Lesson 11 LESSON SCRIPT: PART PUBLISHED:

SUBJECT:

⬜ SCIENCE / BIOLOGY

⬜ CLASS HOUR

⬜ P.E. TARGET GROUP:

⬜ 4TH GRADE STUDENTS

⬜ 5TH GRADE STUDENTS

⬜ 6TH GRADE STUDENTS TOPIC: Eating Outside the Home.

GENERAL AIM: Shaping appropriate nutritional attitudes regarding the choice of food products and dishes consumed outside the home.

SPECIFIC OBJECTIVES: Students know why breakfast is a very important meal of the day, can compose a meal for their lunchbox, know what choices to make when ordering food at a restaurant, know examples of healthy snacks to opt for outside the home.

METHODS: Lecture Individual exercise - multimedia / art work for 4th grade

FORMS: TEACHING AIDS: ☒ Presentation ⬜ Individual exercise: ⬜ Group exercise: ⬜ Quiz ⬜ Test ⬜ Multimedia task on the platform - compose your own lunchbox ⬜ Test ⬜ Infographic - "alternatives to sandwiches" ⬜ Film fragment: ⬜ Animation ⬜ Worksheet to download ⬜ Poster ⬜ Board: ⬜ Other: ⬜ Other:

DESCRIPTION OF LESSON FLOW

1. Teacher's lecture

* a nutritious breakfast is the basis of a successful day
* types of breakfasts and tasty alternatives to sandwiches ideal for lunchboxes (infographic)
* healthy snack options and dishes outside the home

1. Task - composing a lunchbox - I see on the platform that we have an empty lunchbox and the student drags available products around with the mouse - I don't know if this is feasible, if not it can be homework, that they compose their lunchbox and take a picture. It can also be a creative task for 4th graders - cutting out products from promotional magazines and creating a pasted lunch box OPERATIONAL PART - TIPS FOR DEVELOPING THE FINAL VERSION OF MATERIALS ATTACHMENTS (please indicate attachments: Required: Presentation / Content material Alternative: Description of exercises / Description of tasks / Test content / Quiz description / Tips and content for the infographic, animation description, etc. Graphic - attachment no. 16 - sandwich alternative DESCRIPTION OF NECESSARY SUPPORTING MATERIALS TO ATTACHMENTS Attachment content (to avoid duplicating from the template)

* vegetable tortilla
* baked oatmeal
* sweet or savory muffins, e.g., pizza-style
* waffles
* pancakes, preferably made with whole grain flour
* natural yogurt with additions - fresh fruit, nuts, or flakes
* salad - e.g., with pasta and chicken with peppers and corn
* pancakes with cottage cheese and honey
* vegetable pancakes, e.g., zucchini-carrot with corn or Greek cheese TIPS FOR GRAPHICS Attachment 16 for the graphic NOTE! I noticed that there is confusion in this lesson regarding attachments. Number 17 is homework and the exercise in class does not require an attachment - it is completed Content material

1. Teacher's lecture T: There is a saying, "Eat breakfast like a king, lunch like a prince, and dinner like a pauper." Do you know what it means? / students respond T: Summing up your answers - breakfast is commonly recognized as the most important meal of the day - because how we feel throughout the day depends on it. What we eat for breakfast has a huge impact on our form - including mental alertness and learning at school. Lunch should be nutritious, of good quality, but not too heavy. So that we don't feel heavy after it, but rather "charged" for action for the second part of the day. On the other hand, dinner should be a bit lighter, allowing our body to regenerate well during the night's sleep. Throughout the day, we should eat 4 or 5 meals at three- or four-hour intervals. Regular distribution of meals helps us avoid additional, unforeseen snacks that we tend to reach for when intervals are longer and the hunger we feel is very strong. Regularity of meals also helps us maintain a healthy body weight. ! Fun fact - skipping meals leads to feeling very hungry. At such times when it's finally time to eat, we usually eat quickly and a lot of food, leading to overeating. If such eating becomes our habit, there is a high chance that we will gain additional kilograms. It is best for breakfast to provide 25-30% of the daily energy intake. [Small task! Knowing that children of your age need about 2000 kcal, calculate how many calories your breakfast should have! (2000 kcal 🡪 500-600 kcal)]

N: You've calculated that your breakfast should provide around 500-600 kcal. For example, the following set provides this: Now let's pay attention to the quality of your breakfast! It's best if it consists of whole grain cereal products, such as bread (wholemeal, graham), cereal flakes (oat, rye, buckwheat, millet), muesli, bran - these products are a source of energy that will easily last until your next meal! Consider adding dairy products to cereal items, such as milk, yogurt, kefir, buttermilk, cheese, cottage cheese, protein products (cold cuts with good composition! legume pastes or eggs). And these ingredients should constitute half of your meal. The rest of the space in your lunchbox should be filled with fruits and vegetables. Remember about important additions, such as dried fruits, nuts, sunflower seeds, or pumpkin seeds. Nuts should not have added salt. Breakfasts can be composed in many ways. In your case, the challenges you face on a given day can be a criterion. If you have an exam or training on a given day, you can add an extra portion of carbohydrates to your provisions - which, as you know, is the best source of energy for you. Consider options such as pancakes, pancakes, or muffins, as well as a good quality bar with nuts and honey. Regardless of how the day goes, remember to always drink water regularly. Why do you think eating breakfast is particularly important for people your age? Students, please respond... N: Eating breakfast improves concentration, memory, and learning ability. Students who tend to skip their second breakfast often experience headaches, feel unwell, are irritable, and also perform worse in their studies. Now I have a question for you. What snacks do you like? Do you often reach for them? Students, please respond... Snacks are very popular, so it's even more important to pay attention to what products we reach for as snacks. ● Chips and pretzels - 🡪 nuts, or dried fruits, mixes of dried fruits and nuts, large sesame sticks (like grissini) ● Sweet dairy desserts - drinkable natural yogurt, kefir, skyr, drinkable fruit yogurts with good ingredients, natural homogenized cheese. ● Replace bars from well-known manufacturers with bars based on nuts, flakes with dates or honey. ● Sweet drinks - vegetable and vegetable-fruit juices, or possibly tubes with vegetable-fruit puree. There are plenty of healthier snack options available. However, remember that nothing replaces a portion of fresh vegetables and fruits as part of your daily snack! And now it's time for a group exercise. It will involve creating a poster representing a student's lunchbox, based on the principles you learned today. Use any art materials to create the poster, and you can cut out food products from promotional magazines or use empty product packaging. Create a delicious and nutritious breakfast for yourselves. Good luck! The homework assignment will involve analyzing product labels. From this analysis, you will learn how much sugar your favorite snacks contain. Details of the task can be found on the cards... (Attachment 17)