



"Project Erasmus+ "Eco-Friendly Practices at Schools"



Strategic Partnership KA2 2017-2019

Lesson subject: **MY PYRAMID – EAT SMART !!!** -

WORLD HEALTH DAY 2018 ☺ ☺ ☺

The lesson plan was prepared by English teachers of SP2 Władysławowo - Wioletta Machniak, Aneta Skwiercz and Waldemar Budzisz involved in the Erasmus + KA2 Strategic Partnership Project "EFPAS" for celebrating World Health Day 2018

Objectives of the lesson:

1. General objectives of the lesson:

Students enhance their awareness about Eco-friendly eating habits for healthy living through getting involved in physical and English language activities.

Specific objectives:

- Students learn the food groups that make up MyPyramid and participate in physical activity
- Students learn how they can use MyPyramid to help them make food choices for healthy eating
- Students identify fruits and vegetables they like and expand the variety of fruits and vegetables they eat.

2. Individual students activity.

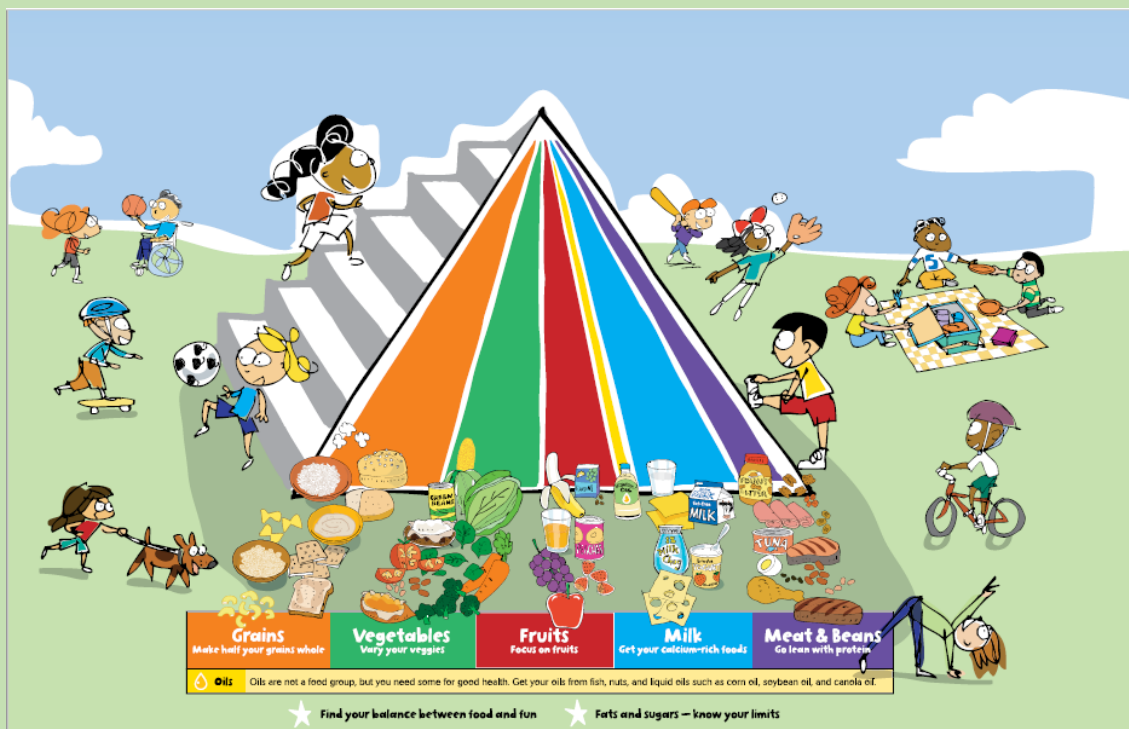
1. Students color the MyPyramid handout using the proper colour for the 5 groups plus oils.
2. Using Eat Smart with MyPyramid handout, students categorize foods into the proper food groups.
3. Using the My Fruit and Vegetable Diary handout, students complete a diary of fruits and vegetables they have eaten.

3 Group Activity

1. Students play the Moving More physical activity game.
2. Students complete the Graph It exercise, graphing the number of vegetables and fruits eaten by the class.

[Wpisz tekst]

EAT SMART !!!

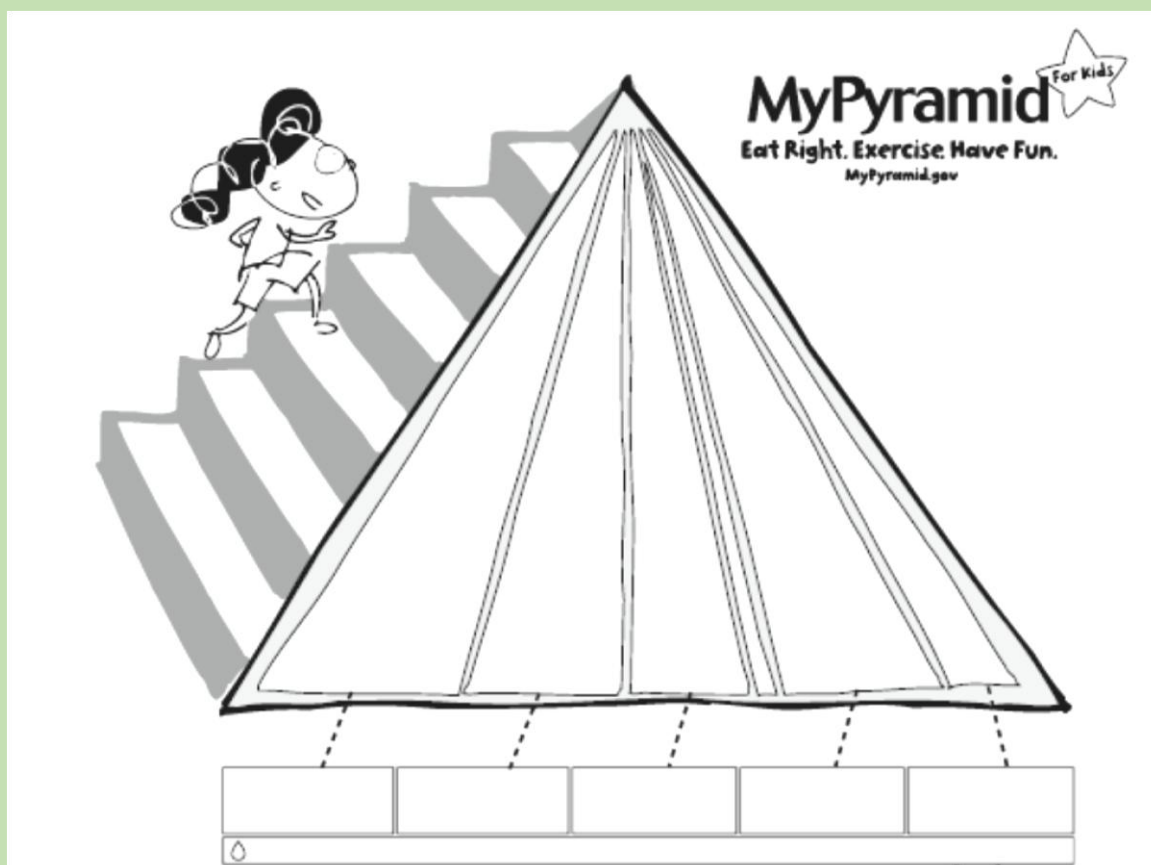


Based on the screen displayed on the interactive whiteboard students learn English vocabulary connected to food and healthy eating habits.

World Health Day 2018!!!

[Wpisz tekst]

EAT SMART !!!



[Wpisz tekst]

EAT SMART !!!









Name: _____







MyPyramid FOR KIDS

Eat Smart with *MyPyramid for Kids*







Draw a **circle** around the foods that are in the **Grain Group**.

					
Slice of bread	Baked potato	Popcorn	Pasta (bowtie)	Cereal	Candy bar







Draw a **rectangle** around the foods that are in the **Vegetable Group**.

					
Carrots	Spinach	Grapes	Pasta (macaroni)	Broccoli	Swiss cheese







Draw a **square** around the foods that are in the **Fruit Group**.

					
Corn	Orange juice	Apple	Banana	Strawberries	Muffin

Draw a **triangle** around the foods that are in the **Milk Group**.

					
1% Milk	Yogurt	Egg	American cheese	Cookies	Orange juice

Draw an **oval** around the foods that are in the **Meat and Beans Group**.

					
Peanut butter	Egg	Beans	Chicken	Pork chop	Fish

[Wpisz tekst]

EAT SMART !!!



LESSON HANDOUT 3


Based on the "Make a Fruit and Vegetable Diary" Ss prepare weekly diary for fruit and vegetables eaten during a week.


Name: _____

MyPyramid FOR KIDS

Make a Fruit and Vegetable Diary

1. Cut out the pages on the dotted lines.
2. Put them in the correct order.
3. Have your teacher make a hole through the circle.
4. Tie the pages together.
5. Draw or write the fruits and vegetables you eat.
6. How many fruits and vegetables did you eat each day?



My Fruit and Vegetable Diary	
Name: _____	
	
<div>MONDAY</div> <div> <div>Fruits</div> <div>Vegetables</div> </div>	
<div>TUESDAY</div> <div> <div>Fruits</div> <div>Vegetables</div> </div>	
<div>WEDNESDAY</div> <div> <div>Fruits</div> <div>Vegetables</div> </div>	
<div>THURSDAY</div> <div> <div>Fruits</div> <div>Vegetables</div> </div>	
<div>FRIDAY</div> <div> <div>Fruits</div> <div>Vegetables</div> </div>	

[Wpisz tekst]

EAT SMART !!!



Visual materials from the lessons :

Interactive whotboard presentation of the MY PYRAMID - EAT SMART!!!



[Wpisz tekst]

EAT SMART !!!



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Milena presenting MY PYRAMID – EAT SMART !!!



[Wpisz tekst]

EAT SMART !!!



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[Wpisz tekst]

EAT SMART !!!

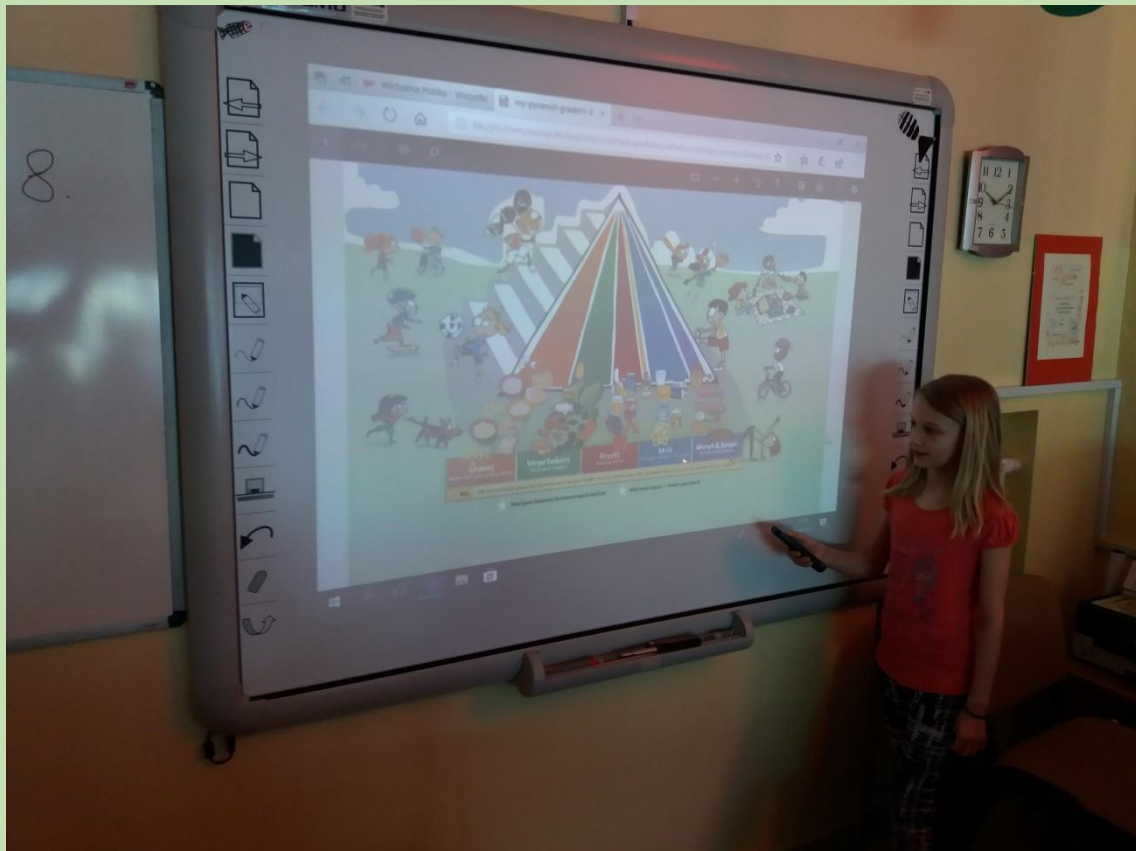


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Milena (class IV D) presenting MY PYREAMID – EAT SMART!!!



[Wpisz tekst]

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Students working in activity "MY PYRAMID – EAT SMART "



[Wpisz tekst]

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Students presenting their work on "MY PYRAMID – EAT SMART !!!"



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Students presenting their results on activity "MY PYRAMID – EAT SMART !!! "



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Students working on MY PTRANID – EAT SMART hangouts



[Wpisz tekst]

EAT SMART !!!

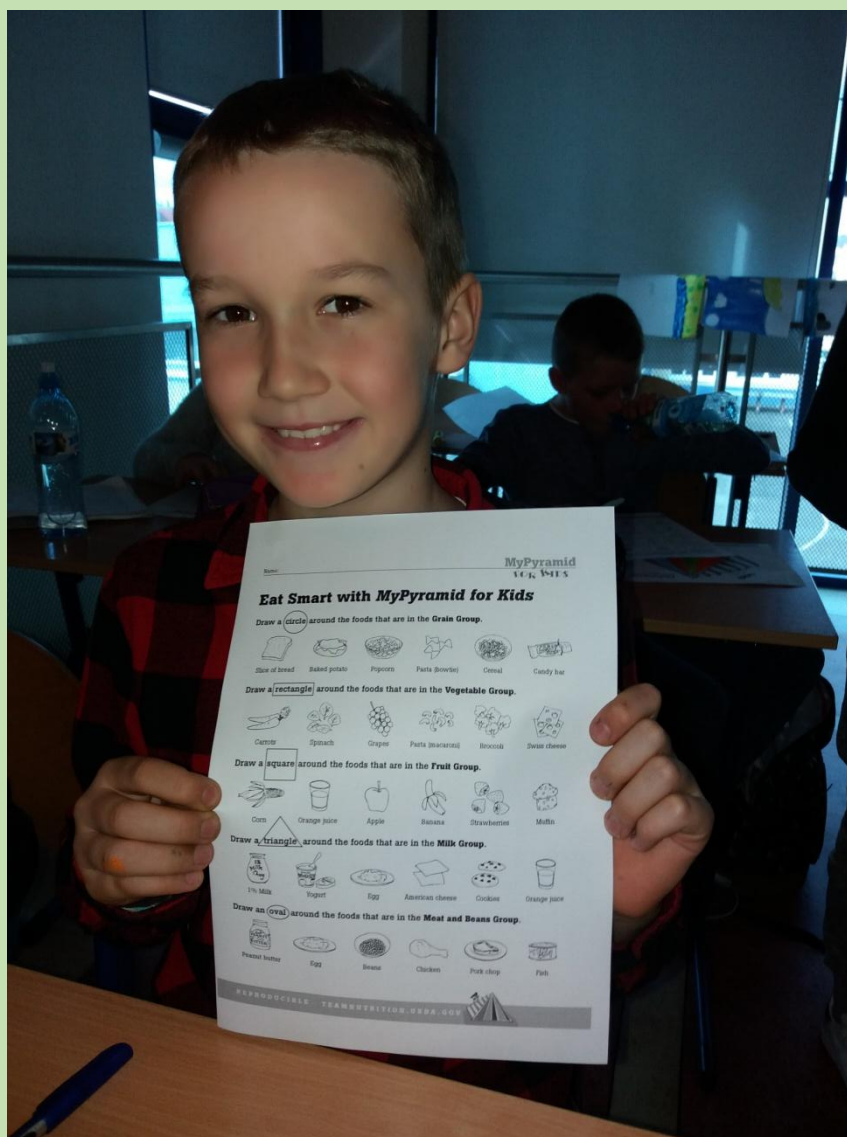


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Nikodem – class IV D presenting his „Eat Smart” hangout



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Zuzia – class VI D presenting "My Pyramid" hangout



MY PYRAMID – EAT SMART !!! -

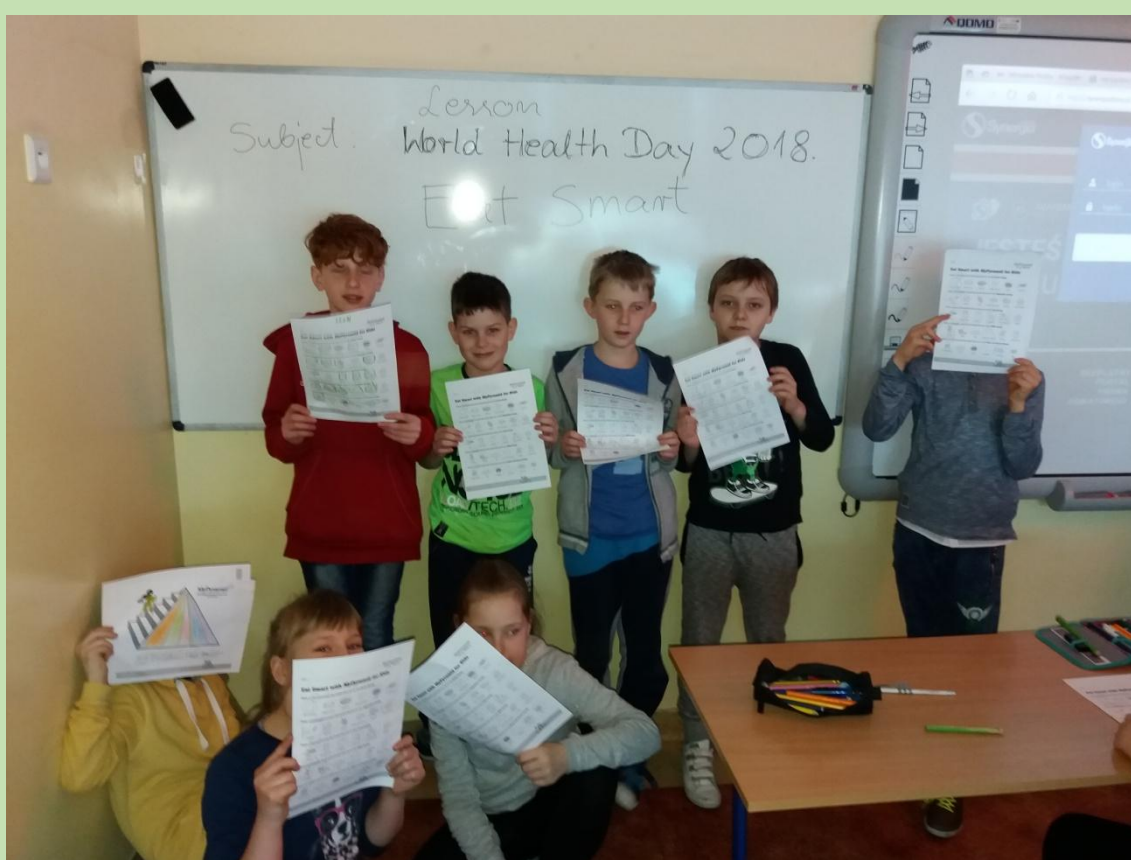
[Wpisz tekst]

EAT SMART !!!



WORLD HEALTH DAY 2018 ☺☺☺

Final results and evaluation of the lesson ☺



[Wpisz tekst]

EAT SMART !!!