

Lesson Plan “ Healthy Nutrition”

Description of activity

The lesson plan presented is an interdisciplinary didactic scenario. Teachers of all relevant disciplines can realise it. It is based on the principle of New Guided Learning using the method of working stations. It spans over two 45min. teaching periods with 20 students divided into 4 working teams. Each team works at an assigned working station. During the first 45 min. teaching period, students study the instructions given by teachers. They also go through the material at each station & allocate responsibilities among working team members. During the second 45 min teaching period, students compose and present their outcomes. The 4 working stations were named :

1. Station 1 : 3-day food log (5 students)
2. Station 2 : I spy with my healthy eye.....(5 students)
3. Station 3 : Thirst is served first! (5 students)
4. Station 4 : Smart snacking (5 students)

Methodology

Each station works as shown below:

Working Station	Implementation of the activity	Objectives & /or outcomes of the activity
3-day food log	<ul style="list-style-type: none"> Students must keep track of their eating routine for 3 days prior to the activity on a working sheet named “3-day food log of (name of student)”.Using the school’s Internet connection, they refer to http://www.diatrofikoiodigoi.gr/?page=diatrofikoiodigoi-paidia-systaseis The Greek Official Food Guide, especially the Children & Adolescents Section for reference and comparison-there are both Greek & English versions Worksheet: Similar or different? Students compare their eating routine to the one suggested by the Greek National nutrition Guide, by completing the worksheet. They answer the questions that follow. They report their findings to the class. 	Students will record their eating habits for 3 days and then compare them to the National Nutrition Guide, so as to determine whether their eating pattern complies with the official Nutrition Guide recommendations.

<p>I spy with my healthy eye....</p>	<ul style="list-style-type: none"> • Students in this group must find one advertisement about food supplements, nutrition advice, dieting or fad dieting programs. • Worksheet: Myth or Fact? Students compare the advertisement to the questions in the worksheet to find out whether ads like these are trustful or not. • They report their findings to the class. 	<p>Students will evaluate the credibility of nutrition promotion in the media and learn how to find reliable nutrition information.</p>
<p>Thirst is served first!</p>	<ul style="list-style-type: none"> • Teacher provides students with labels of kinds of drinks popular to teenagers. Students complete the worksheet "You are what you drink" with information from the labels. In the last column of the chart they write down their notes and conclusions • Then, they answer the questions that follow, and they report to the class. 	<p>Students will learn to read food labels and become aware of hidden or extra sugar contained in some, especially popular to them.</p>
<p>Smart snacking</p>	<ul style="list-style-type: none"> • Teacher provides students with a weekly calendar and a list of foods. • Students have to make a weekly planner of their "ready to go snacks" for school & their weekend. All snacks should have foods from the http://www.diatrofikoiodigoi.gr/?page=diatrofikoiodigoi-paidia-systaseis website to create their weekly snacking plan. 	<p>Students will use their creativity and healthy nutrition knowledge so far, in order to create their own weekly snack menu for school. They will put into practice their planning skills, setting of criteria, prior knowledge and synthetic skills.</p>

Worksheets for all activities

Worksheet - Station 1

3-day food log:

3-day food log of(student's name)

Read the food groups. For every group next to the example of 1 serving, write the number of servings you had on Day 1, Day 2, Day 3.

3-day food log of.....				
Food Group	Example of 1 serving	Day 1	Day 2	Day 3
Vegetables Fruit	<ul style="list-style-type: none"> ✖ Fresh fruit=1 medium piece(like a tennis ball) ✖ Fresh, frozen, canned=1/2 a cup ✖ Dried fruit=1/2 of a cup ✖ Green leafy vegetables <ul style="list-style-type: none"> - Cooked=1/2 of a cup - Raw=1/2 of a cup 			
Milk-Dairy Products	<ul style="list-style-type: none"> ✖ 1 glass of milk ✖ 1 cup of yoghurt 200gr ✖ 30 grs hard natural chesse ✖ 60 grams of soft cheese 			
Cereals	Bread, pasta, rice, potatoes <ul style="list-style-type: none"> ✖ 1 slice of bread ✖ ½ a cup cooked pasta or rice ✖ 1 medium potato 120-150 grams cooked 			
Red meat, White meat, Poultry	Cooked= 120-150 grams			
Eggs	4 to 7 per week (unless the doctor advises otherwise)			
Fish & Sea Food	Cooked= 150 grams			
Legumes	Cooked & drained = 150-200 grams			
Added lipids, Olives & Nuts	<ul style="list-style-type: none"> ✖ 1 tablespoon olive oil ✖ 1 tablespoon other vegetable oils ✖ 1 handful nuts ✖ 10-12 olives 			

	✖ 1 tablespoon butter or margarine			
Salt	As limited as possible			
Added sugar	✖ As limited as possible ✖ Exclude beverages, commercial juices & energy drinks with extra sugar from your daily diet			
Water & Beverages	✖ 10-12 glasses of fluids per day ✖ 8-10 glasses of water per day			
Other foods or beverages	✖ Jam, syrup, candies, potato chips, icecream ✖ Pies, cakes, doughnuts, pastries, cookies ✖ Cola drinks, fizzy drinks, energy drinks			
For the last category of foods write the number of times you ate any of those e.g 1 potato chips bag, 2 doughnuts, 2 cola drinks				

Similar or different?

Use the 3-day food log. Do the calculations as in the example and find your average consumption in the 3 days. Look at <http://www.diatrofikoiodigoi.gr/?page=diatrofikoi-odigoi-paidia-systaseis> and note down the recommended servings for your age.

Similar or Different?		
Food Group	My intake of servings during 3 days	National Guide of Nutrition servings recommended for me
Example: Vegetables & Fruit	$(...4...+...4...+...4...)/3 = 4$ (Day 1+Day 2+Day 3) / 3 days = average intake over 3 days	7
Vegetables Fruit	$(.....+.....+.....)/3 =$	
Milk-Dairy Products	$(.....+.....+.....)/3 =$	
Cereals	$(.....+.....+.....)/3 =$	
Red meat, White meat, Poultry	$(.....+.....+.....)/3 =$	
Eggs		
Fish & Sea Food	$(.....+.....+.....)/3 =$	
Legumes	$(.....+.....+.....)/3 =$	
Added lipids, Olives & Nuts	$(.....+.....+.....)/3 =$	
Salt		
Added sugar		
Water & Beverages	$(.....+.....+.....)/3 =$	
Other foods or beverages	$(.....+.....+.....)/3 =$	

Answer the following questions.

1. List the food groups for which your intake meets the recommendation of the National Nutrition Guide.
2. List the groups for which you do not meet the National nutrition Guide's recommendation.
3. What could you do to improve your eating patterns?
4. Set 2 goals for the next 3 days

Worksheet - Station 2

I spy with my healthy eye....

Answer the questions:

1. What does the advertisement promise?
2. Use the questions in the "Myth or Fact?" chart to assess your advertisement.

Myth or Fact?		
Question	yes	no
1. Does it promise quick results?		
2. Does it promise effortless results?		
3. Is it trying to sell you something? (a supplement, a program?)		
4. Does the advertisement promote any unhealthy habits? (eating specific foods, excluding certain categories from your diet, use of laxative products?)		
If there is even 1 YES answer for the above questions, the advertisement is not true.		
5. Do they provide evidence by certified professionals?		
6. Does the product have authorisation by the National Nutrition Institution of our country?		
7. Does the advertisement show reliable evidence of its claims?		
If there is at least 1 NO answer to the above questions, the advertisement is not true.		

3. Would you use this product? Why? Why not?
4. What would persuade you to use a product like this?

Worksheet – Station 3

You are what you drink

Case scenario: There is no water supply to our school for one day. You find water nowhere in the premises. Analyse the ingredients of the drink labels you have brought so as to find the least harmful drink to get you through this difficult day at school. Fill in the chart and answer the questions that follow.

You are what you drink					
Name of drink	Indredients: List them all	servings	Sugar(grams And/or teaspoons:1 teaspoon=5 grams)	caffeine	Would you choose it? How often? Would you avoid it?

1. Which drink would you consider the best choice? Why?
2. Which drink contains the most sugar?
3. Which drink contains the most caffeine?
4. Which drink would you consider the worst choice?

5. Does this activity make you miss precious water a little bit? 😊😊😊😊

Worksheet – Station 3

Smart snacking

Weekly snack calendar	Foods
Monday:	Almonds, Slices of roasted chicken, Apples, Low fat turkey meat, Avocados, Wholemeal bread bun, Bananas, Tortillas, Blueberries, Veggie pie, Broccoli, Eggs, Steamed fish, Steamed potatoes, Carrots, Milk Feta cheese, Dried nuts, Cheddar cheese, Granola, Cucumber, Dried nuts,Cereal, Yoghurt, grapes, Lettuce, cake, bitter Chocolate, Mustard, Olive oil, Butter, Peanut butter
Tuesday:	
Wednesday:	
Thursday:	
Friday:	
Saturday:	
Sunday:	