# On our way to a healthy diet!



Project on Nutrition 9TEF 2017/2018

# Class background:

- ▶ 23 students, 2<sup>nd</sup> 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)



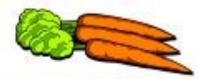
### TASK 1: Webquest and film script part 1:

- 6 different research topics in 6 different groups:
- food groups
- protein
- carbohydrates and fibre
- fat
- calories
- a balanced diet

- 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
	Monday	Monday Tuesday	Monday Tuesday Wednesday	Monday Tuesday Wednesday Thursday	Monday Tuesday Wednesday Thursday Friday	Manday Tuesday Wednesday Thursday Friday Saturday

# 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.