



LESSON PLAN

Who is Afraid of Mathematics ?

Category:

Title of the activity: Math in healthy lifestyle.

From the healthy recipe to the party "Back to 60-70s"

Year Group: 5

Teacher: Līga Bužere

Learning Objectives:

- To promote the use of mathematical skills in everyday situations.
- To revise mass units, to teach using different measuring staff.
- To encourage students' interest about healthy food.
- To promote pupils' ability to prepare simple meals.
- To promote collaboration skills.
- To provide a cross-curricular link and to bring real life into the classroom.

Success Criteria:

- Students are ready to follow rules in all stages.
- Pupils show basic cooking skills.
- Good cooperation working in small groups, pupils distribute responsibilities and respect each other.
- Students are able to calculate necessary ingredients, to cook, to lay the table, to clean up the work surface.

Resources:

- Recipe.
- Money for buying the ingredients (or most part of them can be found at home/in the garden).
- Ingredients for preparing the meal (chicken, pearl barley, pumpkin, apples, seeds, berries, sour cream, vanilla, cinamon, spices)
- Oven.
- Plates, knives, forks, spoons, pans.
- Something to decorate the table.

Lesson Description (including context):

Afterclass activity „Back to 60-70s” where students are responsible for finding out healthy recipes, calculating, shopping, preparing food, laying the table, serving, dressing up according to the 1960-70s.

Differentiation:

To make healthy recipes students are allowed to search internet. Students can freely choose the task they will be responsible for during the cooking. Pupils help each other to get better result.

Introduction:

Students really like class parties and this time teacher recommends to organize a theme party with cooking and dressing –up.

As it is autumn, a very common products are pumpkins and apples. Teacher sets the task to find out healthy recipes where these products could be used.

Students search for information, discuss in small groups their recipes and choose one to present to their classmates.

Main Lesson:

Class votes for the best main dish recipe and dessert.

Students with a help of teacher calculate the necessary amount of ingredients.

Pupils freely choose which of the components they will buy(or find) bring to school.

(Next day)

Students must wear aprons, teacher must remind about hand cleanliness.

Students divide in two parts– girls prepare everything for the main dish and boys for the dessert.

Students do simple cooking tasks, teacher and some parents observe, help with putting everything in oven.

While the dish is cooking, children lay the table and dressing up for the party.

Girls serve boys the main dish, but boys follow with the dessert.

Plenary:

This is a really good way for organizing different parties, without unhealthy snacks, where students learn through practicing. It rises their interest about healthy food and cooking.

Teachers: Līga Bužere

PHOTOS



