



Lesson Plan

Course:	Economics and Informatics
Teacher:	Milena Ivanova
Theme:	Foods

Date	25.09.2018
Duration	45 minutes

OBJECTIVES

General	<ol style="list-style-type: none"> 1. Forming healthy eating habits . 2. Achieving working skills ,acknowledging plant and animal products and obtaining ways for their processing and combination before consuming . 3. Developing criteria for food flavor and aesthetic capacities.
Specific	<ol style="list-style-type: none"> 1. Observing the main topics – healthy eating, sports , sufficient water for the body , rest and sound sleep 2. Hygienic rules . 3. Consequences from unhealthy eating . 4. Consequences as a result of rigid diets . 5. Diseases in connection with unhealthy foods . 6. Signals our body sends 7. To increase the students' motivation .

CLASS DEVELOPMENT

Phases	Discription/contents	Methods/ techniques	Didactic resources	Duration
Introduction	Introductory words to the topic for healthy eating , emphasizing the main subtopics.	Demonstrative Active	Multimedia Computer	5
Development	<p>Discussing the concept – healthy eating. Putting an accent on the rules for healthy eating .</p> <p>Showing the students the four main food chains . Paying attention to the food products that should be less-consumed . Filling in a quiz for healthy eating . Discussing the result of</p>	Demonstrative Active Interrogative Expositive	Multimedia Computer Polls	30

	the questionnaire looking through an example menu for students between 13 and 19 years old .			
Conclusion	Summarizing using the food pyramid . Discussing the further affects of the unhealthy eating and diets , illness caused by the harmful way of living. Making conclusion .	Active Interrogative Expositive	Multimedia Computer	10

EVALUATION

Type	Technique	Instruments
Quality	Interactive	Observation and debate with the students

WEBGRAPHY

http://ncpha.government.bg/files/4preporaki_uchenici_17-19g.pdf

<http://learningtogive.bg/wp-content/uploads/2017/12/proekt-7-1.pdf>

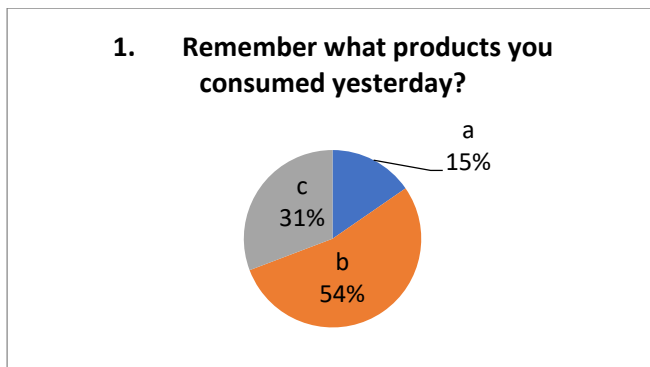
<https://dariknews.bg/regioni/blagoevgrad/otkrit-urok-po-zdravoslovno-hranene-iznesoha-pred-uchenici-v-goce-delchev-2064770>

<http://www.zdravedae.com/news/tejki-bolesti-predizvikani-ot-nepravilno-hranene.aguasource>

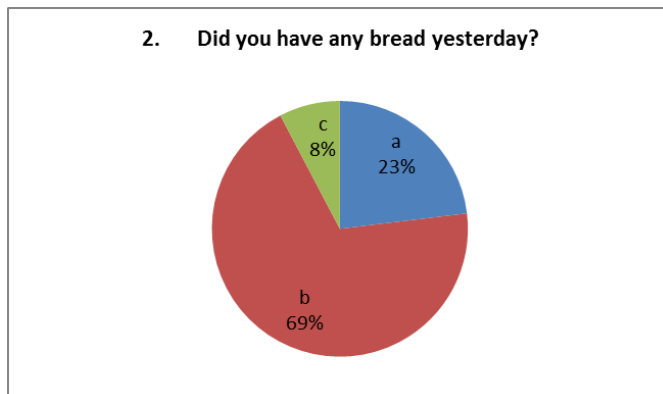
<https://hranene.famar.bg/%D0%B4%D0%B8%D0%B5%D1%82%D0%B8/%D0%BF%D0%BE%D1%81%D0%BB%D0%B5%D0%B4%D1%81%D1%82%D0%B2%D0%B8%D1%8F-%D0%BE%D1%82-%D0%BD%D0%B5%D0%BF%D1%80%D0%B0%D0%B2%D0%B8%D0%BB%D0%BD%D0%BE-%D0%BE%D1%82%D1%81%D0%BB%D0%B0%D0%B1%D0%B2%D0%B0%D0%BD%D0%B5-i-%D1%87%D0%B0%D1%81%D1%82>

POLL

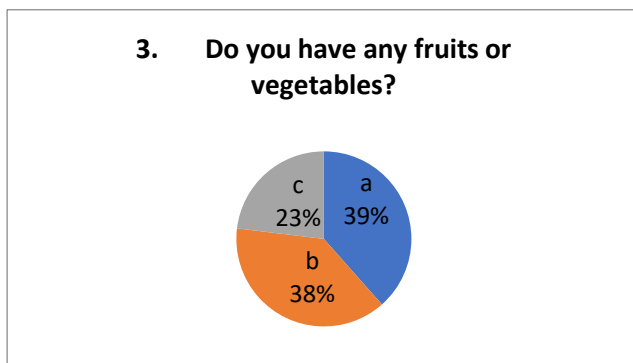
1. Remember what products you consumed yesterday?
 - a) Foods from the first four chains
 - b) Foods from 2-3 groups
 - c) Foods from one group only



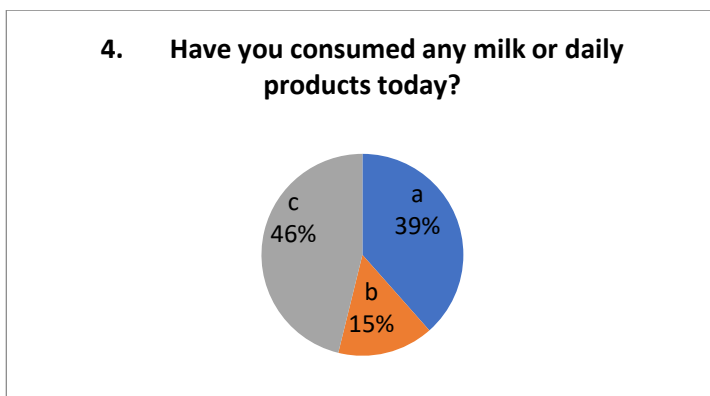
2. What do you usually have for breakfast?
 - a) A sandwich
 - b) Cereals with milk and a fruit
 - c) I don't have breakfast



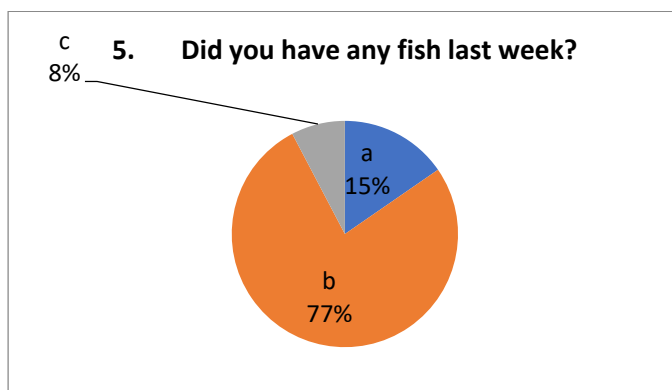
3. Did you have any bread yesterday?
 - a) Yes, only white
 - b) Yes, white and full-grained
 - c) No



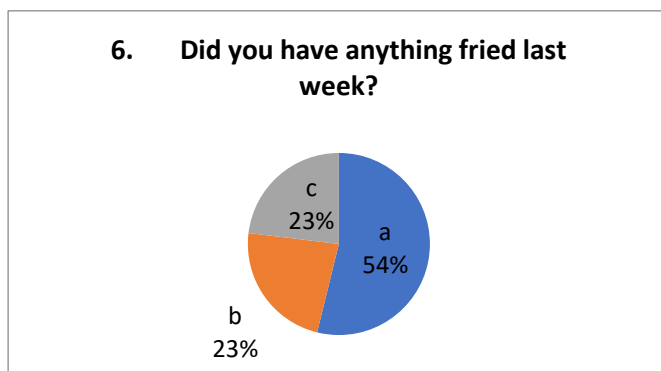
4. Do you have any fruits or vegetables?
- Yes, with every meal
 - Only once a day
 - No



5. Have you consumed any milk or dairy products today?
- Yes, 3-4 times
 - Only once
 - No

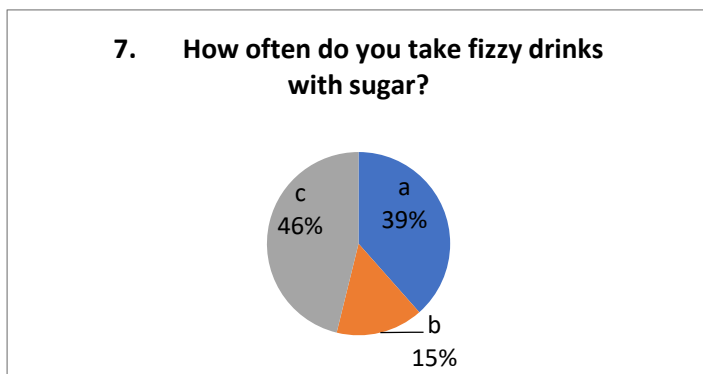


6. Did you have any fish last week?
- Yes, two times
 - Only once
 - No



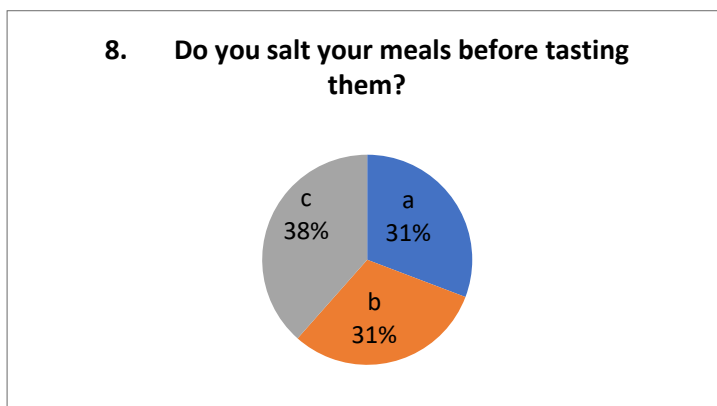
7. Did you have anything fried last week?

- a) Every day
- b) Only once
- c) No



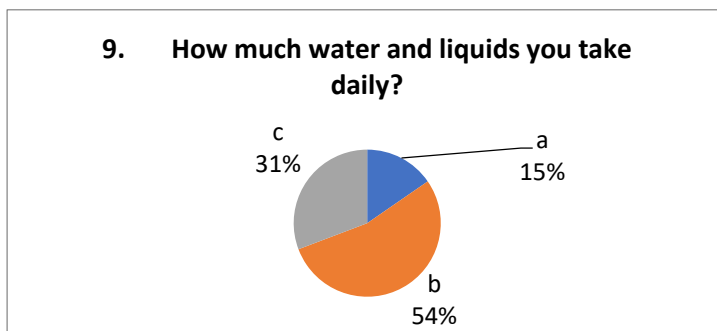
8. How often do you take fizzy drinks with sugar?

- a) Every day
- b) 2-3 times a week
- c) 1-2 times a week



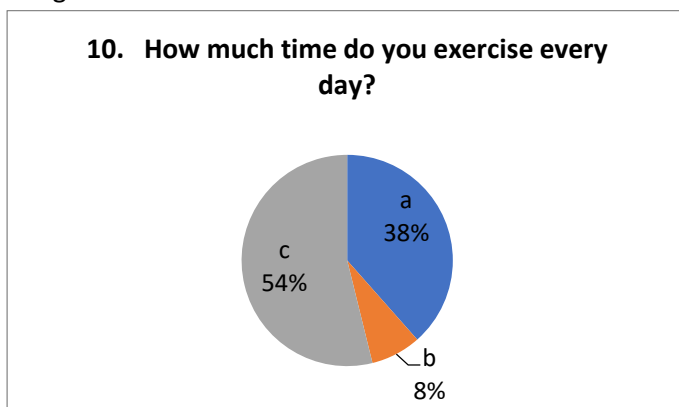
9. Do you salt your meals before tasting them?

- a) Always
- b) No
- c) Sometimes



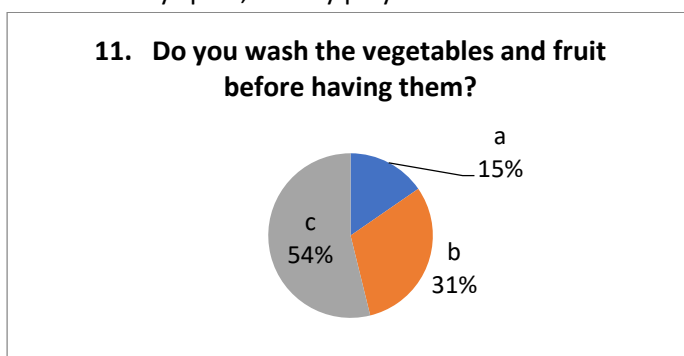
10. How much water and liquids you take daily?

- a) 2-3 glasses
- b) I forget to drink at all
- c) 6-8 glasses



11. How much time do you exercise every day?

- a) About 30 minutes
- b) Over an hour
- c) I don't do any sport, I rarely play out



12. Do you wash the vegetables and fruit before having them?

- a) Yes
- b) No
- c) Sometimes

