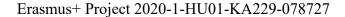


#### **KA229-SCHOOL PARTNERSHIP**

### "DO SOMETHING GOOD FOR YOURSELF"





# 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 emblemes.
- Magix box recognizing vegetables by touch. Making healthy sandwiches.
- Brainstorm healthy and not healthy food. Making bread and pizza.