**Scenario**

**Subject: Nature/Biology**

**Target group: 6th-grade students**

**Theme: PROJECT "BAZAR"**

Overall goal

Integration, meeting children and parents

Operational objectives

• Analyzing data from the food pyramid,

• Pointing out European countries on the map,

• Understanding the concept of a healthy diet,

• Being able to prepare a healthy snack,

• Being able to plan physical activities,

• Understanding the importance of exercise in daily life.

Description of the lesson

Introduction: The "BAZAAR" project is a meeting of whole families aimed at promoting a healthy lifestyle on a daily basis.

Children prepare stalls where they describe products, discuss them in terms of nutritional value, processing, and storage methods.

They develop leaflets for the meeting guests.

Another important area of the bazaar is the physical activity zone - children prepare proposals for sports games for younger classmates, parents, and older individuals.

After the activities in the practical classes area, children with their parents prepare healthy snacks - they learn together with their parents about balanced diet, Scandinavian diet, and Mediterranean diet.

At the buffet, snacks from various regions of Europe await - cold snacks (interesting decoration of sandwiches).

A meeting with a dietitian and psychologist is provided for those in need of assistance.

The entire meeting takes place with music from different corners of Europe.

Children teach parents how to prevent overweight and obesity together.

No matter which country the "BAZAAR" Project takes place in - the idea is the same: taking care of health together.

The problem of overweight affects people in all European countries, so actions should be decisive.

I. Introduction.

1. List and point out European countries on the map - map work,

2. Food pyramid - explain the principles of nutrition,

3. What function does physical activity serve in human life?

II. Development.

1. Based on the acquired knowledge about healthy eating and physical activity in our lives, let's try to plan a joint meeting with families,

2. Group work:

stall 1 - vegetables (domestic and foreign),

stall 2 - fruits (domestic and foreign),

stall 3 - fish (freshwater and saltwater),

stall 4 - seafood,

stall 5 - milk and its products (cheese, etc.),

stall 6 - cold cuts,

Each group prepares information about their products and develops a leaflet for the guests.

Leaflet - includes: nutritional values of products, origin of products, what can be made from it, etc.

Adults familiarize themselves with the stall offerings - adult education.

3. Children prepare proposals for physical games for their classmates, parents, and older individuals.

4. Children prepare simple snacks for the buffet.

5. Children prepare a meeting place for the dietitian and psychologist - they create a poster about overweight and obesity prevention.

6. Meeting with parents - opening of the "BAZAAR" project - spending pleasant time together,

III. Summary.

1. Gathering information about the prepared project:

- what succeeded,

- what needs improvement,

- drawing conclusions from the project,

2. Preparation of an exhibition of photos from the "BAZAAR" project.

3. Preparation of invitations for the next family meeting.