

Teaching Notes

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| TOPIC: Healthy Food | Session: 7 |
| GROUPING: 13 pupils | MATERIALS: <ul style="list-style-type: none"> - Worksheet "Lola's Menu" - Worksheet "Lola's Menu 1" - Worksheet "My Menu" |
| TIMING: 1 hour | |
| AIMS: - To recognise different types of food. <ul style="list-style-type: none"> - To identify meal times: breakfast, lunch, tea/snack and dinner. - To value the importance of eating well. - To value the relationship between being healthy and eating well. | |

ACTIVITIES:

- Worksheets "Lola's Menu". Review of the menus and talk about Lola's healthy habits. (10')
- Worksheet "My Menu". Children will have to complete the worksheet with their own menu. (15')
- In pairs children will share their menu and will decide if they are healthy enough. (10')
- "What have you got for...?". The teacher will ask the students what they have for breakfast, lunch or dinner in the menu they have already designed. (15')
 - o What have you got for breakfast?
 - o I have got milk and cereals.
 - o ...
- "Look at your menu. Are you healthy?". Let's comment all together how healthy we are according to our menus and let's decide which one is the healthier menu. (10')