

SURNAME AND NAME











SCHOOL

GRADE

FOOD LABORATORY
MODULE 1 – BODY WEIGHT AND FOODS

General objective	Understand the meaning of overweight/obesity and their main determinants
Specific objectives	<ul style="list-style-type: none">- Know the meaning of overweight/obesity- Discriminate between figures of different body weight- Identify the main determinants of overweight and obesity
Short introduction	Body weight and its classification. The relationship between food intake and obesity.
Activity 1	Prepare some profiles of children with different weight (under, normal, over weight/obese) and ask children to observe them. Ask them which profile they think is associated to health, and ask them to tick the correct smile close to each profile.
Activity 2	Prepare a sheet with one profile of obese child and an empty space beside. Ask pupils to draw and paint on a blank sheet of paper a food that they link to the obese child, cut out and paste in the empty space beside the correct profile.

EVALUATION

<p>Tick the smile corresponding correctly to the profile. Score = 1 point per each profile correctly perceived.</p>			<p>Paste the drawn and painted food that you link to the obese profile. Score = 1 point if the drawing is correct in relation to the obese profile.</p>		
	 				
	 				
	 				
SCORE				SCORE	

TOTAL SCORE

SURNAME AND NAME

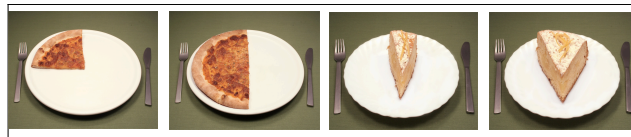
SCHOOL

GRADE

FOOD LABORATORY
MODULE 2 – FOOD QUALITY/QUANTITY AND HEALTH

General objective	Understand the relationship between the food quality/quantity and health.
Specific objectives	- Recognise and name the healthy and the non-health foods. - Experience the weighing of some foods, and discriminate between the different quantities.
Short introduction	The main classes of foods. Healthy and non-healthy foods. Correct quality and quantity of the foods in the diet.
Activity 1	Prepare a sheet with different healthy and less or non-healthy foods. Ask pupils to choose two foods, one healthy and one non-healthy, and draw, paint and cut out them on a blank sheet. Ask pupils to paste the two chosen foods on the empty space of the sheet beside the correct smile (healthy=happy smile; non-healthy=sad smile).
Activity	Take some foods (fruit, pasta, etc.) and make some example of small, medium and big portion sizes. Ask children to weigh the foods, and ask them if the portions are small, medium or big. Ask children to draw, paint and cut out two portions of food on a blank sheet, one medium and one big. Ask pupils to paste the two portions on the empty space of the sheet beside the correct smile (medium portion=happy smile; big portion=sad smile).
Activity 3	Ask children to associate to some foods the colour of health (yellow, orange, red from the fruit and vegetables) and to other the colour white (sugar, butter, etc.) Ask them to draw and paint these foods.

EVALUATION



Paste two foods, one healthY and one non healthy in the empty space beside the correct smile.

Score = 1 point per each food pasted in the correct space.

SCORE		

Paste two portions, one correct and one non correct corresponding to the smile.

Score = 1 point per each portion pasted in the correct space.

SCORE		

TOTAL SCORE

SURNAME AND NAME

SCHOOL


GRADE

FOOD LABORATORY
MODULE 3 – EAT ORGANIC AND FOLLOW SEASONS!

General objective	Understand the relationship between food and environment (organic food, seasonality)
Specific objectives	Know the meaning of organic food; recognise packed organic foods. Identify foods from each season.
Short introduction	Organic foods: definition; advantages for the environment and health; European logo for packed foods. Seasons and their foods.
Activity 1	Show to the children some packed organic products and non-organic products. Prepare some sheets with the images of these foods. Ask them to cut them out and paste on a sheet gathering them to compose a meal. If they will have composed a meal by choosing all the organic foods, they will have given the correct answer.
Activity 2	Show to the children fruit and vegetables typical from each season. Ask them to compose a meal by adding foods from the winter season.


EVALUATION

Compose a meal by choosing foods among those shown organic and non-organic.
Score = 1 point if they choose all organic foods.




SCORE

Compose a meal by choosing foods among those shown fresh from the garden and packed.
Score = 1 point if they choose foods fresh from the garden.




SCORE

Compose a “winter meal” by choosing foods among those shown.
Score = 1 point if they choose winter foods.



SCORE

Compose a “summer meal” by choosing foods among those shown.
Score = 1 point if they choose summer foods.



SCORE

TOTAL SCORE

SURNAME AND NAME

SCHOOL

GRADE

FOOD LABORATORY
MODULE 4 – LET’S KNOW TRADITIONAL SICILIAN FOODS

General objective	Promote knowledge and consumption of quality Sicilian agricultural foods, that are connected to the tradition and culture of the territory and that are obtained by respecting the environment.
Specific objectives	Know the Mediterranean Diet. Learn that Sicily is included in the Mediterranean Diet countries and has several typical genuine products.
Short introduction	Brief notes on the geography of the Mediterranean countries, and Sicily in particular. Typical foods of the Mediterranean Diet and the most common Sicilian agricultural products.
Activity 1	Show to the children, and in some cases let them smell and touch, some of the agricultural Sicilian products (extra virgin olive oil, oranges, herbs, olives, almonds, cheeses, etc.). Ask them to comment on the different smells, tastes, shapes, colours. Ask them to indicate on a sheet the smile corresponding to the perception during the sensorial experience. Blindfold the children, and let them smell and touch one food previously shown, asking them to identify the correct one. Mark on the sheet if they guessed it.
Activity 2	Divide children in two teams. The operator should describe different characteristics of a typical Sicilian food and of the Mediterranean tradition, and the teams have to guess what food it is.
Activity 3	Make the children knead water and flour. Ask them to create shapes that represent Sicilian foods.
Activity 4	Prepare a sheet with different typical Sicilian and non-typical foods. Ask them to compose a meal by choosing the typical foods.

EVALUATION

Ask the children to draw (or paste) the food they recognised while they were blindfolded.
Score = 1 point if they recognise it.



SCORE

Ask the children to draw (or paste) the food that was described by the teacher.
Score = 1 point if they guess it.



SCORE

Ask the children to draw (or paste) the food created with the dough of water and flour.
Score = 1 point if they reproduce them correctly.



SCORE

Compose a typical Sicilian meal by choosing foods among those shown.
Score = 1 point if they choose the correct foods.



SCORE

TOTAL SCORE

SURNAME AND NAME

SCHOOL

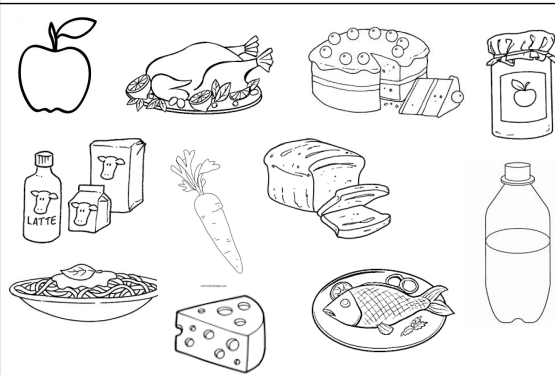
GRADE

FOOD LABORATORY
MODULE 5 – LET’S BUILD THE FOOD PYRAMID

General objective	Favour building healthy food habits.
Specific objectives	Know the different food groups and their suggested distribution in a day. Know the food pyramid.
Short introduction	Food classification. The daily meals. The food pyramid.
Activity 1	Prepare a sheet with the foods suitable for breakfast, morning/afternoon break, and lunch/dinner. Ask the children to paint the foods suitable for each of the described meal.
Activity 2	Prepare a blank poster and cut with a shape of triangle. Draw different lines for the levels of the pyramid. Ask children to draw, paint and cut out a different food. Create a path that leads each child to paste the food in the correct pyramid level, by respecting the pyramid rules.

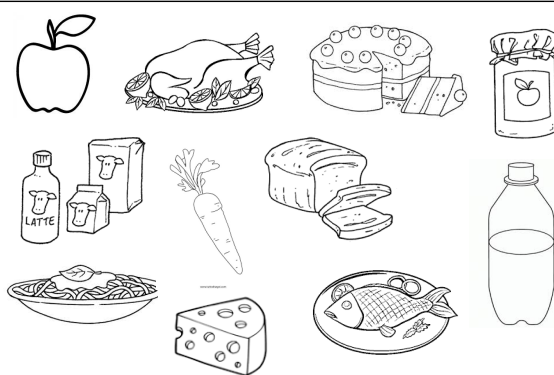
EVALUATION

Paint the foods suitable for breakfast.
Score = 1 point if foods are painted correctly.



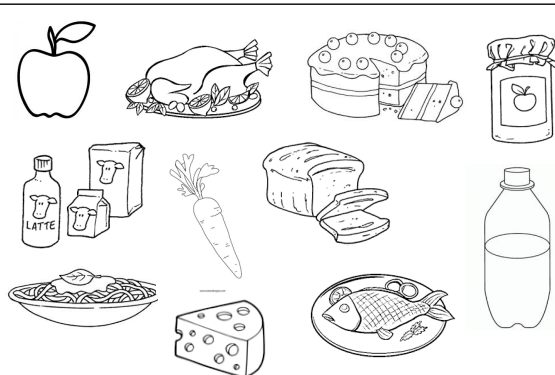
SCORE

Paint the foods suitable for lunch/dinner.
Score = 1 point if foods are painted correctly.



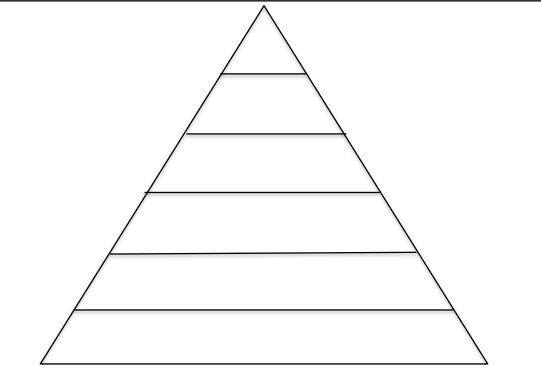
SCORE

Paint the foods suitable for the morning or afternoon break.
Score = 1 point if foods are painted correctly.



SCORE

Paste the food in the correct level, by respecting the pyramid rules.
Score = 1 point if the food is pasted in the correct level.



SCORE

TOTAL SCORE