

EUROPEANA LEARNING SCENARIO

Title

Healthy choices

Author(s)

Carmen Alexandra Miricioiu

Abstract

Together with the students I have read the story, „The Very Hungry Caterpillar” by Eric Carle, exposing a presentation in pictures. Questions and answers were asked in order to extract the text message, healthy food and the well-being of the body that led to the transformation of the caterpillar into a butterfly and of a child into a healthy adult. Students identify the foods consumed by the main character of the text to conclude that it is healthy to have a program of meals, the combination of foods of the amount consumed.

We have resumed up the idea of a healthy diet. We have drawn three conclusions together - It's important WHAT you eat, HOW MUCH you eat, WHEN you eat. I identified my favorite activity (using the Google Jamboard application) in this project and made a collage for it.

The children appreciated the story as interesting, attractive and educational.

Keywords

Healthy, food, fruits, eating, sport, snack

Table of summary

Table of summary

Subject	Science, languages, visual arts and practical skills, personal development
Topic	Healthy food
Age of students	6-7 years old
Preparation time	1 hours
Teaching time	2 hour
Online teaching material	Alegeri sanatoase Game Omidă mancăcioasă Poveste
Offline teaching material	paper, glue, laptop, Zoom app, story presentation
Europeana resources used	Healthy food Healthy eating



Licenses

Attribution ShareAlike CC BY-SA. This license lets others remix, tweak, and build upon your work even for commercial purposes, as long as they credit you and license their new creations under the identical terms. This is the license used by Wikipedia and is recommended for materials that would benefit from incorporating content from Wikipedia and similarly licensed projects.




Integration into the curriculum

The lesson is designed according to the national curriculum addressed to 6-7 years old students and includes reading, writing, asking and answering questions as well as extracting the message of a text.

Aim of the lesson

By the end of the lesson students will understand that a healthy alimentation will have a good impact through their body and mind and they will also understand the importance of a healthy style of life.

Outcome of the lesson

-  to identify healthy foods, selecting from the proposed ones
-  to create a healthy meal schedule, making healthy combinations, establishing hours for meals and quantities
-  to make a collage for the favorite activity

Trends

Lifelong Learning: learning does not stop when leaving school.

Project-Based Learning: students get fact-based tasks, problems to solve and they work in groups. This kind of learning usually transcends traditional subjects.

21st century skills

The learning scenario corresponds to the skills of the 21st century through the content it deals with, obesity through missing sports and an unhealthy diet, is a problem of the 21st century.

The scenario was put into practice during the pandemic. The students accessed Europeana through instructions, developing their ITC skills.

Activities

Describe here in detail all the activities during the lesson and the time they require. Remember, that your learning scenario needs to use Europeana resources. If you are using any external documents, please scroll to the end of the document and add them to the Annex. Add more rows to the table if needed.

Name of activity	Procedure	Time
Healthy choices	<p>We read the story, presenting a presentation in pictures. Questions were asked and the answers led to the extraction of the text message, healthy food, the well-being of the body that led to the transformation of the caterpillar into a butterfly, a child into a healthy adult. Identify the foods consumed by the main character of the text to conclude that it is healthy to have a program of meals, the combination of foods of the amount consumed.</p> <p>The children appreciated the story as interesting, attractive, educational.</p> <p>Omida mancacioasa</p>	1 hour
Food as an energy source	<p>We identified healthy foods, using food pyramid, exercising a few exercises. Foods that take care of their health are identified, although they are lighter, rarer, so there is a source of energy and there is no fatigue, it proves that this is the very important classification for their creation and to be able to be healthy.</p> <p>Healthy foods are identified and Quizziz applications can be applied.</p> <p>We took up the idea of a healthy diet. We drew three conclusions together - It's important WHAT you eat, HOW MUCH you eat, WHEN you eat. I identified my favorite activity (using the Google Jamboard application) in this project and made a collage for it.</p>	1 hour

Assessment

This is the quiz: [Game](#)
 This is the final feedback – [Alegeri sanatoase](#)

***** AFTER IMPLEMENTATION *****

Student feedback

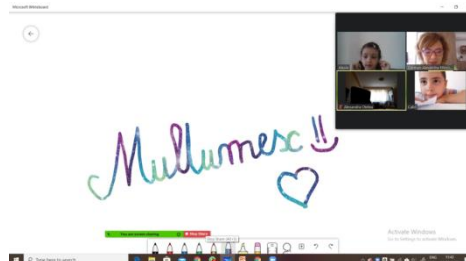
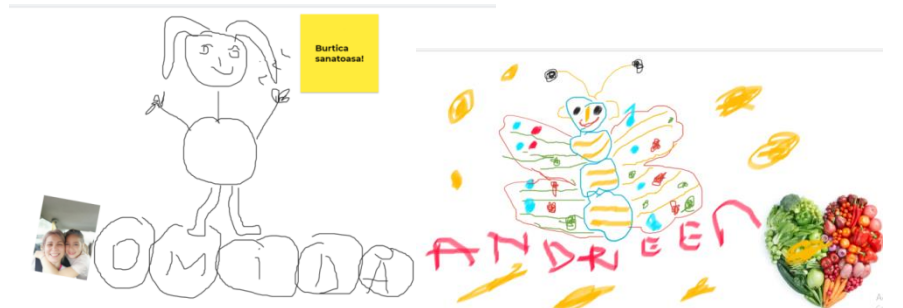
This is the students feedback, using Jamboard, they have they wrote and drew what they appreciate most – <https://jamboard.google.com/d/1RABG9VceEqM9VXwG3TGzjk1NHIF2DfhvfoARfr3pSqc/viewer?f=0>

Teacher's remarks

This interdisciplinary learning scenario is about healthy eating. It is a two-hour learning scenario, communication and arts. The students, aged between 6 and 7, studied Europeana collections about healthy foods, possible snacks.

In this learning scenario, students were engaged in exploring the connections between keywords in a story, healthy eating, sports, meals during the day, and so on. (subject of the composition / work); identified types of healthy / unhealthy food combinations, drawing educational conclusions; they created a collage of their favorite activity.

I think it was an interdisciplinary activity that helped them understand that the health of the body and the brain depends on the "fuel" we offer, the combinations we offer and the hours we offer it.



About the Europeana DSI-4 project

[Europeana](#) is Europe's digital platform for cultural heritage, providing free online access to over 53 million digitised items drawn from Europe's museums, archives, libraries and galleries. The Europeana DSI-4 project continues the work of the previous three Europeana Digital Service Infrastructures (DSIs). It is the fourth iteration with a proven record of accomplishment in creating access, interoperability, visibility and use of European cultural heritage in the five target markets outlined: European Citizens, Education, Research, Creative Industries and Cultural Heritage Institutions.

[European Schoolnet](#) (EUN) is the network of 34 European Ministries of Education, based in Brussels. As a not-for-profit organisation, EUN aims to bring innovation in teaching and learning to its key stakeholders: Ministries of Education, schools, teachers, researchers, and industry partners. European Schoolnet's task in the Europeana DSI-4 project is to continue and expand the Europeana Education Community.

Annex