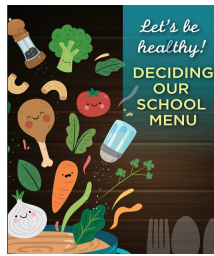


Let's be healthy! Deciding our school menu



Objectius

- Be aware of the importance of a healthy diet.
- Advice others on how to improve their diet

Descripció de la proposta

The present project fosters an important social awareness of our society, as it is being healthy and having correct nutrition habits in childhood. To introduce the project to our students we read them a letter written by the nutritionist of the Palamós Hospital, sharing their concerns about the bad habits of the childhood related to healthy life and diets. In order to provide an enriched solution to the nutritionist, we will be able to design a healthy food menu for the school canteen taking into account his considerations and all the knowledge acquired during the project. This project is a result of GEP2 programme.

Aspectes didàctics i metodològics

The project implements a CLIL and PBL methodology and the 21st century competencies. It provides 9 blocks of contents and activities in English in order to foster healthy and correct nutrition habits in childhood. Students will learn to interpret the food pyramid while understanding and analysing the composition of some products. After comparing healthy food versus junk food, they will design and justify the best healthy menu for the school.

Recursos emprats:

- menus
- padlet
- vídeos
- popplet
- plickers

<https://answergarden.ch/860654>



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Continguts, competències i processos que es treballen de forma destacada

Natural Science:

- Health and personal balance
- Education towards health.

Englsh:

Oral communication dimension:

- Text of different typology, in different formats and supports.
- Strategies for the comprehension and expression.
- Strategies for the social interaction.
- Lexical: usual vocabulary and specific.
- Oral fluency
- Use of the query tools.

Reading comprehension dimension:

- Text of different typology, in different formats and supports.
- Strategies for the comprehension and expression.
- Reading aloud and silent reading
- Textual morphosyntax and Semantic component of the language.

Written dimension:

- Text of different typology, in different formats and supports.
- Resources for production and review in printed and digital support.

Alumnat a qui s'adreça especialment

Movers and Flyers levels. Cambridge for Schools. 5th Grade

Interdisciplinarietat, transversalitat, relacions amb l'entorn:

Natural Science

Documents adjunts

Let's be healthy! Deciding our school menu project

Autoria

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