kiełbaska	
23.	spring onion	szczypiorek	

Task nr 3

C	O	R	N	F	L	A	K	E	S
T	A	E	G	G	W	A	T	E	R
O	A	U	B	O	H	A	M	I	C
M	P	O	R	A	N	G	E	J	H
A	P	W	E	M	M	R	A	K	E
T	L	C	A	R	R	O	T	J	E
O	E	P	D	H	G	F	D	U	S
S	A	B	U	T	T	E	R	I	E
M	I	L	K	R	E	W	Q	C	P
C	V	L	E	T	T	U	C	E	M
C	U	C	U	M	B	E	R	B	N

S	A	N	D	W	I	C	H	O	P
F	R	U	I	T	L	H	I	H	L
C	U	C	U	M	B	E	R	A	E
A	J	H	W	A	T	E	R	M	T
R	U	I	M	P	E	S	S	Z	T
R	I	C	I	P	A	E	G	G	U
O	C	K	L	L	E	M	O	N	C
T	E	E	K	E	P	L	K	J	E
B	A	N	A	N	A	D	F	G	H
S	A	U	S	A	G	E	M	P	X

Children from class IV made exercises for project friends. Let's find hidden words.

Homework

Healthy Recipes:

Nr 1

2 tomatoes

1 lettuce

garlic

salt

pepper

yoghurt

Cut tomatoes and an garlic in slices, mix all ingredients. Add spices.

Nr2

2 peppers

2 cucumbers

1 onion

oil

salt pepper

basilia

Cut cucumbers and peppers in small pieces add slices of onion and mix all ingredients.

Nr 3 Easter salad

2 eggs

some fried chicken

corn or bean

boiled carrots and parsleys

sour cucumber

salt, pepper

Cut everything in dices mix together and add mayonese, salt, pepper/ mustard.

Good APPETITE!

Reasons why we should we eat more fruit and vegetables with vitamins:

1. They are tasty and healthy
2. They are good for your skin.
3. They are good for your hair.
4. They are good for heart.
5. They are good for your kidneys.
6. They are good for your eyes.
7. They are good for your brain.

Broccoli (good for your skin, hair): They are a great source of calcium, magnezium

Tomatoes (prevent from cancer, good for your heart): They are a great source of vitamin C, A, potassium, folate, and vitamin K

Carrots (good for your eyes): They are a great source of vitamin a, potassium, magnesium

Bananas (good for your brain): They are a great source of vitamin B6, potassium, folate, and vitamin K

Apples, Lemons They are a great source of vitamin C

Eggs (help maintain strong bones): They are a great source of vitamin B and D

Fish and meat (help maintain strong bones): They are a great source of vitamin D

Milk, oil, lettuce (good for your skin and bones): They are a great source of vitamin E

