**Lesson Plan**

**Subject: Nature/Biology**

**Target Group: Grade 6 students**

**Topic: TOURISM IN POLAND**

General Aim:

* Introduce students to Poland's landmarks,
* Museums in Poland - open-air museums, castles

Operational Objectives:

* Identify the geographical regions of Poland on a map,
* Interpret important information from a thematic map,
* Utilize various sources of information,
* Compare different phenomena,
* Understand the significance of the term "prevention",
* Analyze data based on statistics

Lesson Description:

Overweight and obesity among Polish teenagers.

The percentage of Polish teenagers with excessive body weight has already exceeded 10% and continues to rise steadily. The main cause of obesity among youth is poor dietary habits, especially excessive intake of calories, simple sugars, and fats. It is estimated that three-quarters of overweight teenagers will develop obesity in adulthood. Among the elements of overweight prevention, a balanced diet, physical activity, and nutritional education are mentioned. There is a need for intensified actions aimed at minimizing further spread of obesity among Polish youth.

Obesity carries many negative health consequences. Increased body mass burdens the joints and hinders the functioning of the respiratory system. Disorders are also observed in the functioning of the hormonal and immune systems.

In addition to health consequences, overweight individuals complain of a decreased quality of life. This condition contributes to a decline in physical condition and endurance, making it difficult to perform daily activities. Obesity negatively affects mental well-being and social activity.

1. Introduction:
2. Division of tourism:
3. Recreational - physical and mental rejuvenation,
   * + Active - hiking, cycling, sports like swimming, sailing, skiing,
     + Passive - beach activities, picnics,
4. Sightseeing - exploring interesting places and objects,
   * + Natural - natural landscapes, elements of living and non-living nature,
     + Cultural - cities, villages, landmarks, museums.
5. Administrative division of Poland - consolidation
6. Map of historical-ethnographic regions,
   * + traditional folk costumes of selected regions,
7. Introduction:
8. Explain concepts: history, invention - group work,

Invention - part of the movie

1. Can we see history?
   * Historical sources, clocks, historical epochs,
2. Museums in Poland - schematic illustrating museum divisions,
   * Interesting museums in Poland,
   * Open-air museums,
   * Castles in Poland,
   * Polish cities,
   * Ancient technology and communication.

In this section, there are 5 topics, for each of which thematic maps with marked monuments are attached. The class is divided into 5 groups, and each of them develops four selected objects, searching the Internet for more detailed information about them.

1. Let's now explore medieval cuisine,
   * What was eaten in the Middle Ages?
2. Polish cuisine - contemporary times,
   * Mark on a contour map of Poland the culinary regions of our country,
   * Characteristic dishes of Polish cuisine - provide examples,
3. Based on today's activities, try to list Poland's tourist regions - indicate them on the map,
   * Coastal areas,
   * Polish lakelands,
   * Mountainous regions.

The class is divided into 3 groups and searches for information on the following topics:

* 1. marine mammals, attachment.
  2. small pond animals, attachment.
  3. mountain mammals, attachment.

1. Conclusion:
2. Historic cities - Gdańsk, Warsaw, Kraków
   * Find photos of monuments in these cities online.
3. The wheel keeps turning - energy and transportation
   * Epochal invention - the wheel

Independent Work:

1. Tourist stamp - serves as confirmation that you have been to a certain place, e.g., a stamp from the shelter where you stayed or a stamp from the museum you visited,
   * Design such a stamp, remembering to include: the name of the town, the name of the particular landmark, and a graphic outline of the object.
2. What is a balanced diet?