

## Scenario Script

The scenario will need 3 hours. Teacher could adapt the activities (order and number) according to the deeper study of the scenario. Some activities could be done and not others (for example, I propose to do at home the activities about the videos; it is optional, according to the type of students). The same for the activities proposed to do at home (scale-up). Activities can be done in groups (pairs 🗣️🗣️) or individual 🗣️. Teacher could propose the way of work.

In case teacher wants to follow the entire scenario, the activities proposed for each session will be the below: *(More information in "script-Teaching materials")*

### 1st teaching period

#### **1st Activity:**

Activity number: -

Time: 5'

Type of activity: Speaking activity. Introducing the topic (The Mediterranean diet).

Class organisation: The entire group.

Actions/Tasks: Teacher introduces the topic. Discuss about the topic with the entire group.

#### **2nd Activity:**

Activity number: -

Time: 5'

Type of activity: Read (students)/Explain (teacher) introductory text. Teacher solving doubts.

Class organisation: The entire group.

Actions/Tasks: Reading/explaining the text and solving doubts. Possible discussion.

#### **3rd Activity:**

Activity number: "Previous activity"

Time: 10'

Type of activity: Multiple choice activity. Self-assessment activity. Test activity to know the previous knowledge of each student.

Class organisation: Individually.

Actions/Tasks: Students have to answer the multiple choice activity, and self-assess their answers.

#### **4th Activity:**

Activity number: -

Time: 10'

Type of activity: Explaining activity.

Class organisation: The entire group.

Actions/Tasks: Teacher should explain the table "Obesity rates by country 2020", and how to understand and to do a bar diagram. Solving doubts. Possible discussion.

**5th Activity:**

Activity number: Activity 1

Time: 12'

Type of activity: Building a bar diagram.

Class organisation: In pairs (optional individually).

Actions/Tasks: Students have to build the obesity rate bar diagram for 7 more countries from the table (different than the ones that appear). Student can choose the countries. Bar diagram can be done by drawing it or by using Excel or a similar software..

**6th Activity:**

Activity number: Activity 2

Time: 5'

Type of activity: Writing activity

Class organisation: In pairs (optional individually).

Actions/Tasks: Students have to answer the questions about the list and the bar diagram.

**7th Activity:**

Activity number: Activity 3

Time: 7'

Type of activity: Calculating percentages.

Class organisation: In pairs (optional individually).

Actions/Tasks: Students have to calculate percentage of obese people in different countries. Teacher should explain the equation.

**8th Activity:**

Activity number: -

Time: 6'

Type of activity: Summarizing activity.

Class organisation: The entire group.

Actions/Tasks: Teacher summarizes the contents given the first day. Solving doubts. Discussion in class.

## **2nd teaching period**

### **1st Activity:**

Activity number: -

Time: 5'

Type of activity: Reading (students)/Explaining (teacher) the text.

Class organisation: The entire group.

Actions/Tasks: Teacher should explain the text "The healthy eating pyramid" with the support of the "food pyramid picture". Solving doubts. Possible discussion. Optional the video from YouTube that can help students to understand better the contents: <https://www.youtube.com/watch?v=OKbA8pFW3tg> and "balanced diet" <https://www.youtube.com/watch?v=YiDNBgk2oAA>

### **Optional activities about the video "The food pyramid":**

*Optional; do the activities according to the time and the type of students in the class.*

*I recommend doing the activities at home.*

*Actions/tasks: Students have to watch the video, after that, read the questions, watch the video again and answer the questions.*

### **Optional activities about the video "Balanced diet":**

*Optional; do the activities according the time and the type of students in the class.*

*I recommend doing the activities at home.*

*Actions/tasks: Students have to watch the video, after that, read the questions, watch the video again and answer the questions.*

### **2nd Activity:**

Activity number: Activity 4

Time: 5'

Type of activity: Writing activity.

Class organisation: In pairs (optional individually).

Actions/Tasks: With the support of pictures, videos and text students have to write some products from each level of the food pyramid, describing the contribution of each nutrient in our body.

### **3rd Activity:**

Activity number: Activity 5

Time: 5'

Type of activity: Writing activity.

Class organisation: In pairs (optional individually).

Actions/Tasks: Students have to describe what products from the pyramid food we have to eat the most and the less, giving reasons.

**4th Activity:**

Activity number: Activity 6

Time: 15'

Type of activity: Writing activity.

Class organisation: In pairs (optional individually).

Actions/Tasks: Students have to write their favourite food, its ingredients (saying the level of the pyramid for each one), write if the food is healthy or not (giving reasons), and describe how to prepare it.

**5th Activity:**

Activity number: Activity 7

Time: 10'

Type of activity: Speaking activity.

Class organisation: In groups of pairs or in pairs.

Actions/Tasks: Students have to explain to the partners how to prepare their favourite food.

**6th Activity:**

Activity number: -

Time: 10'

Type of activity: Reading (students)-Explaining (teacher) the text.

Class organisation: The entire group.

Actions/Tasks: Read/explain the text "The Mediterranean diet". Solving doubts. Possible discussion. Optional the video from YouTube that can help students to understand better the contents:  
<https://www.youtube.com/watch?v=o5aof7UI3yg>

**Optional activities about the video "Why is the Mediterranean diet good for your heart?"**

*Optional; do the activities according to the time and the type of students in the class.*

*I recommend doing the activities at home.*

*Actions/tasks: Students have to watch the video, after that, read the questions, watch the video again and answer the questions.*

**7th Activity:**

Activity number: Activity 8

Time: 5'

Type of activity: Comparing and writing activity

Class organisation: In pairs (optional individually).

Actions/Tasks: Students have to write, giving reasons, aspects related to the health of the Mediterranean diet, comparing The Mediterranean diet ingredients with the products from the healthy pyramid.

**8th Activity:**

Activity number: -

Time: 5'

Type of activity: Summarizing activity.

Class organisation: The entire group.

Actions/Tasks: Teacher summarizes the contents given the second day. Discussion in class.

**OPTIONAL:** Activity 9 scale-up activity (to do at home). Students have to look for some information about the Mediterranean diet and write a composition about it.

**3rd teaching period**

**1st Activity:**

Activity number: -

Time: 5'

Type of activity: Speaking-debating activity.

Class organisation: The entire group.

Actions/Tasks: Review the things studied the previous days. Possible discussion. Teacher solves doubts.

**2nd Activity:**

Activity number: Activity 10

Time: 10'

Type of activity: Writing activity.

Class organisation: In pair (optional individually).

Actions/Tasks: Students have to write the name of the three more known foods of their country, its main ingredients, and giving reasons if they are healthy or not relating with the healthy food pyramid and the Mediterranean diet.

**3th Activity:**

Activity number: -

Time: 5'

Type of activity: Explaining activity.

Class organisation: The entire group.

Actions/Tasks: Teacher should explain “Nutritional information” and “Kcal food table”, solving doubts. Watching the optional video “how to create a healthy plate” [https://www.youtube.com/watch?v=Gmh\\_xMMJ2Pw](https://www.youtube.com/watch?v=Gmh_xMMJ2Pw) could help the teacher to explain activity 11.

***Optional activities about the video “How to create a healthy plate”:***

*Optional; do the activities according to the time and the type of students in the class.*

*I recommend doing the activities at home.*

*Actions/tasks: Students have to watch the video, after that, read the questions, watch the video again and answer the questions.*

***4th Activity:***

Activity number: Activity 11

Time: 25'

Type of activity: Writing and calculating activity.

Class organisation: In pairs (optional individually).

Actions/Tasks: Students have to prepare a healthy week diet with the products from the table for a teenager (usually 2500 Kcal/day).

***5th Activity:***

Activity number: Activity 12

Time: 5'

Type of activity: Writing activity.

Class organisation: In pairs (optional individually).

Actions/Tasks: Students have to write, giving reasons, if the program diet is possible for an athlete teenager.

***6th Activity:***

Activity number: -

Time: 10'

Type of activity: Summarizing and speaking activity. Possible discussion.

Class organisation: The entire group..

Actions/Tasks: Teacher should summarize contents. Discussion in class. Student' self-assessment and peer assessment can be finish at home.

**Suggestions for future development and expansion of the scenario**

I suggest expanding the scenario introducing different kind of diets in Europe, to find the common points in all the diets in Europe and the differences.