**"Biking Through Denmark"**

**Scenario**

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Denmark is changing its dietary recommendations to consider the well-being of the planet.

Did you know that animal farming resources are one of the main factors contributing to climate change?

As a result, consumption of red meat and dairy products leads to significant levels of carbon dioxide (CO2) emissions.

In concern for the environment, the Danish government has changed its dietary guidelines, placing greater emphasis on plant-based foods.

In the new dietary recommendations, Danish authorities encourage citizens to limit meat consumption and incorporate more plant-based products into their diets. The guidelines aim to promote healthy eating that is also more environmentally friendly. Consuming more legumes, such as beans and lentils, instead of fish and other animal products, will significantly reduce the average person's carbon dioxide production. This is the first case where dietary guidelines are directly related to emissions!

Official guidelines have been providing good advice on healthy eating for decades. In the new Danish government guidelines, particular attention has been paid to meat consumption. Its suggested consumption has been reduced from 500 grams to 350 grams per week, while simultaneously increasing legume consumption to at least 100 grams per day.

The guidelines also recommend eating varied and not too large meals rich in fruits and vegetables, incorporating whole grains and plant oils into your daily diet, and drinking more water.

According to statistics, 6 out of 10 Danish citizens claim they want to eat more sustainably. However, for now, the typical diet in this country still includes a lot of red meat, and the average consumption of legumes is close to zero.

T: Welcome to another meeting.

S: Good morning.

T: How can we take care of our health?

S: So, what can we do to feel better?

T: Yes. What do you suggest?

S: I like going to the pool, playing football, and riding bikes with my friends.

T: Alright. There are many ways to maintain fitness, but to succeed, consistency is key. Daily walks are also important; you can go running, dancing, engage in different sports disciplines.

Do you regularly use the pool?

T: I struggle with that… Even though I like swimming, I often feel lazy and stay at home.

T: Why does that happen?

S: I have a lot of responsibilities: I have to do homework, memorize a poem, read a book, clean my room, help my parents…

T: Let's take a look at that. You have a lot to do, and little time.

To make it easier to organize your time, search for and install an app on your tablet or smartphone that will help you plan your activities. It could also be a simple calendar or notebook.

Think about what you waste the most time on. Do you really need two hours for a conversation or texting with a friend? Analyze your day after school and note down in the app what you waste the most time on. Are you someone who wants to please everyone? If so, muster the courage to say "no" when you have something more important to do.

Also, don't leave your studying until the last day. Start preparing for the next lessons today and progress every day. For example, divide the material for the test next Wednesday so that you study 20 minutes each day. You will see that this will be more efficient than trying to study the whole material the day before the test. Divide the material into pages or topics, learning a little bit each day, and on the last day, plan your study to review everything you have learned before. Try it once and see if by doing so, you not only save time but also surprise everyone with your results on the test or your knowledge during the lessons!

Think also about something that is important to you, but that you have been putting off for a long time. Then reserve time for it this week.

S: Will this help me find time for things that are important to me?

T: Of course it will. You just need to change your habits a little, and success is ready.

S: But to make it work, I have to be more consistent.

T: Yes. Write down important tasks to be done in the near future. Then allocate time for each of them in your schedule to complete these tasks. The habit of "first things first" may help you. It suggests organizing your time so that you first deal with the most important things. Thanks to this habit, you will learn to overcome fears and be stronger in difficult situations.

S: Then I'll find time for the pool and bike riding?

T: You'll find plenty of time. You just have to remember what's important.

You said you like riding bikes...

S: I love biking.

T: Read the information titled "History of the Bicycle."

Attached: "History of the Bicycle"

T: Did you discover something new?

S: Yes, the first bicycle was built in 1817 by Baron Karl Von Drais of Germany and was called the 'running machine' because it had no pedals. In the second half of the 19th century, a bicycle construction weighing about 50 kilograms and was uncomfortable was created. By the end of the 19th century, bicycles were very popular, with a large front wheel and a very small rear wheel. The first bicycle in Poland was built by Edmund Perl. It was made of wood and had three wheels.

T: Do you know in which European countries biking is a very popular means of transportation?

S: It seems to me that it's the Netherlands.

T: And Denmark. For most Danes, biking is a way of life, and that's no exaggeration. That's why in Denmark, which focuses on cyclists, a well-developed system of bike paths has been built. The road network not only guarantees pleasant outdoor activities but also facilitates communication between people and sightseeing. Denmark's terrain is mainly flat, making it possible for even people with less fitness to enjoy bike rides.

Look at a physical map of Europe and point out the location of Denmark.

Total length of bike paths in Denmark is over 12,000 km.

On the photo next to, you can see an example of a Danish road. Notice that on both sides of the road, a wide lane is reserved for bicycles. The car lane forces drivers to reduce speed, and when two cars pass each other, they must yield to bicycles.

Now, let's look at some basic information about this country.

Attached: "Denmark"

T: What did you learn about Denmark?

S: Denmark is located in Northern Europe and is the smallest of the Nordic countries.

What are the Nordic countries?

T: The Nordic countries - literally "northern countries" from the words "nord" and "nordisk" meaning "north" and "northern" respectively in Scandinavian languages. They include Denmark, Norway, Sweden, as well as Iceland and Finland.

Map of Scandinavia with marked countries: Denmark, Sweden, Norway, Iceland, Finland.

S: Thank you for the explanation.

Denmark is a low-lying country. 70% of the country's area is on the Jutland Peninsula. The rest of the country is located on 406 islands, of which 79 are inhabited. The most important islands are Zealand, North Jutland, and Funen. The capital of Denmark is Copenhagen. The country has a temperate, warm maritime climate.

Several photos of the capital - Copenhagen.

T: I invite you on a virtual journey to Copenhagen.

Film titled "Copenhagen - Aerial Drone View"

Have you ever been to a travel agency?

S: I've been with my parents.

T: Working in a travel agency involves presenting and selling tours.

A person working in the office introduces the client to the tour offer, using presentations, as well as guides, brochures, and photos of the place. Now, you will play the role of a travel agency employee and prepare leaflets for clients. The leaflet is an informational print about the short descriptive offer.

S: Should I prepare leaflets about Denmark?

T: Yes. You will prepare short information about: vegetation, animals, agriculture, industry, landmarks, and Danish cuisine.

S: Alright.

Task: Please allow the student to independently design an informational leaflet, placing prepared information on the above-mentioned topics; there will be 6 leaflets; the student decides on the leaflet's graphics, used colors, layout of information;

INFORMATION FOR THE LEAFLETS:

Leaflet 1 - "Vegetation of Denmark"

\* The natural vegetation of Denmark was beech-oak-ash forests;

photo of trees: beech, oak, ash;

\* The natural formation was replaced by coniferous forests, where European larches and spruces grow;

photo of European larch and spruce;

\* Forested areas cover 12% of the country's area;

\* In the original vegetation formation, there were heaths and peat bogs, which were drained by humans;

photo of peat bog and heath;

\* Dunes are covered with bushy willows and grasses;

photo of willows and heather;

Leaflet 2 - "Animals of Denmark"

\* In forested and grassy areas, there are moose, deer, wolves, brown bears, European otters, and wolf spiders;

photos of the above-mentioned animals;

\* Denmark borders the Baltic Sea and the North Sea, so there is a variety of marine life around it, e.g., cod, flounder, eels, beluga whales;

photos of the above-mentioned animals;

Leaflet 3 - "Agriculture of Denmark"

\* Highly developed;

\* Modern;

\* Mechanized;

\* It produces a surplus of food;

\* Cultivation mainly involves grains - wheat, barley, rye, oats;

photo of wheat, barley, rye, oats, and sugar beet;

\* Sugar beets, potatoes, and vegetables are also grown;

\* It is a world leader in the production and export of milk, meat, butter, and cheese;

\* Over 2/3 of the catch is destined for export;

\* The world's largest exporter of fur animals; there are about 1500 fur farms in the country, which annually supply about 19 million mink skins;

photo of a mink;

Leaflet 4 - "Industry of Denmark"

\* Denmark is a highly developed country;

\* The majority of employed people work in the service sector - about 70%;

\* Extracted energy resources include: crude oil, lignite, natural gas, and peat;

\* Denmark is energy self-sufficient;

\* Developed food, machinery, pulp and paper, metallurgical, and construction industries;

\* Known companies include Maersk - one of the world's largest container companies, Lego, and Carlsberg;

Leaflet 5 - "Tourist Attractions of Denmark"

Denmark, a 6-million European country, has a lot to offer:

\* The city of Odense, where Danish writer Hans Christian Andersen was born and lived (1805-1875);

photo of the city of Odense and photo of H.Ch. Andersen;

\* Jelling, a small town on the Jutland Peninsula, which in the 10th century was the residence of Danish rulers; there is a 900-year-old church here;

\* The Danish town of Ribe, whose history is over 1000 years old: the first Catholic temple in Denmark was built here;

photo of the town of Ribe;

\* Legoland amusement park in Billund, entirely built of LEGO blocks;

several photos from Legoland;

\* Safari Park in Givskud;

several photos from Safari Park;

\* Rubjerg Knude lighthouse, surrounded by dunes, stands on the edge of a cliff;

photo of Rubjerg Knude lighthouse;

\* The island of Romo has the largest beach in Europe;

Leaflet 6 - "Danish Cuisine"

The Danes like to eat well, and their cuisine is not light. Traditional dishes are prepared with fatty meats and fish.

\* Very popular are Smorrebrod, sandwiches made with dark bread, pate, salted meat, jelly, and onion rings;

photo of this sandwich;

\* Particularly valued is traditional smoked cheese from Funen,

\* The traditional Danish dinner, similar to Poland, consists of pork chops, potatoes, and vegetable side dishes;

\* Meatballs frikadeller and leverpostej, a pate made of ground liver, bacon, and onions, are popular;

photo of frikadeller;

\* Fish dishes with herring and mackerel; in Denmark, fish is consumed in every form: raw, pickled, fried, baked, grilled;

\* Danes value a friendly and warm atmosphere during meals;

T: Good. You have prepared the leaflets. When going on a bike trip, we must remember snacks and water. What would you like to take on a bike trip?

S: For the trip, I'll take water with lemon juice, natural yogurt, a sandwich with avocado paste, a banana, and slices of red pepper.

T: Those are healthy products.

You mentioned the Danish writer Hans Christian Andersen, who was born in the city of Odense. There is also the Hans Christian Andersen Museum.

Attached: "Hans Christian Andersen" and photo of the writer.

Andersen initially did not take his children's literature seriously, rather as a sideline to writing for adults. However, it was the fairy tales that brought him great fame and recognition.

Do you know any of Andersen's fairy tales?

S: Yes, I do. I've read "The Ugly Duckling", "Thumbelina", "The Little Match Girl", and "The Snow Queen".

T: Beautiful fairy tales. "The Ugly Duckling" is the story of a young swan that hatches from an egg incubated by a duck. It is ridiculed on the native farmyard for being too big and ugly until it is finally driven away. However, with time, the unwanted duckling grows up and turns into a beautiful swan. Eventually, it joins its kind - majestic, royal birds. Like all of Andersen's tales, this story teaches us something - that uniqueness is extremely valuable and that we should not judge anyone by appearance.

photo of a swan;

S: Do Danes consume more fish or seafood?

Attached: "Mussels"

T: Danes consume significantly more fish. The island of Zealand is surrounded by salty seawater, and along the entire coast around the island (about 2000 km), you can experience coastal fishing. Here, flounder, plaice, cod, beluga, smelt, and mackerel are caught.

Map of Denmark with Zealand marked;

photos: flounder, plaice, cod, beluga, smelt, and mackerel;

Fish, seafood, vegetables, and fruits are very important in preventing and treating obesity, which is a huge social problem.

There is much evidence of a rapid increase in obesity worldwide, affecting both adults and children.

Do you remember what the main cause of overweight and obesity is?

U: One of the reasons is fatty and very calorie-rich food combined with poor dietary habits. Consuming drinks with a high sugar content and snacking between meals (mostly sweets).

T: Yes, those are the main causes of overweight. Denmark was the first country in the world to introduce a tax on so-called "junk food". The tax is based on the "fatness" of the food. Tax is levied on any product that contains more than 2.3 percent of the most harmful saturated fats, i.e., animal fats. The most taxed will be fatty meats and lard.

S: Does that mean we'll pay less for lean meat?

T: Exactly. The oldest sweets tax is in Norway. It was introduced in 1922, but it applies only to chocolate. Thrifty Norwegians introduced it as a tax on a luxury product, which chocolate was at the time. The tax is still in force today, and politicians in Oslo are considering expanding it.

Finally, I have a task for you. Please try to draw a map for bicycles on a piece of paper. Plan bicycle paths, remember important points: places for bike repairs, places to rest. Invent any attractions, e.g., museum, small zoo, lake beach, children's playground, etc.

Have fun!

Give the bike map to your teacher at the next class. You can upload photos of your work with your teacher on the platform.

"There are people in whose company a person feels better, everything bitter passes, and the world brightens with the sun."

Hans Christian Andersen