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LESSON PLAN FOR ERASMUS + PROJECT “ESSENTIAL LIFE SKILLS” 2017-2019 Cod.: 2017-1- PL01-K219-038510_2	
TITLE	The Mediterranean diet as part of Essential Life Skills
SUBJECT	BIOLOGY
ADDRESSEE	STUDENTS belonging to THE 2 nd and 3 rd year of the Institute
COUNTRY	Italy
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
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



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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.
DESCRIPTION OF WORK PHASES	Brainstorming Warm up: introduction of the topic through images, PPT, on line videos, scientific articles Activities: tasks, exercises, mind maps, graphs, work groups, crosswords Example: http://www.macmillanglobal.com/wp-content/uploads/2013/10/Infograph_elesson_011_Mediterranean.pdf Final product: PPT, a little video, a personal menu based on the principles of the Mediterranean diet. Evaluation/assessment



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EXPERIMENTAL METHODOLOGY	<p>Group work, individual work, pair work, whole class activity</p> <p>Cooperative learning – Problem-based learning – Think-Pair-Share</p> <p>T/F test, online quizzes, fill in the gaps, questions, problem solving, multiple choice questions, self assessment, satisfaction questionnaire, crosswords</p> <p>Question loop activities</p>
EQUIPMENT AND IT TOOLS	Computer, LIM with internet connection, cards, textbooks
EVALUATION	<p>evaluation through forms and questionnaires</p> <p>evaluation of the conduct</p> <p>self- evaluation</p>
PERSONAL REFLECTIONS	<p>Today we are all citizens of the world and therefore as teachers we have the duty to face the mutual relationship between language, culture and style of learning in an intercultural perspective, reflecting on the effect of the contact between different languages and cultures and on cultural influences to the construction of the learning style.</p> <p>Moreover the reflection on avoiding certain wrong attitudes when students help them understand how to behave correctly and exalt the points of strength in adult life.</p>



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