| LEARNING UNIT FOR ERASMUS + PROJECT  “ESSENTIAL LIFE SKILLS”  2017-2019  Cod.: 2017-1- PL01-K219-038510\_2  **Biology** | | |
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| **TITLE** | **The Mediterranean diet as part of Essential Life Skills** | |
| **COUNTRY** | Italy, Lithuania, Greece, Poland, Slovakia | |
| **KEY EUROPEAN SKILLS** | Communication in the mother tongue  Communication in a foreign language (English: in the case of a CLIL lesson)  Scientific expertise  Social and civic competences  Awareness and cultural expression  Digital skills | |
| **BASIC SKILLS SCIENTIFIC-TECHNOLOGICAL AXIS** | To observe, to describe and analyze reality and recognize the concepts of system and complexity in its various forms | |
| **CITIZENSHIP SKILLS** | Communicating, collaborating and participating,  acting autonomously and responsibly  Identifying links and relationships  Acquiring and interpreting information | |
| **OBJECTIVE - KNOWLEDGE** | Nutrients  The Mediterranean diet: its principles  How to use these principles in everyday life  Healthy vs unhealthy diet (Mediterranean diet,  junk food)  Diseases due to dangerous eating habits | |
| **SKILLS** | Awareness of improving lifestyle  Giving importance to healthy diets  Examining the causes and effects of dangerous behaviours towards eating habits  Explaining diseases caused by dangerous eating habits. | |
| **PERIOD** | |  |
| **TIME OF REALIZATION** | |  |
| **DESCRIPTION OF WORK PHASES** | | Brainstorming  Warm up: introduction of the topic through images, PPT, on line videos, scientific articles  Activities: tasks, exercices, mind maps,  graphs, work groups, crosswords  Example:  http://www.macmillanglobal.com/wp-content/uploads/2013/10/Infograph\_elesson\_011\_Meddiet.pdf  Final product: PPT, a little video, a personal menu based on the principles of the Mediterranean diet.  Evaluation/assessment |
| **EXPERIMENTED METHODOLOGY** | | Group work, individual work, pair work, whole class activity  Cooperative learning – Problem-based learning – Thinl-Pair-Share  T/F test, online quizzes, fill in the gaps, questions, problem solving, multiple choice questions, self assessment, satisfaction questionnaire, crosswords  Question loop activities |
| **INSTRUMENTS** | | Computer, LIM with internet connection, cards, textbooks |
| **RATING** | | evaluation through forms and questionnaires  evaluation of the conduct  self evaluation |
| **PERSONAL REFLECTIONS** | |  |