

# LESSON PLAN FORMAT

<b>SUBJECT</b>	Science	<b>GRADE</b>	7th
<b>TOPIC</b>	Let's enjoy eating healthy food	<b>LENGTH</b>	4 hours
<b>AIMS</b>			
<b>MAIN AIMS</b>			
<i>(What are the main aims of your lesson (content, language skills and language items)? What do you want your learners to have learnt by the end of this lesson?)</i>			
<p><b>By the end of the lesson learners will be able to understand that a balanced diet is important and necessary in order to be healthy.</b></p> <p><b>Subsidiary aims:</b></p> <ul style="list-style-type: none"> <li>• Students will be able to identify the healthy and unhealthy habits.</li> <li>• Students will be able to establish the type of food and the nutrients that they contain.</li> <li>• Students will be able to share ideas in groups about what types of food should have a healthy and a balanced diet.</li> </ul>			
<b>TEACHING OBJECTIVES</b>			
<b>Content</b> <i>(New knowledge, skills and understanding)</i>	<b>Cognition</b> <i>(High-order thinking skills, problem-solving, challenges and reflection)</i>	<b>Culture</b> <i>(Awareness of self and other, identity, citizenship, and pluricultural understanding)</i>	
<p><b>Vocabulary:</b> Fruits, vegetables, and actions (nouns - adjectives )</p> <p><b>Grammar:</b> Modal: Food we CAN-CANNOT eat for having a balanced diet (realia activity)</p>	<ul style="list-style-type: none"> <li>• Identify expressions about habits and routines to express personal care regarding diet and physical activity.</li> <li>• Exchange information about personal care through question and answers.</li> <li>• Make descriptive sentences about daily routines and abilities for personal care.</li> </ul>	<ul style="list-style-type: none"> <li>• Know different healthy foods around the world. `` Gastronomy fair`` / English speaking countries.</li> </ul>	
<b>Communication <i>(What and how)</i></b>			
<b>Language of Learning</b> <i>(Key vocabulary – content-obligatory) (Key vocabulary – content)</i>	<b>Language for Learning</b> <i>(Functional language e.g. language while learners participate in the lesson – thinking skills)</i>	<b>Language through learning</b> <i>(Language progression, practice and extension – emerging language, and what you will do with this)</i>	
<p>Healthy food, nutrients, types of food: fruits , vegetables actions.</p> <p>Modal verbs : Food we CAN-CANNOT eat for having a balanced diet.</p> <p>The simple present tense and frequency adverbs: always, never, sometimes, often, rarely, usually.</p>	<p>What can I do to be healthy ?</p> <p>How do you take care of your body?</p> <p>What's your favorite food?</p> <p>What's your healthy routine?</p> <p>I can/ can't .....</p> <p>I always / never ....</p> <p>My daily routine .....</p>	<p>What I can do ...</p> <p>This video will show ...</p> <p>Let me give you an example ...</p> <p>If you look at these flashcards ....</p> <p>The following infographic explains...</p>	
<b>CRITERIA FOR ASSESSMENT</b>			
<i>(What kind of assessment will be used in class? (teacher, peer, self?) What are you assessing, how?)</i>			
<b>Formative Assessment</b>		<b>Summative Assessment</b>	
<p>During the class the teacher will be attentive to how students develop the activities, checking elements such as participation, pronunciation etc.</p>		<p>Students use a video to share it to the class, create flashcards and do a self-evaluation.</p>	

LESSON PROCEDURE / ACTIVITIES			
Time	Stage	Procedure	Materials & Resources
10 minutes	<b>Activate prior knowledge</b>	The teacher will use the flashcards or realia for the students to identify healthy and unhealthy habits.	Flashcards, videos, slides, text books.
20 minutes	<b>Lead in</b>	The teacher will use flashcards in order for the students to match the types of food and the nutrients (words and pictures).	Flashcards, board, tape.
60 minutes	Listen to a nutritionist explaining what a healthy balanced diet is and why it's important. Match the nutrients with their functions.	The students will watch a video to understand how healthy a balanced diet can be and also will identify the vocabulary and expressions related to the topic. <a href="https://www.youtube.com/watch?v=EhfOZMOF9W4">https://www.youtube.com/watch?v=EhfOZMOF9W4</a>	Video, Projector
60 minutes	Design a flyer with a balanced healthy diet plan and elaborate flashcards in order to explain the food they can eat in the menu.	The students will design and make a flyer about a menu of the food they consider is healthy and balanced for a diet, all this with the teacher's help.	paper, contact, scissors, glue, crayons etc. Or if it's digital they can use different apps.
60 minutes	Presentation of the videos made by the students sharing his/her balanced diet plan.	The students will show to the class the video they made at home with their family using a balanced diet plan.	video, projector, canva
20 minutes	<b>wrap up</b> <b>Self-evaluation:</b> gather students in small groups to evaluate the development of the tasks and ask questions such as:	The students will fill out a self evaluation answering some questions of what they learnt or had difficulties in the activities.	Written Survey or Google forms survey.