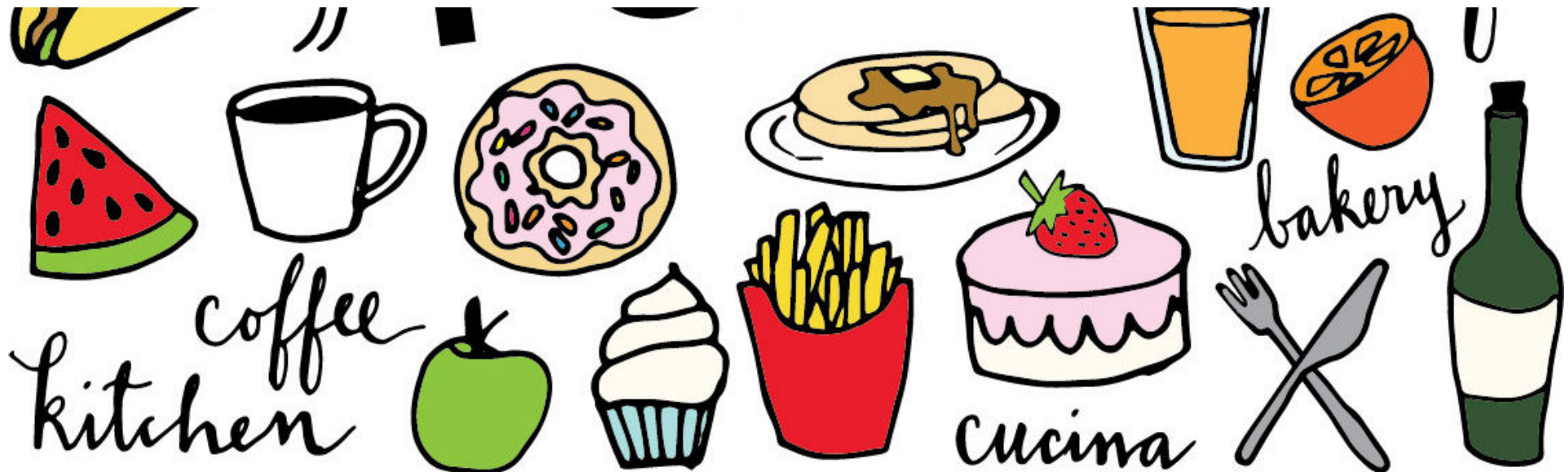


The food pyramid

Scuola primaria di Chiusi della Verna

a.s. 2016/2017

Insegnante: Alba Mattesini





- **Discipline coinvolte:** Ed. alimentare, tecnologia
- **Destinatari:** classi III-IV scuola primaria
- **Tempistica:** 6 lezioni da 1h e 30m. l'una circa
- **Scelta dell'argomento e dei topics:** il percorso è stato proposto ad una pluriclasse di alunni di 3^a e 4^a, pertanto sono stati scelti contenuti che partissero da preconcoscenze di entrambe le classi sulle quali ancorare nuovo lessico e strutture.
- **Materiali:** flashcards, riviste da ritagliare, fogli, forbici, colla, testi informativi.



Coffee
Kitchen



Cucina



1) FOOD	Flashcards	Nominare in inglese i diversi cibo	Do you like...? Yes, I like / No, I don't like
2) MEALS	Flashcards, clock	Nominare i principali pasti della giornata	What do you have for...? For...I have...
3) PYRAMID FOOD	Poster, flashcards	Spiegazione della piramide alimentare e del modo in cui i cibi vengono raggruppati. Classificare i cibi all'interno della piramide alimentare.	Rice give me carbohydrates; meat and fish give me proteins; ...ecc Is it healthy? Is it good for you?
4) HEALTHY EATING	Testo informativo	Lettura di un testo informativo sull'importanza di seguire una sana e corretta alimentazione. In una tabella, monitoriamo per una settimana la nostra alimentazione quotidiana.	Monday, Tuesday, ecc...
5) MY PYRAMID FOOD	Carta da pacchi, immagini da ritagliare	In seguito al monitoraggio del proprio stile alimentare, realizzazione della propria piramide alimentare.	
6) A TYPICAL ENGLISH BREAKFAST	Video, immagini	Due stili alimentari a confronto: la dieta mediterranea e la dieta anglosassone.	

itchen

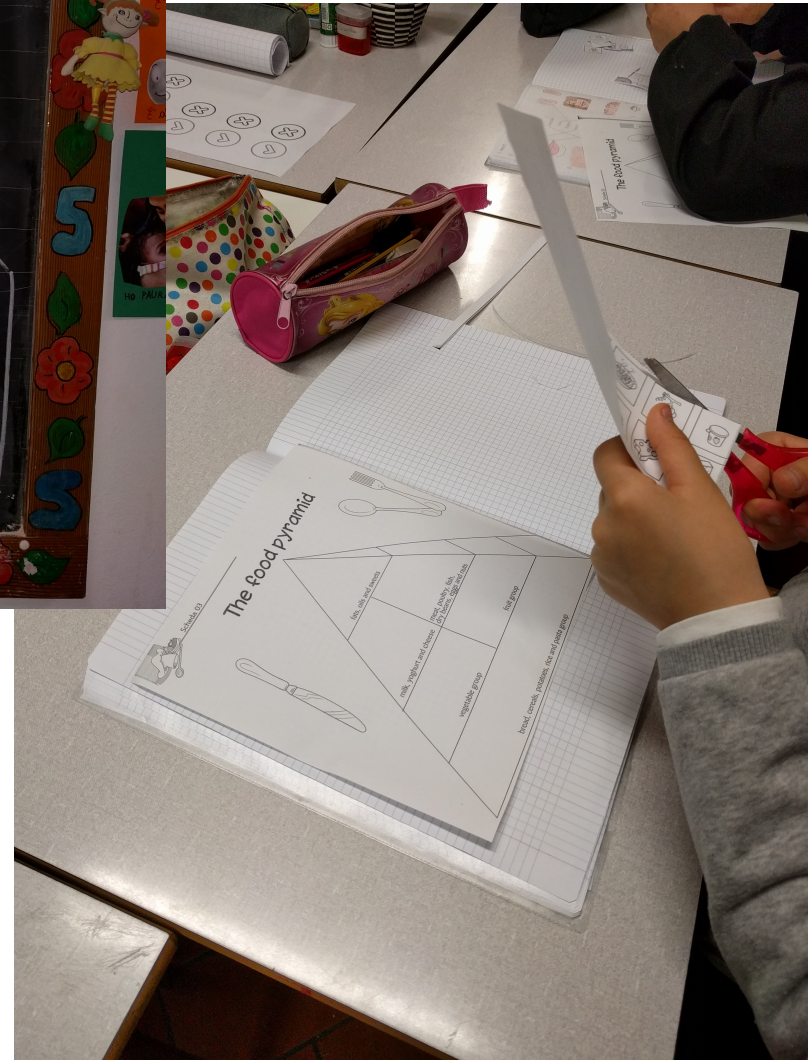
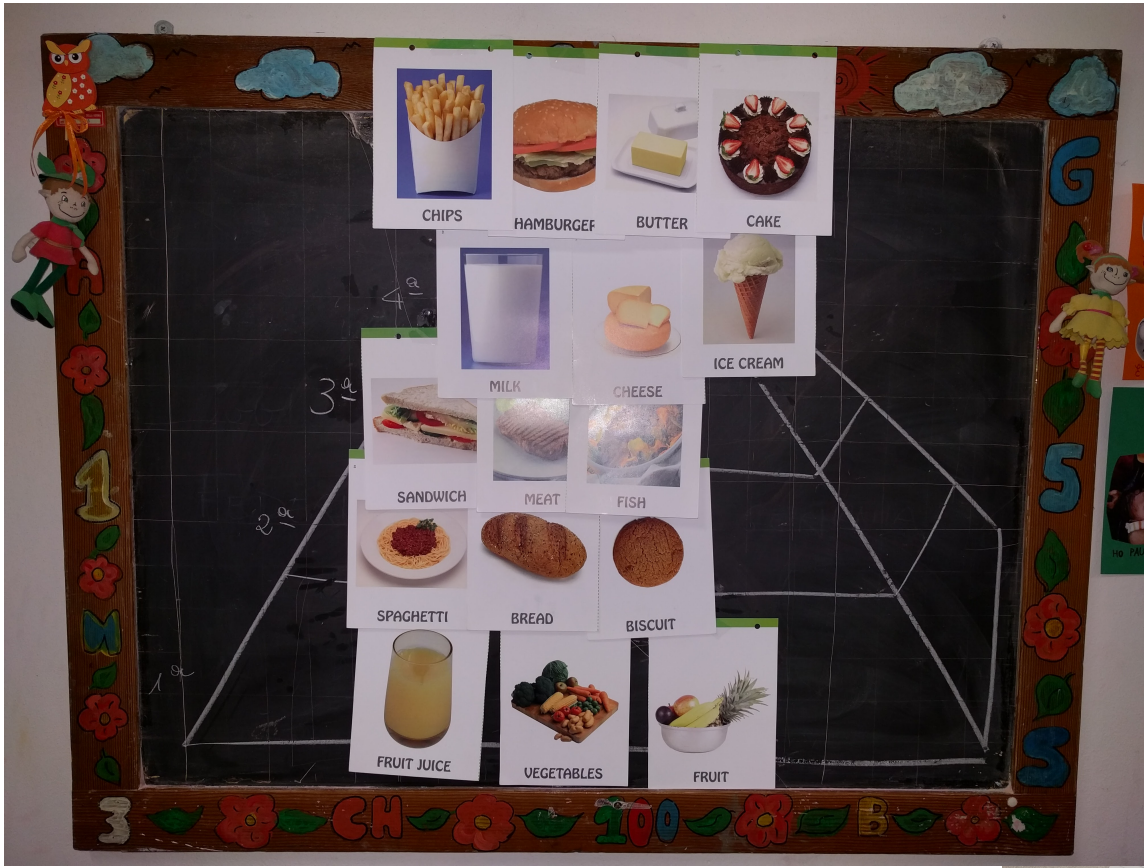
Cucina

CLIL TOPIC PLANNING

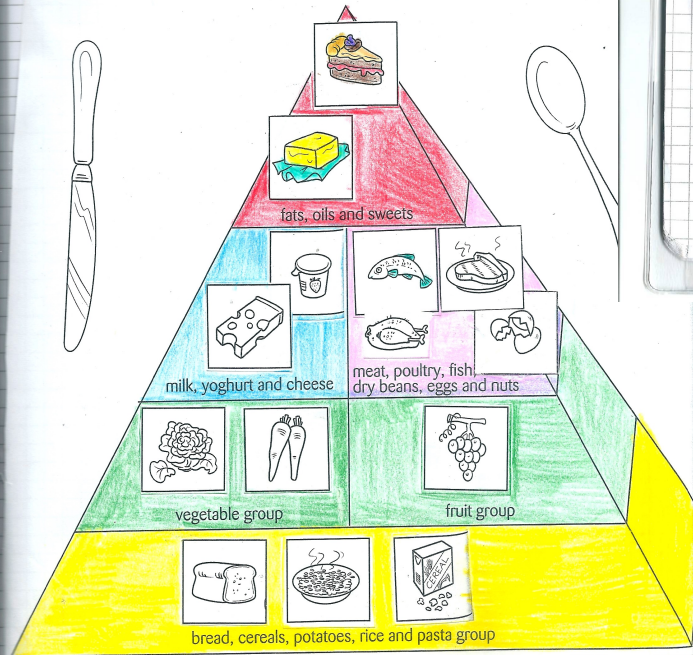
Content	Cognition	Culture	Communication
<p>Different kind of food The main meals Food groups and nutrients The Mediterranean diet pyramid Healthy food and junk food</p>	<ul style="list-style-type: none"> • Identify the main foods and name them; • Identify the food groups and nutrients; • Interpret the pyramid food; • Explain the property of the nutrients; • Classify the food; • Think about your own food; • Compare different pyramid food; • Create the own pyramid food; • Judge whether your diet is healthy or not. 	<p>Different kind of pyramid food: eating yesterday and today. (for example, today carbohydrates aren't at the base of the pyramid like a few years ago) A typical italian breakfast and a typical english breakfast</p>	<p>Language OF learning Key vocabulary: Foods (rice, bread, meat, fish, biscuits, ecc) Carbohydrates, fruit and vegetables, proteins, dairy, fats. Breakfast, lunch, snack, dinner.</p> <p>Language FOR learning</p> <ul style="list-style-type: none"> • Do you like...? Yes, I like / No, I don't like • What do you have for.... (lunch/dinner...)? • Is it healthy? Is it good for you? • Rice give me carbohydrates; meat and fish give me proteins; <p>Language THROUGH learning Following instructions to create a pyramid food. Days of the week (Monday I have...)</p>

itche

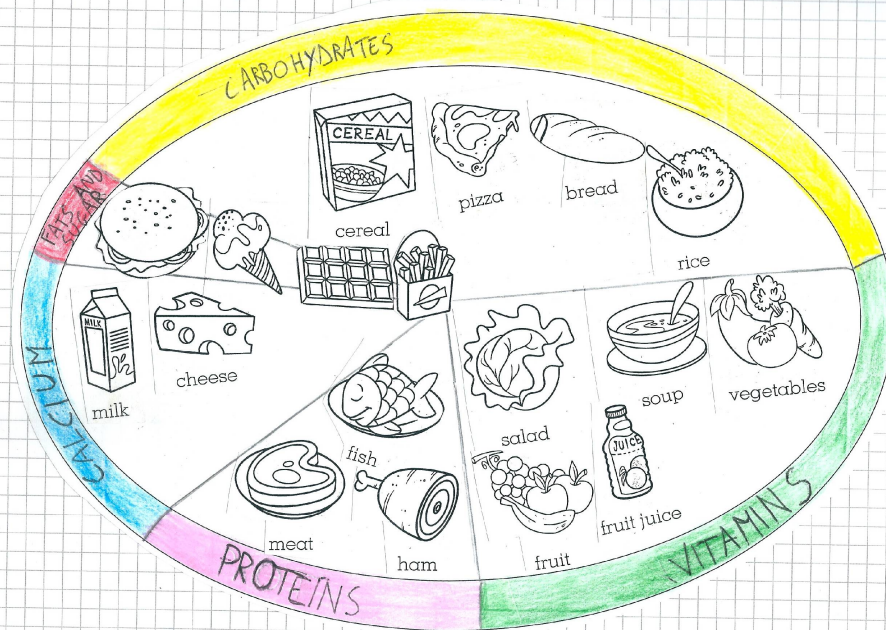
cucina



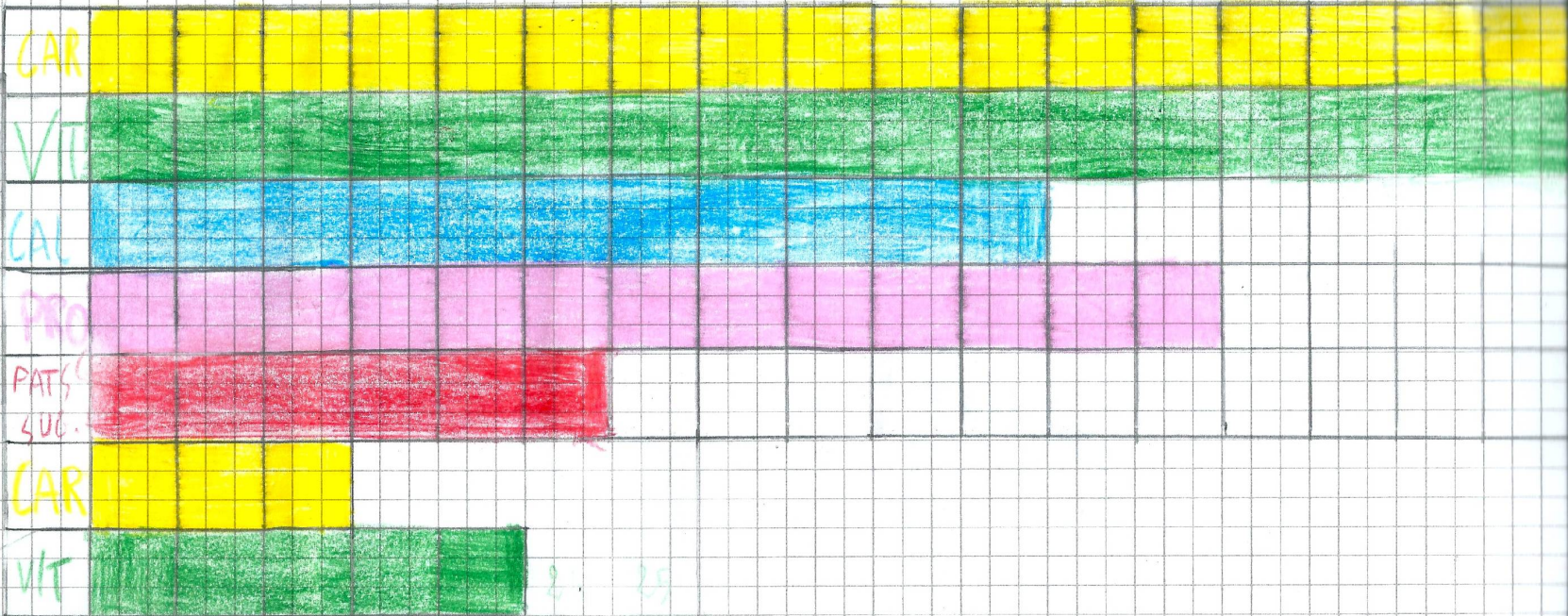
The food pyramid



FOOD GROUPS AND NUTRIENTS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	MILK CAKE	BREAD MEAT	BREAD CHOCOLATE BREAD HAM	BREAD SALAME	MILK COOKIES	MILK COOKIES	MILK CEREALS
LUNCH	PASTA TOMATO AND MEAT CAKE	PIZZA SALAD STRAWBERRIES	LASAGNE MEAT AND TOMATO POTATOS MEAT SALAD TOMATO	RICE TOMATO	PASTA TOMATO FISH FRUIT	PASTA MEAT TOMATO FRUIT	PASTA TOMATO FISH CUCUMBERS LEMON
SNACK	BREAD SALAME	CEREAL HONEY	STRAWBERRIES	APRICOTS	ICE CREAM	YOGURT	ICE CREAM
DINNER	BREAD OIL MUSHROOMS	TOMATO PEPPER LEMON CHEESE WATER MALON	PASTA PESTO	TOAST CUCUMBERS CHEESE FRUIT	PIZZA	PASTA AND MUSHROOMS STRAWBERRIES	MEAT MUSHROOMS SAUCE







My FOOD PYRAMID



Nome classe III

MI AUTOVALUTO

****	***	**	*
MOLTO BENE	BENE	CON QUALCHE DIFFICOLTA'	CON MOLTE DIFFICOLTA'
			

	****	***	**	*
Conosco..... <u>LA PIRAMIDE ALIMENTARE</u>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
So parlare di..... <u>ALIMENTAZIONE</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
So fare domande per ... <u>CHIEDERE SE UN CIBO E' SANO O NO</u> ...	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
So dare comandi alla classe.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
So ascoltare.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
So dare suggerimenti.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
So leggere..... <u>NONI DEL CIBO E DEI GRUPPI NUTRITIVI</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Devo migliorare..... SUL CHIEDERE SE UN CIBO E' SANO O NO.....



Per migliorare avrei bisogno di..... RIPASSARE LA DOTLANDA.....

STUDENT'S NAME CLASS terza III

DATE venerdì 8 giugno 2017

PROJECT TITLE the food pyramid

IN THIS WORK I LIKE	IN THIS WORK I DON'T LIKE
 fare la matra piramide de	 il grafico a torta

I FIND EASY	I FIND DIFFICULT
 fare la piramide	 imporre alcuni cibi

Autovalutazione...