**LESSON PLAN**

**Discovering the Healthy Plate**

1. Teacher's Lecture

In today's world, we have unlimited access to information about nutrition. Just by typing "diet" into a Google search, we get over a billion suggestions to watch/read. It's no wonder that there's a huge chaos regarding how our daily diet should look. Additionally, this information doesn't always come from specialists who have the appropriate level of professional knowledge to advise others on nutrition and lifestyle in a safe and scientifically sound manner. That's why today you'll learn about the healthy plate, so you can rely on health-safe recommendations regarding your daily diet. In each country, there are relevant scientific institutions responsible for creating nutritional information for the general population. In Poland, leading nutrition specialists, based on other organizations worldwide, have created dietary and lifestyle recommendations in the form of a graphic plate. The healthy plate illustrates the most important principles of a healthy lifestyle.

From it, we can read that:

* Fruits and vegetables – it's good if they appear in every meal. Let them represent half of the plate as often as possible. There's no need to prepare elaborate salads and raw vegetables – think about which vegetables you enjoy the most. For a meal, simply peel and cut carrots, cucumbers, and perhaps add olives or cherry tomatoes. And remember! You might be surprised to know that potatoes, let alone fries, don't count here.
* Grain products – it's worth choosing whole grain ones – thanks to their higher fiber content, they keep us full longer and additionally provide valuable minerals.
* Meat and meat products (e.g., sausages, deli meats) – try to avoid eating meat at least once a week. Instead, as a source of protein, introduce fish or legumes such as beans, lentils, peas, chickpeas, soy, as well as nuts (e.g., cashews), fish, or eggs.
* Fats – it's good to reach for olive oil or rapeseed oil, but limit butter and products rich in saturated fats, like beef/pork, lard, and all fast food dishes. CAUTION! This doesn't mean there's no place in your diet for dishes from well-known restaurants. It will be better for you and your health if you prepare a homemade version of such dishes with your family.
* Fish – it's good if fish appears on the menu 1 or 2 times a week. Fatty fish like salmon, cod, herring, pollock, sardines, mackerel work really well in salads or fish sandwiches.
* Milk and dairy products – don't exceed 2 glasses of milk per day. It's best to opt for unsweetened dairy products, but with the addition of fresh fruits. Choose dairy products with a lower fat content, but this doesn't mean that light products with zero % fat are always a good choice – remember about important vitamins A and D, which need fat to be absorbed and used for the benefit of our health.
* Sweets and sweetened drinks – although they taste very good to you, they should be the group of products you reach for as rarely as possible. If you like sweets, a good move would be to give up sweetened beverages. Water is the basis for your development, well-being, and healthy teeth.
* Salt is one of the components that should be avoided. Make sure that salty products are also not the basis of your diet. Meat products, snacks like chips or sticks, and all fast-food dishes are very salty.

**What else should you pay attention to when it comes to a healthy lifestyle?**

* Regularity of meals is extremely important – when we eat at roughly equal intervals, we don't subject ourselves to constant hunger, and consequently, endless snacking throughout the day. Regularly eaten meals also mean that we have enough energy to function throughout the day.
* Read product labels while shopping! Let the list of ingredients be as short as possible (more about this in the "Going Shopping" lesson). If sugar or salt is one of the first ingredients on the list, it's probably not a recommended product.
* When preparing meals with your family, focus on those prepared by boiling, steaming, or baking. Frying is a technique that we should use much less frequently.
* Be active! Humans are creatures made to move. The entire human body benefits when we are physically active – you don't have to be a professional athlete to take care of your health through physical activity. Daily activities such as climbing stairs or a short walk to school count just as much! It's good if you manage to take about 10,000 steps a day.
* Another rule of a healthy lifestyle is dedicating the right amount of time for rest and sleep. It's worth sticking to roughly the same length of sleep every night and going to bed at the same time each evening.

**Now it's time for the task**. Prepare your own healthy plate – you can use any art supplies for this. Take a piece of paper and crayons, paints, or markers. You can complete this task in an app by painting the plate, for example, in Paint.

ON THE PLATFORM, A PLATE APPEARS – match HEALTHY AND UNHEALTHY PRODUCTS.

**Summary:** Now remember what you learned in today's lesson? Choose one rule that is not part of your daily life but that you feel ready to implement. If you don't remember the rules, go back to them and choose one that you can start applying.

**Homework** – working with one new habit. Choose one habit and follow it for a week. Monitor your progress. If it's helpful for you, write down whether you did what you planned each day. After a week, summarize and consider what this change has done for your health. Is it worth continuing to apply it?