

On our way to a healthy diet!



Project on Nutrition 9TEF 2017/2018

Class background:

- ▶ 23 students, 2nd year of English
- ▶ Multi-cultural class, with 10 different nationalities
- ▶ Very enthusiastic and eager class
- ▶ 2 school lessons were devoted to this project, 1 for the introductory explanations and one for sharing information in between the different tasks
- ▶ All other work was done in the students' free time
- ▶ The work was graded like a normal class assessment



3 tasks

- ▶ 1. Webquest and filmscript part 1 (all 6 groups)
- ▶ 2a. Students' own diet and filmscript part 2 (3 groups)
- ▶ 2b. A cookery recipe and filmscript part 2 (3 groups)
- ▶ 3. Film: (all 6 groups)



TASK 1: Webquest and film script part 1:

- ▶ 6 different research topics in 6 different groups:
 - ▶ food groups
 - ▶ protein
 - ▶ carbohydrates and fibre
 - ▶ fat
 - ▶ calories
 - ▶ a balanced diet
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- ▶ time: 1 lesson in class
 - ▶ hand in film script after 1 week

TASK 2a: Their own diet and filmscript

- ▶ Students **kept track of their own diet** for one typical day of schooltime. They wrote down everything they ate in a typical schoolday.
- ▶ Then, with the information they had recorded previously, they had to analyse their diet with the information they had previously gathered.
- ▶ When they had finished, they wrote a personal statement about their experience of recording their foods during one day and they had to say how healthy they think their diet is.



Food and Drink Record Chart

Name:

Date:

Please record all food and drink consumed. Try to give an idea of how much you are eating and drinking every day
e.g. 2 slices bread, $\frac{1}{2}$ apple, 3 new potatoes, 2 tablespoons beans, 2 glasses water etc

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Mid-morning							
Lunch							
Mid-Afternoon							
Evening							
Bedtime							

TASK 2b: A cookery recipe and filmscript

- They had to find a **cookery recipe** for a delicious and healthy meal and try it out for themselves at home.



TASK 3: Film (all)

- ▶ **Film of tasks 1 and 2.**
- ▶ Tips and tricks:
- ▶ Every student had to collaborate as best he could!
- ▶ They had to make use of all their materials and documents.
- ▶ They were allowed to use video and audio material from the internet, but they had to make sure they indicated their sources.



Additional hints:

- ▶ It is best to use two cameras (mobiles) if you film a scene.
- ▶ Always turn your camera horizontally, never vertically.
- ▶ When all the groups have finished their films one student will do the necessary amendments and assemble all the films. If this student does a particularly good job, he/she will of course be granted a higher mark than the other students in his/her group.
- ▶ Time: 2 weeks after completing task 2



Conclusions:

- ▶ high motivation to do well
- ▶ problems with technologies could be solved: even students with low technical skills managed: boost of self-confidence
- ▶ most students had not at all been aware of different nutrients in our diet
- ▶ students found it interesting to evaluate their own diet, count calories, nutrients etc.
- ▶ a lot of fun when cooking, but also very difficult to get things right
- ▶ some students told me that they had tried out cooking together also after the project.