

# Europeana Learning Scenario

## Title

EAT HEALTHILY, LIVE HAPPILY

## Author(s)

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## Abstract

This lesson combines healthy nutrition awareness and digital literacy development. It follows a learner-centred orientation providing learners with opportunities to collaborate with each other in order to accomplish a task. The teacher’s role is only that of a guide and facilitator. Students’ awareness regarding healthy nutrition can be increased during this lesson. Through the activities the students not only become confident users of digital media but also realise the importance of good eating habits for their health.

The students are exposed to multimodal media (texts, video, pictures) as a stimulus to get introduced to the topic of the scenario and increase awareness concerning healthy eating habits. Through a task-based approach the students are asked and expected to create a menu for a British friend who is going to spend some time in Greece and justify their choices for the menu.

## Keywords

Healthy nutrition, Mediterranean Diet, menu, food vocabulary, digital literacy

## Table of summary

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Subject	English, ICT, Maths
Topic	Healthy Eating Habits
Age of students	13-14
Preparation time	1 hour
Teaching time	2 hours
Online teaching material	<a href="https://www.canva.com/el_gr/">https://www.canva.com/el_gr/</a> <a href="https://www.wordreference.com/">https://www.wordreference.com/</a> <a href="https://wordart.com/">https://wordart.com/</a> <a href="https://www.thinglink.com/">https://www.thinglink.com/</a> <a href="https://cdn.pixabay.com/photo/2018/04/21/03/47/food-3337621_340.jpg">https://cdn.pixabay.com/photo/2018/04/21/03/47/food-3337621_340.jpg</a>



	<a href="https://cdn.pixabay.com/photo/2019/12/29/17/50/olive-4727687_340.jpg">https://cdn.pixabay.com/photo/2019/12/29/17/50/olive-4727687_340.jpg</a> <a href="https://cdn.pixabay.com/photo/2015/08/28/18/07/pasta-912237_340.jpg">https://cdn.pixabay.com/photo/2015/08/28/18/07/pasta-912237_340.jpg</a> <a href="https://cdn.pixabay.com/photo/2016/09/29/09/20/whiting-1702429_340.jpg">https://cdn.pixabay.com/photo/2016/09/29/09/20/whiting-1702429_340.jpg</a> <a href="https://cdn.pixabay.com/photo/2020/06/22/13/15/food-pyramid-5329204_340.png">https://cdn.pixabay.com/photo/2020/06/22/13/15/food-pyramid-5329204_340.png</a> <a href="http://photodentro.edu.gr/aggregator/lo/photodentro-lor-8521-6373">http://photodentro.edu.gr/aggregator/lo/photodentro-lor-8521-6373</a> <a href="http://photodentro.edu.gr/aggregator/lo/photodentro-educationalvideo-8522-918">http://photodentro.edu.gr/aggregator/lo/photodentro-educationalvideo-8522-918</a> <a href="http://photodentro.edu.gr/v/item/ds/8521/2702">http://photodentro.edu.gr/v/item/ds/8521/2702</a> <a href="https://www.youtube-nocookie.com/embed/nUfke4MYE7Y?autoplay=1&amp;iv_load_policy=3&amp;loop=1&amp;modestbranding=1&amp;playlist=nUfke4MYE7Y">https://www.youtube-nocookie.com/embed/nUfke4MYE7Y?autoplay=1&amp;iv_load_policy=3&amp;loop=1&amp;modestbranding=1&amp;playlist=nUfke4MYE7Y</a> The Food Groups Song <a href="https://www.menti.com">menti.com</a>
Offline teaching material	Laptop, tablet, smartphone
European resources used	<a href="https://www.europeana.eu/en/item/2059513/data_foodanddrink_efd_LGMA_1409">https://www.europeana.eu/en/item/2059513/data_foodanddrink_efd_LGMA_1409</a> <a href="https://www.europeana.eu/en/item/9200579/yqd5wakj">https://www.europeana.eu/en/item/9200579/yqd5wakj</a> <a href="https://www.europeana.eu/en/search?page=1&amp;view=undefined&amp;query=healthy%20food">https://www.europeana.eu/en/search?page=1&amp;view=undefined&amp;query=healthy%20food</a>

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### Integration into the curriculum

The scenario aims at increasing students' awareness concerning healthy nutrition, familiarizing them with the Mediterranean Diet, enriching thematic vocabulary around food and recipes in the foreign language through the implementation of task-based approach. Additionally, the students develop digital literacy as all activities involve online communication with the teacher and classmates, searching, creating and presenting their work in a synchronous distance teaching context.

### Aim of the lesson

By the end of the implementation of the scenario, the students will understand the importance of good eating habits, know more about the Mediterranean Diet and be able to suggest a menu based on this diet.

### Outcome of the lesson

-  To revise and learn new thematic vocabulary around food groups, recipes, food items
-  To create a healthy menu for a friend as a means of presenting the Mediterranean diet to their friend
-  To work with a task in mind and come up with a suitable solution.

🔗 To use digital tools of creation and presentation of information through infographic and Thinglink

## Trends

Task-based learning, development of digital literacy, sharing ideas with friends from abroad

## 21<sup>st</sup> century skills

Communicating ideas (the students send out questionnaires, communicate via email, presenting through powerpoint)

Critical thinking (Why is healthy eating so important for life? Which is the best way to present our national diet as the best one?)

Creativity (create a menu in an attractive way by means of digital tools)

Collaboration (Students work in groups throughout the lesson)

Foreign language policy (the lesson is carried out in English)

Digital Literacy (online distance learning, communicating, searching for information, using the appropriate digital tools for their task)

## Activities

Name of activity	Procedure	Time
<b>Healthy eating:What comes to your mind?</b>	The teacher introduces the topic and asks the students in a brainstorming activity to click on <a href="https://wordart.com/">https://wordart.com/</a> , and write down as many words come to their mind relevant to food, diet etc. Through this activity, the students activate their lexical schemata and their prior knowledge. They are expected to create a word cloud in the shape of a food.	10'
<b>The Food Groups Song</b>	The students listen to a relaxing song which introduces the Food Groups in an enjoyable way. They get the message of the importance of all foods.	2'
<b>Mediterranean Diet-Food Pyramid</b>	The teacher shows the picture of the Food Pyramid and involve the students in a discussion referring to the countries that follow this type of diet. They discuss the importance of mixing food groups in their daily diet. The teacher gets them focus on the healthy and unhealthy food.	15'
<b>Mystery Game</b>	Now,the teacher asks the students to click on <a href="http://photodentro.edu.gr/v/item/ds/8521/2702">http://photodentro.edu.gr/v/item/ds/8521/2702</a> (a digital repository of school subjects available in the digital interactive school books in English Language Teaching for the students of Junior High School). The	15'

<p><b>Teenagers' Eating Habits</b></p>	<p>students are playing a game with the Food Pyramid after getting useful input on the topic. _The teacher invites students to an interactive board where they are expected to express their opinion about teens' dietary habits and additionally to offer some advice to their classmates.</p>	<p>HW</p>
<p><b>How can we change our habits? Suggestions for a better school canteen.</b></p>	<p>The students watch the famous cook Jamie Oliver talking in a digital story about a campaign for the improvement of quality of school canteens. They are, also, asked to share ideas on a padlet suggesting ways of improvement their school canteen. This second part is going to be assigned for homework. After collecting suggestions as a class, they are going to send an email to the Headmaster of the school with their proposals for the school canteen.</p>	<p>4'</p>
<p><b>Artistic creation</b></p>	<p>The students are asked to choose among the pictures found in EUROPEANA and create a digital poster with the food groups with links to relevant information. They are going to use <a href="https://www.thinglink.com/">https://www.thinglink.com/</a>, a digital tool they are already familiar with.</p>	<p>20'</p>
<p><b>Task-based learning</b></p>	<p>After the students have approached the topic through various aspects, they have to create a menu for a week for a British friend who is going to spend a week in Greece. Their friend wants to keep fit and thin but he/she also wants to taste some traditional Greek dishes. The students are asked and expected to create a leaflet in <a href="https://www.canva.com/el_gr/">https://www.canva.com/el_gr/</a> with the suggested menu and some recipes for their friend of Greek dishes so that he/she cooks them himself/herself. The students can look up words in <a href="https://www.wordreference.com/">https://www.wordreference.com/</a> and in the repository <a href="http://photodentro.edu.gr/aggregator/lo/photodentro-lor-8521-6373">http://photodentro.edu.gr/aggregator/lo/photodentro-lor-8521-6373</a>. The students use their Maths knowledge in writing the recipes and doing the necessary conversion. The students work in groups. It is not an easy task to do, it requires critical thinking on the students' part to judge on the appropriate food to be included in the menu. They are asked to take up the role of a dietician.</p>	<p>40'</p>
<p><b>Evaluation</b></p>	<p>The students present their peer-evaluation results, discuss and evaluate the whole lesson, especially the last section discussing the strengths and weaknesses along with suggestions for a future task.</p>	<p>14'</p>

**Assessment**

The assessment part of this lesson concerns the task-based section. The students are going to use a rubric for the peer-assessment. In the assembly phase, the students discuss what was difficult, what went wrong, what could have gone better in an evaluation phase of the task accomplished.

\*\*\*\*\* AFTER IMPLEMENTATION \*\*\*\*\*

### Student feedback

The students used [menti.com](https://www.menti.com) and wrote their feelings about the lesson finished.

### Teacher's remarks

### About the Europeana DSI-4 project

[Europeana](https://www.europeana.eu) 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](https://www.european-schoolnet.org) (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.

