



LESSON PLAN

Who is Afraid of Mathematics ?

Category: Maths in Healthy Lifestyle

Title of the activity: Fruit and vegetables in Hungary

Year Group: grade 4b **Teacher:** Soósne Hegedűs Ildikó

Learning Objectives:

The aim of the lesson is to improve students' knowledge about healthy lifestyle, getting to know about the right eating habits, learning about why certain kinds of fruit and vegetables are good for the body.

Besides improving health consciousness, it is also important to develop social skills, helping each other.

Success Criteria:

All the students can tell why certain vegetables and fruit are responsible in our health and they can make some tasty healthy juice.

Resources:

Paper, coloured pencils

Lesson Description (including context):

After some warm-up activities the students will work in groups, they will talk about healthy lifestyle, tell what they do for their health, then make a poster about healthy or non-healthy food.

Differentiation:

Students form groups. Forming the groups is random, it depends on what coloured vegetable or fruit they chose.

Introduction:

The students sit together with their group. The teacher gives the instructions for the lesson.

Main Lesson:

- Warm-up activity, riddles about food, e.g.
This is something yellow
But it is not a light
It is a citrus fruit
That's a flavor in Sprite /lemon/
- Making groups: everyone pulls a picture of a vegetable or fruit and they make groups according to their colours, e.g. Peas is green, so the student will be in the green group.
- The groups have to collect as many vegetables and fruit names as they can, then they discuss which of those are grown in Hungary, too.
- The groups have to design and make posters for the school healthy day.
- The groups introduce their work in front of class.
- Evaluating their work. Not only the teacher but the students also tell their opinions about the posters.

Plenary:

There was a good opportunity for students to learn how to be a useful member of a group, and how to work in group. They could compare their present eating habits to healthy eating habits.

Teachers: Soósné Hegedűs Ildikó

PHOTOS

