

## THE TITLE

### 'NUTRITIONAL, ENERGETIC AND AESTHETIC VALUE OF FOOD PRODUCTS. THE INFORMATION ON THE PACKAGING'



**Creator:** PĂTRU Nicoleta

Student aged 11-12.

**Language level:** Language level: A2 (based on the Common European Framework of Reference for languages).

**Duration:** 2 teaching periods

**First teaching period** (50 minutes)

#### **Activity no. 1**

Time: 10 min.

**Type of activity:** video design, debate, problematization

**Class organization:** the whole class

**Actions/Tasks:** Knowing that foods are selected based on their organoleptic characteristics, the teacher initiates a discussion about how important it is to know the nutritional and energy value of foods and then projects the video titled 'The Food Label and You: The 5-20 Rule Part 1 (Historical PSA)'. <https://www.youtube.com/watch?v=1EWIstzFCL4>

After watching the video, the teacher asks the students to state orally, what does the 5/20 rule refer to?

#### **Activity no. 2**

Time: 20 min.

**Type of activity:** power point presentation with the title 'NUTRITIONAL, ENERGETIC VALUE AND AESTHETICS OF FOOD'

<https://docs.google.com/presentation/d/1-FpNkSzFbF1tZkYPdNAjTnRGRllvfFUAKIRWVb-whI/edit?usp=sharing> , specifying the definition of the nutritional value, the classification of nutrients, defines the energy value and provides an example of calculation, for 100 g (apple ), and then asks the students to solve the problem in the activity sheet.

**Class organization:** the whole class

**Actions/Tasks:** The teacher asks the students to solve the problem in the activity sheet, after which he asks a student to specify the answer and the calculation method. And upload the activity sheets to the padlet.

[https://docs.google.com/document/d/1o2SqkbKY2WxbkLBhfUGZXwSzGVgFg\\_0EDz4qW015AA0/edit](https://docs.google.com/document/d/1o2SqkbKY2WxbkLBhfUGZXwSzGVgFg_0EDz4qW015AA0/edit) ;

<https://padlet.com/nicoletapatru/chfwbhq87h3dez8h/wish/2403681005>

### Activity 3

**Time:** 20 min.

**Type of activity:** The teacher explains to the students that the energy requirement (caloric) must be determined according to the age, the type of effort, the state of health. Surplus energy is stored by the body, forming adipose tissue (fat layer). In general, an adult who does not do a lot of physical work needs about 35 kilocalories per day for every kilogram of his body.

**Class organization:** the whole class

**Actions/Tasks:** After discussions about the nutritional and energy value, the teacher asks the students to solve a questionnaire (quiz):

<https://docs.google.com/forms/d/1bYdlZPMCPUtFtIV4jBS8q0GqnRcUtRDs8F0Wt9xUHeY/edit>

### Second teaching period (50 minutes)

#### Activity no. 1

**Time:** 10 min.

**Type of activity:** debate, problem solving, didactic game

**Class organization:** the whole class

**Actions/Tasks:** The teacher first challenges the students to a discussion about the aesthetic value of food, and then shows them a video clip entitled 'FOOD DISHES',

<https://youtu.be/42PU19EUMDA> ; Students are attentive. Next, the teacher asks the students to identify at least 3 dishes from the watched video and the form of presentation.

#### Activity no. 2

**Time:** 25 min.

**Type of activity:** Discussions, debates regarding the aesthetic value of products and their packaging

**Class organization:** the whole class

**Actions/Tasks:** The teacher presents the students with a power point with the title 'Aesthetic value and the information on the packaging of food products', and then asks the students to specify the information on the packaging of a food product.

### **Activity 3**

**Time:** 15 min.

**Type of activity:** exposition, practical realization

**Class organization:** the whole class

**Actions:** The teacher presents the students with the practical activity sheet, in which they are asked to make a package for a food product (of their choice), specifying both the identification and information elements, a barcode and the symbols of 2 product labels ecological. After completion, the products will be rated, photographed and uploaded to the padlet.

[https://docs.google.com/document/d/1v4toqgb\\_b98QL33IQB7xymInh4F0iKQt0HxpYYmhl4/edit?usp=sharing](https://docs.google.com/document/d/1v4toqgb_b98QL33IQB7xymInh4F0iKQt0HxpYYmhl4/edit?usp=sharing) ;

<https://padlet.com/nicoletapatru/chfwbhq87h3dez8h/wish/2404227525>