

Teaching Notes

TOPIC: Healthy Food	Session: 9
GROUPING: 13 pupils	MATERIALS: <ul style="list-style-type: none">- Powerpoint "Eight tips for eating well"- Mind Map "Healthy Food"
TIMING: 1 hour	
AIMS: - To value the relationship between being healthy and eating well. <ul style="list-style-type: none">- To understand that water is necessary to live.- To acquire habits to protect the body.- To respect oneself and others.	

ACTIVITIES:

- To take up again the topic "Liquids in each meal" (10')
- "Eight tips for eating well". Children will have to take into account the most important aspects to be healthy. (20')
- Mind Map "Healthy Food". Children will have fifteen minutes to fill in the mind map in order to review all the things necessary to keep our body healthy. Afterwards, they will compare their map in pairs and discuss it with the teacher. (30')