**Lesson 10**

LESSON SCENARIO:

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| **PUBLISHED PART:** |  | | | |
| **ITEM:** | * **NATURE/BIOLOGY** * **EDUCATIONAL HOUR** * **P.E** | | | |
| **TARGET GROUP:** | * **4th GRADE STUDENTS** * **5TH GRADE STUDENTS** * **6th GRADE STUDENTS** | | | |
| **TOPIC:** | **Taking small steps towards better health** | | | |
| **GENERAL PURPOSE** | Increasing students' willingness to work on changing eating habits. | | | |
| **OPERATIONAL GOALS** | The student knows what the small steps method is, knows the 80/20 flexible eating method and is able to apply it in everyday life. | | | |
| **METHODS** | Lecture  Discussion  individual work | | | |
| **FORMS:** |  | | | |
| **TEACHING RESOURCES:** | | | | |
| * **Presentation** | * **Individual exercise**: habits under the microscope | * **Group exercise:** | * **Quiz** | * **Test** |
| * **Multimedia task on the platform** | * **Test** | * **Infographic: plate - 80/20 method** | * **Part of the movie:** | * **Animation** |
| * **Downloadable worksheet** | * **Poster** | * **Board:** | * **Other:** | * **Other:** |
| **DESCRIPTION OF THE LESSON** | 1. Lecture   - why it is worth introducing changes using small steps  - what to pay attention to when planning changes in eating habits  - flexible eating method - 80/20  2) Individual exercise  - choosing one new healthy habit that the student wants to implement (from the list of positive habits)  3) Discussion  4) Summary and discussion of homework | | | |
| **OPERATIONAL PART – TIPS FOR DEVELOPING THE FINAL VERSIONMATERIALS** | | | | |
| **ATTACHMENTS (please indicate attachments:** | Required: Presentation/substantive material  Alternative: Description of exercises/ Description of tasks/ Test content/ Quiz description/ Tips and substantive content of infographics, content. Animation description, etc.  Infographic based on an example - attachment no. 39 - without alcohol! 😉  Individual exercise - appendix 40  Homework - downloadable worksheet - Appendix 41 | | | |
| **DESCRIPTION OF MATERIALS NEEDEDSUPPORTIVESDOWNATTACHMENTS** | Everything in the attachment for the graphic designer | | | |
| **TIPS FOR GRAPHICS** | Reference if the information is included in attachments - e.g. content of presentations/descriptions E.g. see attachment - test | | | |

Substantive material

1. Teacher's lecture

Our entire life and what we do are largely a set of habits. We perform many activities automatically - this means that we do not have to think too much about the activities we perform, we can, for example, do something else while performing them. An example of such an activity is what we do first thing in the morning after waking up. For some people, drinking a glass of water every morning is a habit, for others it is going to the bathroom and doing their morning toilette. Many adults, for example, start each day by turning on the kettle or coffee machine. When it comes to food, we usually act out of habit, but unfortunately many of the habits we have are not conducive to our health, so it is worth knowing how to change them for the better. First of all, changing habits is a big challenge, so it is worth planning it well and choosing the right method. If we assume that starting tomorrow we will change all our eating habits, we certainly have no chance of success.

Have you ever worked on changing your habits? For example, did any of you decide one day to start getting up 15 minutes earlier than usual in order to be at school on time?

Journal they answer…

N. completes the statements.

Lifestyle changes are quite a challenge for our brain. Our brain is not a fan of spectacular changes. He likes our automatic activities because it saves a lot of valuable energy. In order not to feel overwhelmed and discouraged by the enormity of the tasks to be performed, it is best to divide each change into stages. To plan them, you need to look at the current situation - find out how I am doing and why, and determine how I want it to be and how I can do it. Your exercise today will be helpful in all this.

Before we get to it, you will learn about a very convenient and flexible feeding method called 80/20.

Do you know what it is?

Journal they answer.

N completes the statements: In order to avoid quick discouragement when working on eating habits, it is worth using an approach that combines includes both recommendations from the health plate, but also takes into account the fact that sometimes we have the right to reach for products that simply make us happy. The 80/20 method says that 80% of our diet should consist of high-quality products and dishes based on natural ingredients, and its basis should be vegetables and fruits. In turn, 20% of what we eat may mean eating "for pleasure". So if we take into account the number of meals per week - for example 5 meals a day x 7 days, we have a pool of 35 meals a week. Therefore, let 80% of them, i.e. 28 meals, be healthy dishes and products, and 7 of them can be products that we eat because we like them very much. Let it be, for example, 1 dessert or snack. Of course, we can always eat less so-called "recreational" products - in fact, the less the better. As you can see, you can approach nutrition in a flexible way and take into account realities. After all, the joy of eating is also important. As always, it all comes down to moderation and ensuring the right proportions of ingredients in your diet.

1. Exercise

And now I invite you to do the exercise - we take a closer look at your habits.

1. Discussion

Now let's discuss your exercise. Were you able to list both good and bad habits? What habit do you like and what bothers you the most?

What was difficult for you in this task? After this exercise, do you intend to work on your chosen habit?