

## COURSE PLANS

### UNIT 3.

#### 1. BASIS

In this unit we will study different types of food, foods of plant and animal origin, fresh and processed food. Through the presentation of food groups pupils will become aware of the need for a varied diet to stay healthy and promote growth.

November     December

#### 2. METHODOLOGY

As pupils work their way through the contents presented in this unit, they will acquire a general knowledge about types of food and be able to identify foods of plant and animal. They will learn about food groups and the difference between fresh and processed foods and will acquire vocabulary related to the topic.

CONTENTS	EVALUATION CRITERIA	LEARNING STANDARDS
<ul style="list-style-type: none"> <li>• Characteristics of a varied and healthy diet.</li> <li>• Healthy eating habits.</li> <li>• Knowledge of different types of food.</li> <li>• Knowledge of the different food groups and their importance in maintaining a healthy diet.</li> <li>• Recognise whether food is of plant or animal origin.</li> <li>• Using criteria to classify foods into groups.</li> <li>• Recognise the differences between natural and processed products.</li> <li>• Knowledge and appreciation of the need for hygiene when preparing food.</li> <li>• Follow instructions in a recipe.</li> <li>• Understand information, acquire food vocabulary and express themselves correctly.</li> <li>• Initiative and perseverance in tackling problems and defending opinions, developing attitudes of respect and collaboration when working in a group.</li> </ul>	1. Know the benefits of a varied diet.	1.1. Recognise the importance of a varied diet and acquire habits necessary for a healthy diet.
	2. Identify different types of food.	2.1. Name and recognise different types of food.
	3. Know the different food groups.	3.1. Identify and name the different food groups. 3.2. Recognise the food from each group.
	4. Know the origin of food.	4.1. Recognise and differentiate food that comes from plants. 4.2. Recognise and differentiate food that comes from animals.
	5. Match food of animal origin to the animal they come from.	5.1. Match and identify food with the animal food source.
	6. Recognise the differences between natural and processed products.	6.1. Name and differentiate fresh from processed products.
	7. Learn how to follow instructions.	7.1. Follow the steps involved in a recipe.
	8. Learn about hygiene when preparing food.	8.1. Learn about hygiene when preparing food.
	9. Acquire appropriate vocabulary related to food.	9.1. Use appropriate vocabulary when naming foods.
	10. Defend opinions and develop attitudes of respect and collaboration when working together in a group.	10.1. Actively participate in cooperative work activities.

### 3. COMPETENCIES

COMPETENCIES	CONTENTS AND ACTIVITIES BY COMPETENCY
Linguistic competency.	<p>Expressing information orally, in a clear and orderly manner.</p> <p>Using terms related to food correctly.</p> <p>Playing memory and guessing games to consolidate vocabulary</p> <p>Using elements of non-verbal communication, or in different registers, in different communicative situations.</p> <p>Interpreting information from images</p>
Mathematical competency and basic competencies in Science and Technology.	<p>Developing and promoting habits for a healthy lifestyle in terms of food and exercise.</p> <p>Understanding the importance of staying healthy.</p> <p>Recognising and naming different healthy foods.</p>
Digital competency.	<p>Using digital tools to build knowledge.</p> <p>Using digital tools to carry out the activities.</p>
Learning to learn.	<p><i>Multiple Intelligences:</i> Developing the different multiple intelligences.</p> <p>Visually discriminating information found in images.</p>
Social and Civic competencies.	<p>Showing a willingness to participate actively in set activities.</p> <p>Actively participating in group work.</p> <p><i>Values:</i> Learning to behave correctly according to different values.</p> <p>Respecting preferences in food consumption</p>
Sense of initiative and entrepreneurial spirit.	<p>Prioritising the achievement of group goals over personal interests.</p> <p>Actively participating in cooperative work activities.</p>
Cultural awareness and expression	<p>Developing work and presentations with aesthetic sense.</p> <p>Being careful with presentation and neatness in their work.</p>