**Lesson Plan**

**Tundra and Taiga Landscape**

General Objective

Describing the interdependencies occurring in taiga and tundra landscapes

Operational Objectives

• Explain the terms: taiga, tundra, permafrost,

• List examples of plants and animals living in the taiga and tundra,

• Identify the extent of taiga and tundra on a world landscape map,

• Compare and evaluate living conditions and human activities in the tundra and taiga,

• Provide examples of interdependencies between natural components in taiga and tundra landscapes, read, interpret, and compare data from a climate diagram,

• Understand the necessity of spending active leisure time outdoors.

Lesson Description

Toughening children in Norway is an integral part of upbringing, probably resulting from the prevailing weather conditions in this region. In Scandinavian countries, such as Norway, Denmark, and Sweden, the majority of the year is rainy, with snowy and frosty winters. However, despite this, people do not give up spending time outdoors.

The Norwegian and Swedish upbringing model - what does it involve?

Swedes and Norwegians believe that exposure to cold has a positive effect on the body. Therefore, from a very young age, they become accustomed to low temperatures, which ultimately increases their resistance and reduces illness frequency. Scandinavians cope much better with sudden changes in weather. Being in lower temperatures improves circulation and oxygenates the body, strengthening the immune system. Of course, if done sensibly.

Scandinavian children spend a lot of time outdoors - at least a few hours a day. The first forest kindergartens were established in Norway, which eventually won the hearts of residents of other countries - including Poland. These institutions focus on familiarizing children with nature, lots of movement, and outdoor activities in various weather conditions.

In Scandinavian countries, a cold or a cough is not considered an illness, so children participate in school activities. Norwegian doctors rarely prescribe antibiotics for children. In Scandinavia, children dress a bit lighter, but due to the low temperatures, the clothing is of good quality. Waterproof and snowproof clothing, as well as appropriate boots or snowshoes, are necessary for everyday outdoor play.

I. Introduction.

1. Taiga and tundra - a fragment of a nature documentary,

- characteristics of the taiga and tundra landscape,

II. Development.

1. Article "Treasures of Lapland cuisine"

- list products used in Lapland cuisine, etc.

2. Let's invite you to sandwiches - practical activities, joint preparation of sandwiches, selection of appropriate ingredients, finding ideas for colorful snacks, aesthetic preparation of sandwiches while maintaining hygiene principles.

- understanding the need for healthy eating,

3. Plates with ready-made sandwiches - take photos of colorful sandwiches, add short descriptions of these snacks to the photos, and create a class "menu" ☺

Individual Work

1. Find information about the Nordic diet and write down the most important rules in your notebook.

2. Try to create new words from the letters of the term "PERMAFROST."

Worksheets

1. Tasks

Preparation of sandwiches

1. Preparation of healthy products for making sandwiches:

- dark, grainy bread, butter, yellow cheeses, slices of ham, tuna, mackerel, eggs, mozzarella cheese, lettuce, chives, radishes, colorful bell peppers, cherry tomatoes, green dill, cucumbers, olives, various herbs for flavor,

2. Finding sandwich patterns.

3. Table decoration preparation - tableware, napkins, tablecloth,

4. Sandwich preparation - sandwich color, taste, aesthetic execution,

5. Taking photos of plates with sandwiches, short descriptions of sandwiches - needed for the menu,

6. Shared meal - tasting beautifully made snacks,

7. Development of a class menu - based on photos of made sandwiches.

- what is a menu?

The menu should be clear, eye-catching, and maintain the style in which we communicate with our customers. It should be divided into sections, separately for each type of dish. Graphic markings for vegetarian or vegan dishes, spicy dishes, or dishes containing allergens can be helpful.