



## Lesson plan „OBESITY“

**Country:**  
POLAND

**Topic:**  
„Eat healthy – live long“

**Age:**  
5-6 years old

**Duration:**  
5x30min

### Lesson objectives:

- Learning about healthy eating
- Creating a list of healthy foods
- Learning how to prevent Obesity

### Materials needed:

sheets of paper, puppets, magix box, vegetables: carrot, paprica, onion, tomato, potato; flour, ingredients for pizza

### Assessment:

A topic for the whole week in Kindergarden, 5 x 30 minutes

### Structure/ activities:

- Making a pyramid of healthy eating.
- Theater – staging of the poem „Na straganie“. Covering up prepared vegetables with colorful papers.
- Gymnastic classes with the use of vegetable emblems.
- Magix box – recognizing vegetables by touch. Making healthy sandwiches.
- Brainstorm – healthy and not healthy food. Making bread and pizza.