

CLIL – potravinová pyramida, sezónní strava

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Food pyramid and eating seasonally

Age group: 10-15 (depending on ŠVP)

Content goals:

- understand the food pyramid and prove why it is important
- think of what fruit or vegetables pupils eat during the year, think of transport of non-seasonal crops and its consequences
- think about sustainability
- say why it is good to eat local and seasonal crops when considering the four seasons of the year

Language goals:

- food vocabulary
- I think/I don't think...
- We should/we shouldn't...

1) Food groups

Children put the food groups together so it makes the shape of the pyramid. And then they match the titles to the different levels of the pyramid which we call food groups.



Meat, fish, seafood and legume	Milk (dairy) products
Cereals, whole grains, bread	Fats and oils
Fruit and vegetables	

2) What is in each food group?

Say what is in each group. Children name things they can see in the pyramid. Of course, they can name other things which come to their minds.

The teacher can then ask for example: "Where are apples?" or "Where is chicken?" or "Where is pasta?" and so on, so he/she proves to him/herself that children know what they are talking about.

3) Explanation of the food pyramid

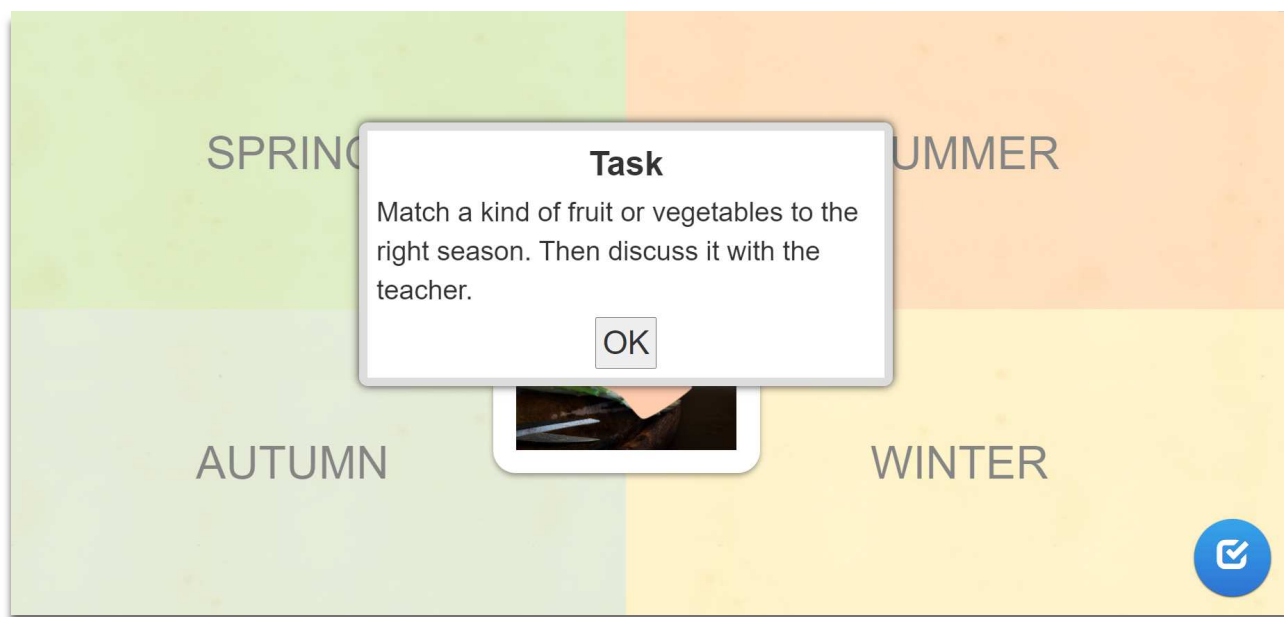
Children try to explain what the food pyramid is. The teacher helps them, he/she shows them a big pyramid on the projector and asks them for example "Why should we eat so much vegetables and fruit?" or "What do you think? Why do we eat less bread than vegetables?". If children do not know how to answer, the teacher helps them to discover the aim of the food pyramid.

4) Children match chosen fruits and vegetables

Match fruits and vegetables to the four seasons of the year.

App: Learningapps

<https://learningapps.org/watch?v=pgigab15321> – matching fruits and vegetables to right seasons



5) Discussion “Why is it important to eat local and seasonal crops?”

They discuss seasons of the year, the year cycle, and crops we grow in the garden and/or in the Czech Republic. They share their experience. For example, they can answer following questions:

- What do you eat in every season?
- Does your diet change during the year?
- Do you buy strawberries in January? Why?/Why not?
- Where are non-seasonal fruits grown? How do they come to the Czech Republic?
- Are Czech apples cheaper than Spanish ones? Why?
- How often do you eat pineapples or bananas?
- ...



6) Make your seasonal pyramid

In groups children choose a season of the year and create their own seasonal food pyramid respecting the region they live in.

After the project is done, each group present their food pyramid and explain their choice.

Tento materiál vznikl v rámci projektu Erasmus+.



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