

PROJECT : “Do something good for yourself!”

Erasmus+ Project 2020-1-HU01-KA229-078727

LESSON/PROJECT PLAN: “Obesity – Healthy Lifestyle”



1st Primary School of Lixouri, Kefalonia, Greece.

Grade: 4th

Learners' age: 9 years old

Duration: September-October

Learning goals:

Learners are expected to:

- Discover the dietary value of different food groups.
- Raise their awareness concerning their nutritional choices and whether they meet the developmental needs of their bodies.
- Include important categories of food such as fruit and vegetables in their daily diet.
- Be motivated to include more physical exercise in their daily routine.
- Enrich the relevant vocabulary in English.
- Cooperate, play and enhance their creativity.

Structure / Tasks:

1. Formation of the food pyramid.
2. Listening to a fairy tale – Role play.
3. Writing a fairy tale/digital story.
4. Attendance of a professional presentation on the topic (both students and parents).
5. Construction of a board game.

6. Poster exhibition.
7. Singing – Dancing.

1st Task

Preparation - Warm Up



- Learners discuss in groups which categories of food they consider healthy and which ones can lead to obesity problems.

Discovery Learning process

- Group work: Internet search on the nutritional value of different food categories in order to verify their assumptions.
- Class discussion on their findings
- Students print cards of different food groups (meat, fish, fruit, vegetables, grain, legumes etc) and form the food pyramid.



2nd Task

Learning through storytelling – Role play

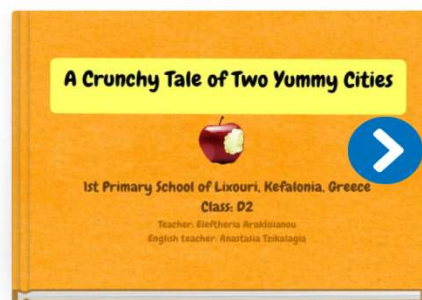
- Learners listen to the fairy tale <https://www.openbook.gr/i-apisteyti-istoria-mias-pelorias-polychromis-froytosalatas/> (“The incredible story of a huge colourful fruitsalad”).
- They mediate/retell the story in English (revision of fruit vocabulary)
- Role –Play, they act out the fairy tale.

3rd Task

Writing a fairy tale – Creativity – Knowledge consolidation

- Brainstorming: the characters, plot and title of the fairytale.
- Learners draw and colour the scenes of their story.
- They mediate / retell their story in English.
- They create their digital fairytale book.

<https://www.storyjumper.com/book/read/142652201/635d3e64edcf6>

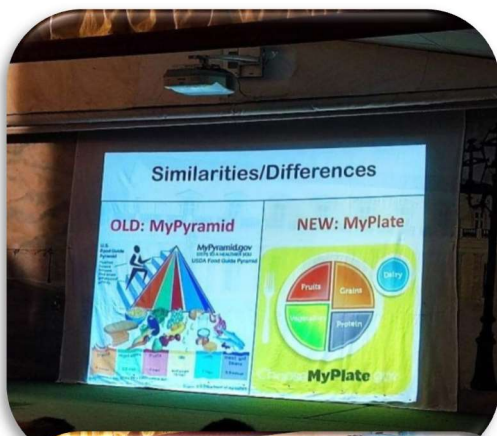


"A Crunchy Tale of Two Yummy Cities"
🔊

4th Task

Presentation attendance – Knowledge expansion

- Students along with their parents are invited to attend a presentation conducted by a nutritionist, a psychologist and a football coach at the school venue, regarding the following topics:
 - “Nutrition guidelines on school age needs”.
 - “Emotions – Children – Nutrition”.
 - “Sports: an essential part of psychological and physical health”



5th

Task

Construction of a board game- Knowledge consolidation- Creativity

- Learners construct their own board game (snakes and ladders) relating to healthy eating habits.
- They plan the instructions, design the board and use bottle caps for pawns.
- They play and have fun!



6th Task

Drawing exhibition on healthy lifestyle – Creativity

- Students create and exhibit their posters on healthy eating habits and balanced nutrition.



7th Task

Singing and dancing – Fun time!

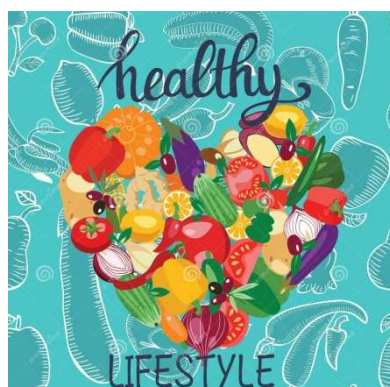
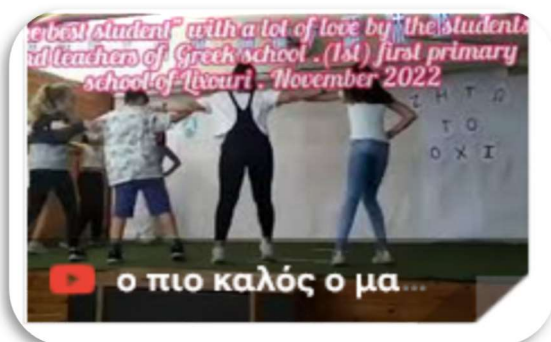
- Students sing along and dance to the rhythm of the following song: <https://www.youtube.com/watch?v=W8QegBVmWEo> ("The dance of the peas"- a popular Greek, children's song about vegetables dancing and having fun).

<https://youtube.com/watch?v=FNX8-YElm9M&feature=share>



- Students of the 6th grade dance to the song “The best student” for the younger ones, to show the importance of physical exercise and highlight the joy of dancing!

<https://youtube.com/watch?v=noT6n-ypGfs&feature=share>



thank you