

Activity

Author:	Ama Guadalupekoa Ikastetxea
Country:	Basque Country
Title:	Food habits: Breakfast as a main source for the day
Students' age:	14 years
Subjects:	Maths, Nutrition, Foreign language (it will be used to teach the workshop)
Duration:	10 hours

Competences:

- Communication in a foreign and mother language
- Mathematical skills
- Learning to learn
- Social and civic skills

Objectives:

- Learning which an ideal breakfast for a teenager is
- Discovering the breakfast habits in the local area
- Learning the importance of breakfast as a necessary source of energy to stand the school day

Activities:

Time	Activity description
1 hour	<p><u>Introduction to the learning unit:</u></p> <p>The students ask each other what they have for breakfast and discuss whether what they have is enough to stand the school day. Then, they read a text on the ideal breakfast for a teenager and they discuss whether they have that kind of breakfast or not.</p>



2hours	<p><u>Explanation of the project:</u> According to the objectives, the students decide in groups which questions must be asked to get the aim of the survey. Then, the questions are shared and we choose the most appropriate questions for the survey.</p>
2hours	<p>The students survey teenagers from 11 to 18 years old. Divided in teams, they have to get answers from different groups of teenagers:</p> <ul style="list-style-type: none"> • Group 1 - teenagers from 11 to 13 • Group 2 - teenagers from 14 to 16 years old • Group 3 - teenagers from 17 to 18 years old. <p>The students are divided into five groups of 5-6 people and each group has to survey five people from each group of teenagers.</p>
1hour	<p>The students translate into English all the results collected from the survey.</p>
1hour	<p>In collaborative groups, according to the group of teenagers surveyed, the teenagers analyze and study the results obtained for each group of teenagers. This way, the students who have surveyed Group 1 gather together, and the same with those who have surveyed group 2 and 3.</p>
3hours	<p>The students make a percentage chart with the results and draw up an essay with those results in a webpage done for the purpose. The webpage is http://foodhabits.wikispaces.com</p>

Teaching tools:

- Handouts: a text on what's the ideal breakfast for a teenager
<http://www.livestrong.com/article/289113-healthy-breakfast-for-teens>
- A webpage to write the results of the survey: <http://foodhabits.wikispaces.com>

