



Lesson Plan (Form lesson)

Subject: What does Healthy Nutrition mean?

Main objective:

- making students familiar with basic rules of healthy nutrition,
- developing skills of assessing one's dietary habits,
- teaching how one can enrich his/her own diet.

Other objectives:

Students:

- see and understand link between one's diet and health condition,
- know what and how much they should eat,
- are aware of unhealthy products,
- know what a balance diet means.

Methodology:

- - lecture,
 - discussion: Q&A session,
 - teamwork,
 - brain storm
 - analysis of notes,
 - presentation.

Lesson's duration:

1. Welcome.

2. Explaining the subject and objectives of the lesson.
3. Teacher asks students to unpack their lunch. Students have to decide whether sandwiches/food they brought includes healthy products.
4. Teacher divides students into two groups. One group is to create the list of healthy food products, the other of unhealthy ones.
5. The groups present their work and students discuss on it.
6. To summarise, teacher asks students if they know how they can replace unhealthy products of their diet with healthy one, e.g. replacing mayonnaise with natural yoghurt.
7. Finally teacher shows students the presentation: „Can French fries be healthy?“ He also gives them some healthy recipes.
8. Summary of the lesson.

Appendixes:

1. The list of healthy products

Proteins

Buy products rich in high quality protein:

- Eggs from free-range hens
- Meat from free-range chickens
- Lamb (roast, goulash, mincemeat, etc.)
- Beef (stakes, mincemeat, goulash) – it's best when from free-range cows.
- Fresh fish
- Tuna, can be canned

Vegetables

Buy lots of vegetables

- Spinach
- Broccoli
- Carrots
- Sweet potatoes

- Cauliflower
- Celery
- Cucumber
- Paprika
- Mushrooms
- Onion
- Pumpkin

Fruit

But lots of fruit

- Apples
- Bananas
- Fresh strawberries
- Fresh blueberries
- Frozen fruit (strawberries, raspberries, blueberries, blackberries)
- Grapefruits
- Grapes
- Oranges
- Lemons
- Avocado

Nuts

- Almonds
- Cashew nut
- Brazil nuts
- Hazelnuts
- Walnuts

Oil and fat

Buy every 2/3 months

- Extra virgin olive oil (mixed with herbs, spices, suitable as salad dressing)
- Avocado oil

- Coconut oil
- Rice bran oil

Unhealthy Products

1. CHIPS
2. LUNCHEON MEAT
3. WHITE BREAD
4. COOKIES
5. COFFE
6. MARGARINE AND VEGETABLE OIL
7. FAST FOOD
8. FIZZY DRINKS
9. ALCOHOL
10. SALT

2. Presentation: Can French fries be healthy? How to make them?



French fries are potatoes cut in thin strips, deep-fried or baked in the oven. They were first made in Belgium where they are fried in beef fat. The most delicious are fries made from special kind of potatoes, e.g. Ibis, Typhoon, Ibiza which are famous for their oblong tuber rich in starch thanks to which they don't soak up so much fat.

It is soaking up a lot of fat what makes French fries considered unhealthy, stodgy and high-calorie. But it doesn't have to be that way. See how you can make French fries healthier!!

How to make low-calorie French Fries?

If you love French fries and you can eat them at any time of day, try to avoid French fries served in Fast Food restaurant. You never know how they were made, they could have been fried in an old fat.

You can decide on the number of calories in French fries when you prepare them yourself. If you mix thin potato strips with a spoon of olive oil with herbs and put them in the hot oven, they will have only half the calories they would have when deep-fried.

Most of frozen French fries you can buy is soaked up with oil before they are packed which makes them easy to prepare in the oven. You don't need to add any oil because it's already there.

If you decide to buy frozen French fries, always choose those with a smooth shape, they usually are cut potatoes. Crinkle-cut French fries are often made from potato-pulp. It doesn't mean they are much worse, it means they soaked up more oil.

The healthiest French fries are those home-made, baked in the oven as they don't need adding any oil.

How many calories do French fries have?

It's worth knowing that the number of calories in French fries varies in different restaurants:

- KFC: **256 kcal** in 100 g; small portion (70 g) - 179 kcal, big(105 g) - 268 kcal;
- McDonald's: **289 kcal** in 100 g; small portion (72 g) - 231 kcal, medium (103 g) - 330 kcal, big (144 g) - 434 kcal;

- Burger King: **272 kcal** in 100 g; small portion (74 g) - 201 kcal, big (116 g) - 314 kcal, XXL (220 g) - 596 kcal.

Why so many differences? The recipes are not revealed but it is known that number of calories in French fries depends on the kind of potato they are made from. The kind of oil/fat that is used also matters as well as the way they are fried, e.g. the thinner French fries are, the more oil they will soak up.

Do you want to reduce number of calories in French fries you eat? Try making low-calorie French fries. And remember! They don't have to be made from potatoes.!

Celery French Fries - recipe

Ingredients:

- 1 big celery;
- teaspoon of olive oil;
- half teaspoon of water;
- curry, sweet pepper.

Peel the celery and cut it into strips. Add olive oil, water and spices. Put it into fridge for an hour. Bake it in the oven in temperature of 150 degrees for 20-25 min.

Sweet potato French fries - recipe

Ingredients:

- 2 sweet potatoes;
- teaspoon of olive oil;
- white pepper;
- black pepper;
- salt;
- a little bit of chili pepper.

Peel the potatoes, cut them into about 7 mm thick strips. Add olive oil and spices. Put it into fridge for an hour. Bake it in the oven in temperature of 150 degrees for 30-35 min.

Where does the name of French fries come from?

It is not really known. It is believed that the name comes from the surname of Mr Fritz, a Belgium seller who sold French fries for the first time and for that reason he was named by the local newspaper: A King of Fries. Perhaps it comes from a French word „frite” which means „to fry”. Americans believe that the name originated from the fact that official language in Belgium is French. And that’s how we have “French fries”.

From the USA French fries came to Europe together with WW1 veterans. They became very popular in 1920s when they started been served in Fast Food restaurants. Today Americans can’t imagine their diet without French fries. The English also learned to love them as their “fish&chips”, a dish which has become England’s national dish.

You don’t have to give up everything you like eating. Hamburgers, French fries even chips have their healthier versions.

Junk food served in Fast Food restaurant is very unhealthy, it is fattening, it might even contribute to serious problems and diseases like high blood pressure, circulation diseases, and cancer. That is why we should avoid this kind of food. But sometimes it might be very difficult to resist.... In those moment you can eat healthier version of this type of food.

HAMBURGER would be much healthier if it was a piece or roasted tenderloin. The one you eat in Fast food restaurants has 280 kcal, 30 mg of cholesterol, 560 mg of sodium and 10 g of fat. It’s better to mince chicken or turkey meat, add some colza oil, chopped onion, breadcrumbs and egg. You can also add some salt, pepper and herbs you like. You don’t have to eat it in the roll, you can add some fresh salad instead.

PIZZA as we know it is high in calories and cholesterol. It's better to choose a thin pie with only a little cheese. Instead of fat meat and sausages we can use some fish, sea fruit or even vegetables. It's best to use a wholemeal flour for making the pie and put some tomato sauce and vegetables on it.

CHIPS are fattening, high-calorie and often contain a lot of salt and acrylamide. A small bag of chips (90g) contains 500 kcal and a half of a day portion of sodium. But we love eating chips while, e.g. watching a match or at the parties. To eat healthy, choose apple chips – many companies produce them. They are made from apples of course and when ready, they don't lose any of apples' nourishment qualities.