

Lesson project

Title: Food and health – How what we eat shapes our life

Date: 06.05.2025

Teacher: Toader Karla

Term: 50 min

Class: 8B, students and teachers from Portugal

Objectives:

- To understand nutritional diseases
- To identify the causes and effects of obesity and diabetes
- To promote a healthy lifestyle
- To identify healthy food components
- To elaborate a healthy menu for a day
- To communicate and work in mixed teams

Resources:

- Digital applications: Mentimeter, Padlet, QR Code
- Worksheets, whiteboard, ppt, educational film

Methods: heuristic conversation, case study, cooperative learning, guided reflection, modeling

Organizational forms: frontal, individual, team work

Lesson unfolding

1. Icebreaker Digital (5-7 min) - digital tool: Mentimeter

<https://www.menti.com/alnv8tvkm5e4>

2. Attention grabbing - educational film viewing, “Why do we Love Junk Food?” (2 min)

- <https://www.youtube.com/watch?v=TB5rjcYTPAg>

3. Theoretical Introduction - PPT Presentation (10-12 min)

Theme: What are nutritional diseases?

- Obesity - causes, health effects, prevention
- Diabetes - causes, symptoms, prevention
- Includes international statistics, country comparisons.
- Key components of health
- Healthy food components

4. Interactive Activity - "Food Detective" (10 min)

Digital tool: Padlet https://padlet.com/karla_toader/food-detective-os5k3mwjvlpolnyg

Students work in mixed international teams and receive a hypothetical case: Marius is a teenager who prefers fast food. He likes fizzy drinks, energy drinks and video games. What would you change about his lifestyle? What would you change in his diet? What sport would you recommend and why?

5. Interactive activity - Romania vs Portugal — Eating Habits (5 min)

What do young people in Romania and Portugal eat most often?
Which traditional foods are healthy/unhealthy?

6. Final Challenge, team work - "My Healthy Plate" (5-10 min)

Students construct their ideal "healthy plate" and present it briefly to others. They can use whatever tools they want.

7. Reflection: Starting from what you have learned today, do you think you need to change something in your lifestyle? If yes, what would you change? **(2 min)**

https://padlet.com/karla_toader/reflection-aan7n4g4z63lgx7s

8. Feed-back - Write an impression as a feed-back of today's activity. **(2 min)**

https://padlet.com/karla_toader/feed-back-food-health-how-what-we-eat-shapes-our-life-184f1tllh31okj4p

Bibliography:

- International Diabetes Federation (IDF) – www.idf.org
- World Health Organization (WHO) – www.who.int
- European Commission – Health Statistics
- Romanian Ministry of Health – www.ms.ro
- Portuguese Directorate-General of Health – www.dgs.pt