



LESSON PLAN

Who is Afraid of Mathematics ?

Category: Maths in Healthy Lifestyle

Title of the activity: Creating a food pyramid

Year Group: grade 7.b

Teacher: Ferenc Tamás Lorándné

Learning Objectives:

The children get to know about how much food they should eat, in what proportion every day.

Success Criteria:

The students are able to take care of their health better than before. They can have their meals more consciously. They learn what food they can eat more times a day and what food they should eat less.

Resources:

Pictures of different kinds of food, markers, scissors, glue, card

Lesson Description (including context):

There are 18 students in the class. They will make a poster about food pyramid.

Differentiation:

The students can decide if they want to take part in making the poster or in giving a presentation about the food pyramid in English.

Introduction:

The teacher gives the instructions for the lesson. They have looked for some information about how much a person can eat of different types of food a day. Now they have some pictures and the information for creating a poster together.

Main Lesson:

1. Students collect pictures of different kinds of food in advance.
2. They look for some information how many percentages they can eat of protein, carbohydrates, fibre,
3. They draw a huge triangle on a poster card.
4. They put the carbohydrates in the bottom, the fruit and vegetables in the middle, then the protein , meat and dairy products., finally the fat , oil and sweets.
5. They glue the pictures on the card.
6. Meanwhile some other students work together and write a composition about healthy eating in English and then they present it to the class.

Plenary:

Students had an opportunity to compare their eating habits with healthy eating and they could realize what they are making wrong now and can improve it in the future.

Teachers: Ferenc Tamás Lorándné

PHOTOS

