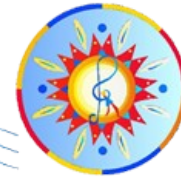




Istituto Comprensivo Statale ad Indirizzo Musicale
“MANERI – INGRASSIA – DON MILANI”
Via Passaggio dei Picciotti-3 - 90123 PALERMO



Erasmus Project Closing the Word Gap 2019-1-UK01-KA229-061373_2

Virtual meeting
31st March 2021



Food

Sezione S

Children Age: 3 – 4 – 5

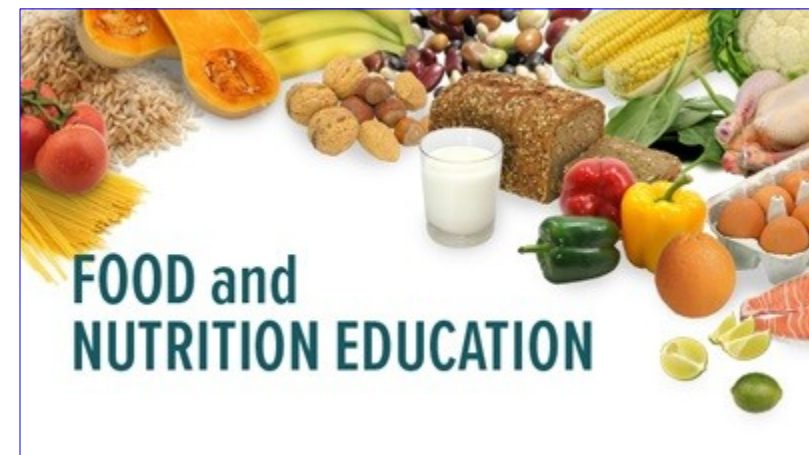
Teachers: Guardino - Pollara



Schools play an important role in helping students establish healthy eating behaviors, by providing:

- Nutritious and appealing foods and beverages
- Consistent and accurate messages about good nutrition
- Ways to learn about and practice healthy eating

Nutrition education is a vital part of a comprehensive health education program and empowers children with knowledge and skills to make healthy food and beverage choices.





OBJECTIVES AND AIMS

- Foster long-lasting food outlooks, skills, practices and habits that are conducive to better health and well-being in children and their families
- Recognize the main types of food
- Developing adequate eating habits
- Promoting the consumption of fruit and vegetables
- Stimulating language and cognitive skills
- Developing understanding of the texts and story
- Increasing grammar competence and lexical enrichment
- Improving the communication skills
- Using the right pronunciation as well as the prosody of the language
- Foster logical and creative thinking
- Broaden the lexicon

A STORY ... THE BEST STARTING POINT

Ebby ... The little greedy dragon

Ebby, a little dragon, is the mediator character, who can't fly because eats too many sweets.
His mom and his teacher tell him what kind of food he should be eating in order to stay healthy.
That's how Ebby finds out that eating healthy food makes him feel better and stronger.



THE ACTIVITY

TIME: 10 sessions - twice a week – 30 min.

STEP 1

Survey of previously acquired knowledge

- Why do we eat? —————> Conclusion: We eat to keep alive
- What do we eat —————> healthy/unhealthy food

STEP 2

- Narration: teacher tells the story using illustrations
- Focus on new vocabulary
- Words matching activity and flashcards
- Making hypothesis about the meaning of the new words

STEP 3

Children rielaborate the story using new vocabulary with the support of flashcards





STEP 4

- Focus on legumes (shape, size and colour)
- Focus on new words
- Legumes and art



STEP 5

- Focus on fruits and vegetables
- Looking for pictures from magazines
- Focus on new words
- Fruits, vegetables and art



STEP 6

- The food pyramid
- Focus on new words



FOOD AND HEALTH

- Teacher enhances the evaluation of eating habits helping the kids to distinguish the good from the bad ones.
- Building of the food pyramid: kids take from some magazines the emages of different kind of food and then arrange them in the pyramid. The base is made up by fruits and veggies, the second leyr is made up by carbs, the third by proteins and the top is made up by sugar end fats.
- Analysis of the food pyramid
- Routine related activity: What about today's menu?

