

Lesson Plan

Topic	Unhealthy ingredients in junk food	Designer	1. Martie Louw
Grade	4	Teacher	Martie Louw + Jack Tsai
Subject	Health		
Length of Lesson	40 minutes	Number of Learners	27
Class Profile	Students are able to understand and speak classroom language and elementary level English.		
Target Language	Vocabulary: / fat / ingredients / unhealthy / oil (oily) / sugar (sweet) / salt (salty) / additives / coloring / dry (dried) / fresh / prepare / food label / boil (boiled)/ deep fried / stir fried / steamed / baked / Phrases: Sentences/questions: _____ has a lot of _____ and a little/no _____. Example: This <u>candy (It)</u> has a lot of <u>sugar and no vitamins</u> . Chips (It) is fried.		
Basic Competency Indicators	<ul style="list-style-type: none"> - Students can identify the ingredients (tick off on their ingredient list) and the quantity in the products and the reason why it is healthy or unhealthy (by using the target sentence patterns). - Students can pronounce the target words correctly. 		
Learning Objectives	<ul style="list-style-type: none"> - Creating a general awareness of the ingredients in food products. - Evaluating the health benefits or dangers of the products in terms of the ingredients. - To be able to recognize the preparation method and evaluate the effect on health accordingly. 		
Textbook Materials	Kang Xuan Grade 4: -Health and PE-Unit 5-Lesson 3		
Teaching Aid(s)	PPT + word list / worksheets + junk food products		

教學流程

Specific Objective	Pre-task (10 minutes)	教具	Classroom Language	
			Procedural language	Functional language
<ul style="list-style-type: none"> - Reinforce the target vocabulary (review) and sentence patterns (using nouns and adjectives to describe the 	<ul style="list-style-type: none"> - Name examples of healthy and unhealthy food. - Match the picture (ingredient) with the word (noun and adjective). 	PPT Worksheets	Match the picture with the word: students speak in relay.	“French fries” <ul style="list-style-type: none"> - Oil/oily (fat/fatty: It has oil./It is oily). Salt/salty

unhealthy ingredients in food).				- (It has salt; it is salty).
	Watch a short clip from "Charlie and the Chocolate Factory" and elicits interpretation from students.	Combined clips from "Charlie and the Chocolate Factory".	Where are they? What are they doing? Do they like it there? Why?	They are in a chocolate factory/candy garden/ jungle. They like the candy because it is delicious.
Specific Objective	Main task (25 minutes)			
<ul style="list-style-type: none"> - Evaluate and categorize the food products according to the ingredients. - Utilize the target vocabulary and sentence patterns. 	<ul style="list-style-type: none"> - Divide stds into groups of 4 and hand out the recording worksheets. - T. shows an example and then guide stds while recording the data. 	Healthy and unhealthy food products	In your groups, look at the foods and make a check when you see the ingredient on the label. Can you tell if it is "a lot/a little?".	Read the example together: "_____ has ____" It is _____. (sweet/salty).
<ul style="list-style-type: none"> - To evaluate the nutritional value of food products according to ingredients and cooking method. 	<ul style="list-style-type: none"> - Each group presents their findings (every std a different ingredient). 		When I point to the ingredient, you describe it, please.	Std 1: "This chips has a lot of oil" Std 2: This chips has a lot of salt". Std 3: This chips doesn't have vitamins. Std 4: This chips has additives.
	Other groups identify the cooking method for foods while others are presenting.			To others: "How is the food prepared?" "It is fried."

<p>具體目標 Specific Objective</p>	<p>Post-task (5 minutes)</p>			
<p>Students reflect on ingredients in junk food and how they will affect their choices.</p>	<p>T. guides stds. to a conclusion by asking questions.</p>		<p>Which of these foods do we have to eat every day? Why? Which food is the most dangerous for our health? Why?</p>	<p>“Apple”, because it has vitamins./It is healthy. Chips and candy are the most dangerous because it has a lot of oil, salt, coloring and additives.</p>
<p>教學評量方式 Assessment</p>	<p>Class observation Student participation Worksheets</p>			

Grade 4 Health

What is your food? _____

Do you know what is in your food?

Tick off the ingredients that you see in your food.

Oil/fat			Sugar			Salt			Additives			Coloring			Vitamins			Protein		
A lot	A little	No	A lot	A little	No	A lot	A little	No	A lot	A little	No	A lot	A little	No	A lot	A little	No	A lot	A little	No

Is your food healthy or unhealthy? _____ Why?
