

Lesson plan



2023-1-SK01-KA220-SCH-00015112

Topic	Nutrition	
Block name	The importance of water for living organisms	
Age category 10-12	Duration (min) 135 min	Number of teaching hours 4
Student-centered educational goals (content and performance standards) The student can calculate his/her daily water needs. Science: • Natural Sciences - Biology, • chemistry Mathematics: • calculation of the required amount of water Technology-Informatics: • Using a poll to determine the type and quantity of drinks brought to school 21st century skills: • digital literacy • critical thinking • problem solving		

- communication and cooperation
- creativity and innovation
- leadership and social responsibility

Didactic aids and didactic technology:

- PC
- interactive whiteboard
- micro:bit
- chemical evaporation kit

Sources/references (videos, methodology):

- Presentation Drinking regimen

Motivational phase:

Duration (min): 20 min

Objective (student-focused):

- Find out what kind of water students drink at school
- How much water do students bring to school?

Introductory activity - motivation:

- Voting with micro:bit

Introduction to the issue (keywords): clean water, sweetened water, amount of water

Interactive questions and answers (teacher, student):

- What kind of water did you bring to school and what volume?

Answer: voting on micro:bit

Source view:

Explanation of the purpose of the activity: With this activity we want to find out the drinking habits of the students.

Setting Expectations: Students will become aware of the different types of drinks and their suitability.

Exposure phase (survey):

Duration (min): 90 min

Objective: To use mathematical calculations to determine how much water a student should need daily. The student will understand the need for water intake for a living organism.

Science Integration (major subject): Biology-Chemistry

Activities:

- Presentation - drinking regimen. The student is able to choose the most suitable drink for his drinking regimen.
- Experiment - evaporation (pure water, cola, juice, Ice Tea). Equipment: flask, petri dish, holder, laboratory scales

Informatics integration (using micro:bit):

Activities:

- Voting using micro:bit.

Group discussion:

- Which drink is best?

Overview and evaluation of the exposure phase (according to the student's opinion): Voting, expressing one's feelings, observation

Fixation phase (fixation and deepening):

Duration (mins): 25 min

Objective: The student can determine how much drinking water they need to drink daily for the healthy functioning of the body.

Activities: Evaluation of the amount of water drunk at school/per day

Student evaluation:

- Class activity

Attachments:

- Presentation Drinking regimen