

## COURSE PLANS

### UNIT 4.

#### 1. BASIS

This unit extends the contents of the previous one, covering the basics of a healthy diet and habits to be adopted. Food will be presented from the point of view of its role in the body in order to understand the need for a varied diet in order to stay healthy. We will look at safety habits regarding food, how to store food and the information on food labels.

January      February

#### 2. METHODOLOGY

As they work through this unit, pupils will learn about foods and their functions and will acquire key hygiene habits regarding food. They will understand how to store food and how to interpret the information on food labels. They will understand the importance of a varied diet to stay healthy.

CONTENTS	EVALUATION CRITERIA	LEARNING STANDARDS
<ul style="list-style-type: none"> <li>• Know the different food groups.</li> <li>• Knowledge of the function of food in the body.</li> <li>• Discrimination and classification of foods that provide vitamins, strengthen the muscles, give energy, strengthen bones.</li> <li>• Acquire healthy eating habits.</li> <li>• Know how to store food correctly.</li> <li>• Understanding of the need to practise healthy eating.</li> <li>• Knowledge of the need to maintain good hygiene with regard to food.</li> <li>• Knowledge of the importance of information on food labels.</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 different food groups and their function in the body.	1.1. Recognise the different food groups. 1.2. Identify and name the food groups and match them to their function in the body.
	2. Identify foods and match them with their food group and function.	2.1. Identify and name different foods. 2.2. Recognise the foods from each group.
	3. Learn about the standards of hygiene in relation to food.	3.1. Acquire and appreciate food safety habits for healthy eating.
	4. Know how to store food correctly.	4.1. Learn how to store food correctly depending on its type.
	5. Knowing the importance of proper nutrition in relation to health.	5.1. Know the meaning of a healthy diet. 5.2. Acquire and appreciate habits for healthy eating.
	6. Learn about the information on food labels.	6.1. Identify information on food labels.
	7. Acquire appropriate vocabulary related to food.	7.1. Use appropriate vocabulary when naming foods.
	8. Defend opinions and develop attitudes of respect and collaboration when working together in a group.	8.1. Actively participate in cooperative work activities.

### 3. COMPETENCIES

COMPETENCIES	CONTENTS AND ACTIVITIES BY COMPETENCY
Linguistic competency.	Expressing information orally, in a clear and orderly manner. Using terms related to food correctly. Oral description of a healthy diet Using elements of non-verbal communication, or in different registers, in different communicative situations. Interpreting information from images
Mathematical competency and basic competencies in Science and Technology.	Developing and promoting habits for a healthy lifestyle in terms of food and exercise. Making decisions and taking responsibility for them when it comes to maintaining a balanced and healthy diet.
Digital competency.	Using digital tools to build knowledge. Using digital tools to carry out the activities.
Learning to learn.	<i>Multiple Intelligences</i> : Developing the different multiple intelligences. Combining mathematical and linguistic knowledge to solve codes.
Social and Civic competencies.	Showing a willingness to participate actively in established areas of participation. Actively participating in group work. <i>Values</i> : Learning to behave correctly according to different values. Being responsible and positive towards changing eating habits.
Sense of initiative and entrepreneurial spirit.	Prioritising the achievement of group goals over personal interests. Actively participating in cooperative work activities.
Cultural awareness and expression	Developing work and presentations with aesthetic sense. Being careful with presentation and neatness in their work.