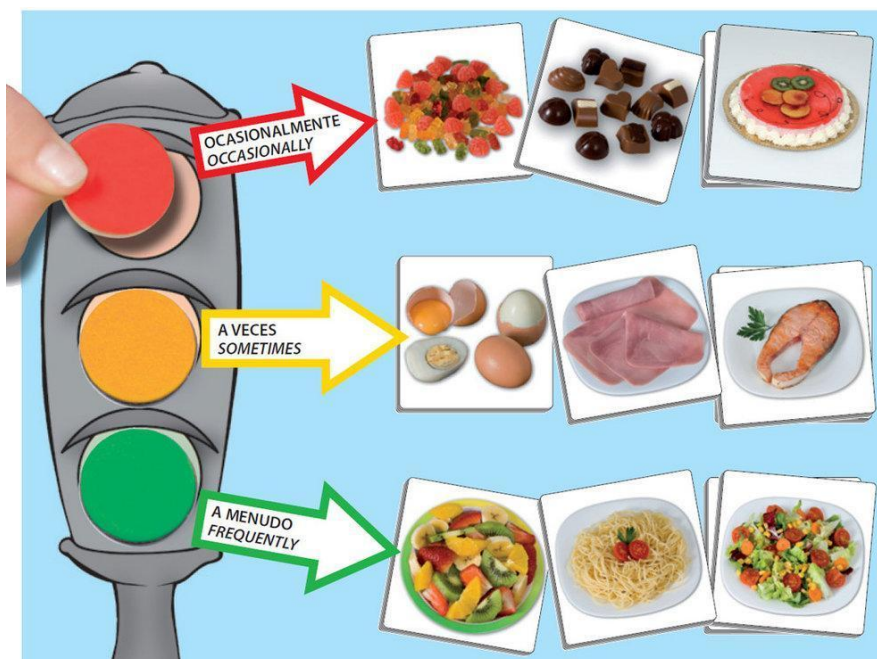


The food traffic light

1	<p>Main objectives</p> <ul style="list-style-type: none"> • Understand the different properties of food • Discover nutrients and health effects • Understand the differences between natural foods and processed foods • Develop the skills of classifying foods according to their properties • Strengthen the understanding of the ecological and economic values of vegetable cultivation • Build an attitude of responsibility for the natural environment
2	<p>Vocabulary – Keywords</p> <p>Natural foods, processed foods, vegetables, fruits, vegetables, eggs, meat, fish, cereals, flours, sweets, fats, juices, vitamins, minerals, proteins, water, etc.</p>
3	<p>Sustainability skills developed</p> <ul style="list-style-type: none"> • Systemic thinking • Critical thinking
4	<p>Sustainability pillars included</p> <ul style="list-style-type: none"> • Ecological • Social
5	<p>STEAM Domains</p> <p>Science, Math and Art</p>
6	<p>Teaching methodologies / scheme of activities</p> <p>Activity 1:</p> <ol style="list-style-type: none"> 1. Start with the projection of the video "Healthy eating for children with Groovy the Martian". Take advantage of this video to explain the different properties of food, those that should be consumed more frequently or less, the consequences for health: grow strong and healthy, natural foods, processed foods, foods of plant origin, of animal origin. etc. (In English you can alternatively use the video: "traffic light food")



2. Create a traffic light with cardboard and compress images of different foods, cut them and plasticize them. Classify those foods and group them in the three colors of the traffic light.



Activity 2:

1. Project the video: "How is a plant born and grown?" and take advantage of the projection to work on the ecological and economic implications of growing foods of plant origin.
2. Instruct the children to draw a vegetable garden or garden and place the vegetables they like the most.

7 Expected learning outcomes

The child will be able to

- Explain the properties of food
- Differentiate nutrients
- Explain the differences between natural and processed foods
- Classify foods according to their properties
- Classify foods according to their origin

8 Evaluation

Initial: ask children questions to find out what their knowledge of the subject is.

Formative: observe with a rubric

Final: evaluate through an individual exercise or task

9	<p>Equipment and materials to be used in the learning unit (tools, ingredients, etc.)</p> <p>Cardboard, photographs or laminated images of different foods, velcro.</p>
10	<p>Type of environment: laboratory, kitchen, outdoor, etc.</p> <p>Interior: classroom with projector.</p>
11	<p>References – source:</p> <p>Video 1: https://www.youtube.com/watch?v=mUwrlz3-4aw&t=31s English alternative: https://www.youtube.com/watch?v=w82HFvs9z-Y Video 2: https://www.youtube.com/watch?v=gQ5y5gT-Wbc&t=14s Alternative in English: https://www.youtube.com/watch?v=gQ5y5gT-Wbc</p>

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