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Erasmus+ Programme
of the European Union



Lesson plan (Form Lesson).

Subject: **Healthy Nutrition and preparing healthy meals. .**

Objectives:

- Promoting healthy lifestyle..
- Implementing healthy dietary habits.

Lessons duration:

1. Students put together a word puzzle which will create the sentence: „May the food you eat be your medicine” – Hippocrates.
2. Students tell their opinions about the sentence they put together.
3. Discussion with students on what they eat at home:
 - What fruit and vegetables do you eat?
 - How often and how much fruit and vegetables do you eat?
 - Do you drink juice, compote, water or fizzy drinks?
 - How do you prepare the meat you eat?
 - Do you eat second breakfast/lunch?
4. Students create a table:

Healthy products	Unhealthy food
E.g. vegetables, fruit, fish, juice, etc.	E.g GMO food, “junk food”, deep-fried meat, etc.

5. Teamwork – students answer the question: What does healthy eating depend on?

- Exemplary answers:

Healthy eating depends on

- frequency of meals you eat and how big they are,
- the way meals are prepared,
- the products you use.

6. Lecture on balanced diet and healthy eating, listing healthy products and their nourishment qualities, e.g.

-flour, groats, pasta, bread – as source of carbohydrates, protein, vitamins B and E, folic acid.

- cottage cheese, yoghurt and other dairy products – as sources of protein and calcium.

- fruit and vegetables – as sources of vitamins and minerals.

7. Teacher asks students to write down some healthy nutrition rules.

Exemplary answers:

- Avoid sweets.
- Cut down on fatty food and salt.
- Eat sea fish two/three times a week.
- Eat fruit and vegetables five times a day.
- Count calories you eat.

8. Lesson's summary. Students put the posters with healthy nutrition rules on the walls.