

Proiect de **Acordare Erasmus+**, 2023-2027  
ID: 2022-1-RO01-KA121-SCH-000110868

## Lesson project

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

**Teacher – Toader Karla**

**Term:** 50 min

**Class:** 8B

### 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

### 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-os5k3mwjvlpo1nyg](https://padlet.com/karla_toader/food-detective-os5k3mwjvlpo1nyg)

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