**LESSON PLAN**

**HEALTHY FOOD**

**TIME**: 60 minutes

**DESCRIPTION**: a lesson for 2 middle school (students’ age 16) about healthy food and healthy eating and leaving habits

**RELATED SUBJECT AREAS**: science, food science, physical education

**MAIN AIM**:

Students will

become more aware about the causes and effects of obesity;

learn healthy eating habits;

learn the rules of a safe and proper diet and what are the healthy dishes that can replace so popular but unhealthy fast-food;

learn to practice sport as a strategy for being healthy.

**METHODS AND FORMS OF WORK**

Individual work, group work, brainstorming, discussion.

**TOOLS**

Video, computers connected to the internet, video projector.

**ACTIVITIES**

Teacher introduces the main topic of the lesson and asks learners few questions in order to find out what they know about it.

Teacher presents students a PPT explaining them what recent studies show about the problem of obesity and its risks and what are the effects of a poor diet and lack of exercise.

Teacher explain students what could be the best solutions to achieve healthy eating and living habits and he introduces the Mediterranean diet describing all its main benefits.

Students discuss the main issues addressed in the PPT

Teacher invites students to describe their eating and living habits.