**Scenario**

**Mediterranean Landscape**

The Mediterranean cuisine has been the subject of many publications in the form of books and articles. It occupies a leading position in the ranking of world cuisines in terms of popularity. Seafood is one of the components of the Mediterranean diet.

It is worth noting that seafood includes crustaceans (crabs, lobsters, langoustines, shrimp, crayfish, scampi) and mollusks (mussels, oysters, scallops, squid, octopus, whelks, cockles) living in almost all seas of the world.

Seafood, especially crustaceans, contains phosphorus, iron, iodine, calcium, and vitamin B, and among shellfish - oysters, which are the richest dietary source of zinc.

A strong emphasis of Mediterranean cuisine is on seafood, as well as fish, vegetables, fruits, herbs, excellent wines, and olive oil.

Many dishes have become classics, including paella, tortilla, ratatouille, bouillabaisse fish soup, spaghetti carbonara, Greek salad, veal in tuna sauce.

The inhabitants of the Mediterranean basin enjoy better health and longer life. It is the Mediterranean diet and its abundance of seafood that make lifestyle diseases such as heart disease, cancer, and atherosclerosis much rarer there than in countries where fast food, excessive carbohydrates, and saturated fatty acids prevail.

Generally, Mediterranean cuisine is dominated by fish, seafood, fresh vegetables and fruits, herbs, cheeses, and olive oil.

The proportions of products can be illustrated as follows:

60% are carbohydrates (legumes, whole grains, wholemeal flour, durum wheat pasta, vegetables, and fruits containing fiber and antioxidants),

30% are fats (olive oil dominates, sunflower oil and for frying - grape seed oil),

10% are proteins (meats: lamb, kid, veal, poultry, beef, and seafood, cheese - especially sheep and goat).

Overall Objective

describing the interdependencies between components of the environment in the Mediterranean landscape, introducing medicinal herbs

Operational Objectives

listing species of plants and animals typical of the Mediterranean landscape, describing a volcanic eruption and the consequences of earthquakes, indicating the extent of the Mediterranean landscape on a world map, reading and interpreting data, knowing the role of herbs in the human diet, providing examples of seafood

I. Introduction.

1. Working with the source text - Mediterranean landscape,

- based on the text, prepare notes on the landscape near the Mediterranean Sea,

- use a mind map to facilitate work,

- atlas - landscape maps,

2. Explain the concepts: leaf, thorn, gerig

II. Development.

1. Nettle, dandelion, mint - observation - magnifying glass,

- consolidation of knowledge - root, stem, leaf

2. Herb stall - group and collective work,

- tasks for groups (name of the herb stand, preparation of advertising for the stall, arrangement and decoration of the stall, nutritional values, drying, brewing, description of herbs, medicinal properties, herb garden, herb images)

3. Seafood

- lobster - calories and nutritional value,

- shrimp, oyster, lobster, crab, scallops, St. James's mussels, clam - searching for photos on the Internet,

4. Olive oil, rapeseed oil, sunflower oil - comparison of these products (pour a tablespoon of products onto plates and evaluate their color, odor, and, for those interested, taste),

5. Curiosities - 10 most dangerous animals in the Mediterranean basin

- stonefish, Portuguese man o' war, Rockfish, sea wasp, Mediterranean moray, great white shark, weever fish, Portuguese man o' war, horsehair jellyfish,

III. Summary.

1. We have learned about seafood, the properties of herbs, and several types of olive oil. To make a delicious Mediterranean salad, we only lack leafy vegetables,

- leafy vegetables: lettuce, spinach, endive, celery, parsley, corn salad, over.

Worksheets

1. Create a crossword puzzle from the given words and come up with a crossword theme related to the topic of these classes.

Words - marjoram, rosemary, thyme, paprika, laurel, tarragon, coriander, dill, basil, mint, sage.

2. Tasks

Individual work

1. Make a model of a crab and an octopus

2. Tasty afternoon snack with a fruit hedgehog ☺ - make a hedgehog from grapes and a pear

Herb Stall

The herb stall aims to familiarize children with the topic of food additives. Herbs such as sage, mint, basil, dill, coriander, thyme, tarragon, bay leaf, red pepper, rosemary, and marjoram will be the subject of children's research. They will learn about the appearance of plants, nutritional values, medicinal properties, methods of drying and brewing, and find out how to make a herb garden on a windowsill at home. They will have to create a place for selling herbs with appropriate thematic decoration, prepare advertising leaflets for their products, describe individual herbs for customers, and print plant photos. Children will be divided into 6 groups, each of which will receive tasks to complete. The work of individual groups contributes to the overall project.

1 group - will create a place for selling herbs, come up with a name for the stall, prepare advertising leaflets,

2 group - will prepare descriptions of herbs on cards, which will be displayed at the sales point,

3 group - will print photos of herbs and describe their nutritional values,

4 group - will describe to customers the methods of drying and brewing herbs,

5 group - will deal with the medicinal properties of herbs,

6 group - will search for information on how to create a herb garden on a windowsill at home.