

**Erasmus+ KA1 “Integration of innovative methods in educational work”.**

**English lesson plan based on project-based learning, cross curricular approach – integrated teaching, collaborative learning and problem-solving activities with focus on nutrition, Mediterranean diet and eating habits, by Lykogiannaki Styliani.**

**Lesson title: BALANCED NUTRITION, HEALTHY EATING HABITS**

**English level:** B1 – C1 level of English

**Time:** 3 forty-five-minute class sessions. Presentation of students’ project work can take place in the last lesson.

**Topics/Themes:** food, nutrition, eating habits, balanced diet, food groups, quality of life.

**Subjects involved:** English, Home Economics, Chemistry.

**Learning objectives:**

Students will:

Develop vocabulary regarding different food groups.

Express food preferences.

Practise language of advice.

Make shopping lists.

Design healthy eating plans.

Explore the benefits of Greek herbs.

Realize the benefits of healthy eating choices.

Do research about the Mediterranean diet.

Start a campaign to promote healthy eating habits.

**Materials/resources:** Book Think Teen, 3<sup>rd</sup> grade, student’s book and workbook  
Book Think Teen, 2<sup>nd</sup> grade advanced, workbook.

**Lesson Procedure / Teaching stages / Learning Activities:**

Students read the following text about olive oil and answer the questions.

**Olive Oil**

Olive oil is obtained from the olive tree. It is commonly used in cooking, cosmetics, pharmaceuticals, and soaps and as a fuel for traditional oil lamps. The most traditional way of making olive oil is by grinding olives. First the olives are ground into an olive paste using large millstones. After grinding, the olive paste is spread on disks, which are stacked on top of each other, and then placed into the press. Then, pressure is applied onto the disk to further separate the oil from the paste. To help separation, water is run down the sides of the disks. Olive oil is considered a healthy oil because of its high content of monounsaturated fat. Doctors say that monounsaturated fats in the diet is linked with a lower risk of heart disease.

What are the different uses of olive oil?.....  
Why is olive oil good for our health?.....

*Adapted from Student's book Think Teen, 3<sup>rd</sup> grade, p. 88*

Students read the following text about sugar cane and answer the questions.

Sugar cane is a grass and the source of 70% of the world's sugar which is extracted from the sweet, juicy stems. Sugar was first found in New Guinea and then taken to South Asia; then with Arab farmers to the Mediterranean. The word 'candy' is derived from the Arabic word qandi, meaning a sweet confection. Apart from being used in the production of sweets and cakes, it is an important source of ethanol fuel in countries like Brazil today which has large sugar plantations and lots of space to grow sugar. Apart from fuel, it has been used to treat a wide variety of health complaints like coughs. It has also been used externally to treat skin problems, a use that is being supported by science: Ayurvedic medicine, for example. A common folk remedy is to mix fresh stem juice with dry ginger in order to relieve hiccups. Pieces of sugar cane are chewed for their sugary syrup, and are a popular street food in South Asia. This was the original use of sugar cane. Traditional methods are still used to produce characteristic Indian sugars such as gur.

What is sugar cane?.....  
How is sugar used in cooking?.....  
How can sugar be used for medical care?.....

*Adapted from Student's book Think Teen, 3<sup>rd</sup> grade, p. 89*

Students read the information about a variety of herbs and spices and decide what advice they would give to the people in the situations below. They can act out dialogues in pairs.

#### **Chamomile**

- aids digestion
- relaxes at bedtime
- relieves restlessness in children

#### **Oregano**

- treats indigestion
- relieves toothache

- treats cough, headache

#### **Rosemary**

- boosts memory
- relieves indigestion
- treats headache

#### **Mastic**

- increases appetite
- brings calmness, relaxation
- reduces plaque in the mouth
- improves the function of the stomach

#### **Saffron (Crocus)**

- builds up resistance to infection
- prolongs vitality
- aids relaxation
- favours digestion and stimulates appetite

#### **Ginseng**

- enhances concentration
- improves alertness, memory
- enhances intelligence

#### **Situations:**

1. I've been suffering from a terrible toothache for two days. Nothing has helped me so far.
2. I'm having trouble sleeping at night. I lie awake for hours and I'm tired in the morning.
3. I've been having trouble concentrating on my studies and I can't memorize things as easily as I used to.
4. I've got an annoying cough and a sore throat. I need something to help it go away.
5. I don't seem to enjoy my food anymore. I've lost my appetite. What might help me?

*Adapted from workbook Think Teen advanced, 2<sup>nd</sup> grade, p. 94.*

Students look at the '**Mediterranean Diet**' **Food Pyramid** and put each word into the appropriate food group. They add any other foods they like or dislike to the categories below.

**Crackers, pasta, peas, nuts, sour cream, fish, rice, fruit juice, lamb, beef, pork, pears, salmon, cereals, dried peaches, lettuce, cabbage, celery ,ice cream, broccoli, pineapple, pulses, spinach, plums, cheese, poultry, watermelon, butter, eggs, yoghurt, bread, peach, grapes.**

GRAINS	VEGETABLES	FRUITS	DAIRY PRODUCTS	MEAT AND PROTEINS

Students work in groups and give useful advice for the following situations:

1. What should we eat when we want to lose weight?
2. What should athletes eat?
3. What should we eat during exams at school?
4. What are healthy snack options at school?

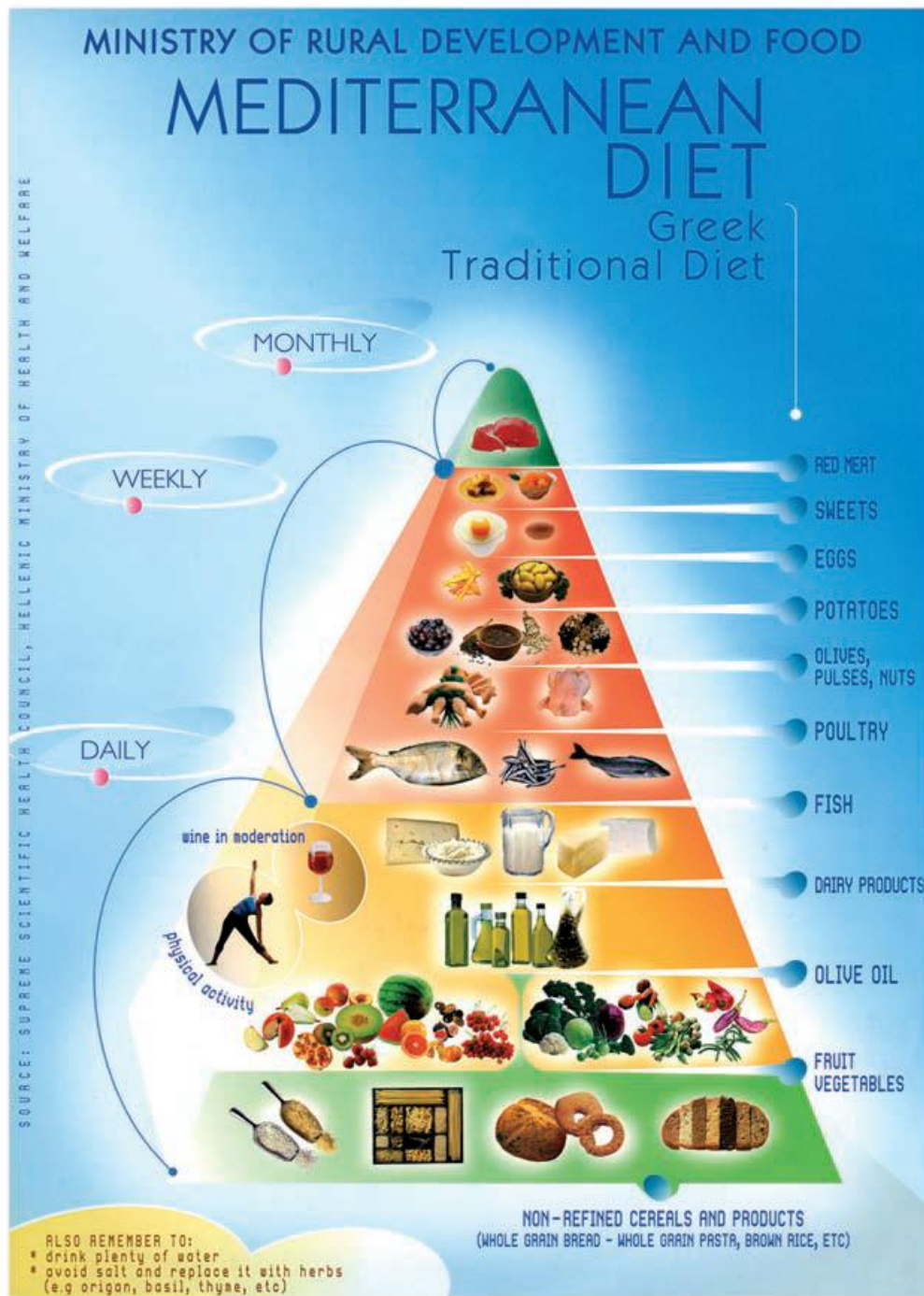
### **Optional project work:**

Students can choose to implement one of the following projects in groups.

- Students create leaflets, newsletters, posters and collages to promote healthy eating habits and fitness and design a healthy eating campaign at school.
- Students do research about the features and benefits of the Mediterranean diet.
- Students write a healthy eating guide with useful tips to follow for a balanced nutrition.

### **Topics for further discussion, reflection and elaboration in class:**

1. Students make a daily plan for healthy eating based on the Mediterranean diet.
2. Students work in groups to write a food-shopping list based on the Mediterranean diet.
3. Students make a spidergram with their eating habits and discuss about their food preferences in pairs.
4. Students discuss in class about what Greek people eat and what factors influence the food choices of people from different cultures.



Adapted from workbook *Think Teen advanced*, 2<sup>nd</sup> grade, p. 89.