| LEARNING UNIT FOR ERASMUS + PROJECT “ESSENTIAL LIFE SKILLS”2017-2019Cod.: 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 tongueCommunication 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** | NutrientsThe Mediterranean diet: its principlesHow to use these principles in everyday lifeHealthy vs unhealthy diet (Mediterranean diet, junk food)Diseases due to dangerous eating habits |
| **SKILLS** | Awareness of improving lifestyle Giving importance to healthy dietsExamining the causes and effects of dangerous behaviours towards eating habitsExplaining diseases caused by dangerous eating habits. |
| **PERIOD** |  |
| **TIME OF REALIZATION** |  |
| **DESCRIPTION OF WORK PHASES** | BrainstormingWarm up: introduction of the topic through images, PPT, on line videos, scientific articlesActivities: tasks, exercices, mind maps, graphs, work groups, crosswordsExample: http://www.macmillanglobal.com/wp-content/uploads/2013/10/Infograph\_elesson\_011\_Meddiet.pdfFinal 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 activityCooperative learning – Problem-based learning – Thinl-Pair-ShareT/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** |  |