Script:

VOLCANOES AND EARTHQUAKES IN ICELAND

General Objective:

Understanding the influence of geological structure on the occurrence of volcanoes and earthquakes.

Familiarization with the areas of occurrence of earthquakes and volcanoes worldwide.

Operational Objectives:

Describing the geographic location of Iceland based on world maps.

Explaining the meaning of terms: volcano, magma, geyser, earthquake, the effects of volcanic eruptions, and earthquakes.

Understanding the necessity of healthy eating habits and the need for daily physical activity.

Description of Lesson Plan:

New OECD (Organisation for Economic Co-operation and Development) data on obesity among children show that Icelandic children rank second in Europe. The biggest problem with obesity among children is in Greece, which tops the report. Taking into account global statistics, the youngest citizens of the United States are in the first place, and the second place is taken by young Canadians. Studies conducted in 2013-2014 show that as many as 1/5 of Icelandic teenagers aged 15 are overweight. As it turns out, the problem of obesity also affects adult Icelanders. Children leading an unhealthy lifestyle are at risk of developing diabetes, high blood pressure, have a higher risk of cancer, and other diseases. Let's try to examine this problem together.

I. Introduction:

1. List a few examples of bad dietary habits that we should eliminate.
2. What did you have for breakfast today? What did you eat?
	* Were there any vegetables and fruits? What kind?
	* And if there weren't any, why not?
3. Do the residents of Iceland have natural conditions conducive to the cultivation of vegetables, fruits, or grains? - nature documentary about Iceland,

(arable land accounts for 0.1% of the country's area, meadows and pastures - 22.7%, mainly potatoes and turnips are grown, in greenhouses and inspection stations - vegetables (mainly tomatoes and cucumbers)

* + we leave the answer to the question at the end of the lesson when children will have more information.

II. Development:

1. Location of Iceland - maps: political of Europe and the world, landscape,
2. Working with the text - "Internal disturbances of the Earth",
	* the Earth's interior, earthquakes, volcanoes, geysers
3. Experiment - volcano eruption,
	* into a small jar, on a tray, sprinkle 2-3 teaspoons of baking soda, and then carefully pour vinegar - the ingredients start to bubble and flow out of the jar, just like lava from a volcano.
4. How does Iceland taste?
	* Icelandic volcanic bread, lobster cream, mashed fish with potatoes, Icelandic street food, fish soup with coconut milk,
	* traditional Icelandic cuisine
5. European lobster - sticking the outline of a lobster with any materials (clay, tissue paper, beads, etc.).

III. Summary:

1. Animals of Iceland - polar bear and arctic fox
	* Kingdom: Animals - a reminder of the division of animal organisms,
2. Cholesterol - what is it?
	* cholesterol is an organic fatty (lipid) substance that performs many useful functions in the body, is part of the membranes of most cells, participates in the production of certain hormones and in the synthesis of bile acids, participates in the production of vitamin D, plays an important role in brain function.
	* cholesterol is necessary for maintaining health, but excessive amounts in the body increase the risk of atherosclerosis and its complications, such as coronary artery disease, heart attack, or stroke.
	* analyze the table of products in terms of cholesterol content and caloric value

Worksheets:

1. Tasks
2. Based on the overview map of Iceland with marked volcanoes, indicate the approximate course of the lithosphere plate boundary.
3. Color the flag of Iceland

Personal Work:

1. Volcanoes - experiment,
2. Plan outdoor activities for yourself and your friends.