

STAY HEALTHY



[image from www.TheStorySeed.com]

Objectius

- To be aware about what “stay healthy” means and which habits and attitudes it implies.
- To understand the importance of eating healthy.
- To know how to interpret the food pyramid.
- To recognise the five food groups and their benefits.
- To be conscious of the importance of drinking water and the effects of consuming too much salt for our body.
- To be introduced to the scientific method while doing an experiment (hypothesis formulation, experiment procedures, observation and analysis, conclusions).

Descripció de la proposta

During these two hours session we are going to introduce the topic through different activities. Our students to be aware about what “stay healthy” means and which habits and attitudes it implies to grow healthy. Furthermore students want them to become familiar with the related vocabulary and expressions so they will have the necessary tools to follow the upcoming sessions. This project is a result of GEP1 programme.

Aspectes didàctics i metodològics

This lesson plan is based on a CLIL approach. It includes different activities, which provide input taking into account multiple intelligences. Through the sessions, input is varied and multimodal.



The planned activities offer both linguistic and non-linguistic input. Activities are varied: oral, reading, writing, and hands on. The lesson plan includes strategies (what the Teacher does), activities (what Students have to do) and final productions (a description of the final products students have to create). Language support and visual support are provided for each activity.

Recursos emprats

Through the unit, activities are carried out in different supports, varying the type of grouping students and using different ICT tools. The following resources are used:

- Instant Classroom (free online registration)
- "Stay healthy Power Point Presentation" (Adapted from "ww.Thestoryseed.com PP")
- "The Healthy Habits Song" from YouTube
- "Who wants to be millionaire Power Point Presentation"
- Padlet (free online registration)

Continguts, competències i processos que es treballen de forma destacada

. *Science*

- . habits and attitudes to stay and grow up healthily.
- . awareness about healthy and unhealthy activities, routines and attitudes in everyday life.

. *English*

- .imperative statements
- .collocations and expressions related to health.
- .gerunds as subjects.

Alumnat a qui s'adreça especialment

3rd grade / 7-8 years old

Interdisciplinarietat, transversalitat, relacions amb l'entorn

Science

Documents adjunts

STAY HEALTHY UNIT Sessions Planning and Teaching Materials

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