

Lesson Plan: The Consequences of Malnutrition

THE HEALTHIER I EAT THE BETTER I LEARN

The healthier I eat, the better I learn!

Cooperation Partnership in School Education - 2021-1-FR01-KA220-SCH-000032583



LESSON PLAN:

Topic : The Consequences of Malnutrition

Overview:

- This lesson aims to familiarize students with the concept of malnutrition and its consequences on health. Through interactive activities, videos, and discussions, students will deepen their understanding of malnutrition and its impact.

Connections to the partnership:

- Develop students' knowledge about health and well-being.
- Enhance students' ability to engage with educational technology tools.
- Foster critical thinking skills through discussions and interactive activities.

Age: Teenagers

Level: Lower/Lower Intermediate

Estimated duration: 55 minutes

Objectives:

- Understand the meaning of malnutrition.
- Engage in a true/false quiz independently.
- Watch a video to become familiar with the consequences of malnutrition.
- Explore interactive activities that reinforce learning.

- **Learning Standards:**

- Students have already been familiarized with a variety of digital tools such as:
- **AnswerGarden** (<https://answergarden.ch/>),
- **YouTube** (<https://www.youtube.com/>),
- **Wordwall** (<https://wordwall.net/>),
- **Quizizz** (<https://quizizz.com/>), and
- **Kahoot** (<https://create.kahoot.it/>).

Content	Aim	Description	Time	Resources
Warm-Up	Activate prior knowledge and generate interest	Ask students questions about malnutrition and discuss their responses	5 min	-
Discussion	Explore initial thoughts on malnutrition	Show an Answergarden word cloud and discuss students' associations with malnutrition	10 min	Answergarden
Presentation	Learn about malnutrition through videos	Use YouTube videos to explain advanced topics, consequences, signs, and symptoms of malnutrition	15 min	YouTube videos
Practice	Reinforce learning through interactive activities	Use Wordwall, Quizizz, and Kahoot for interactive practice and assessment on malnutrition	15 min	Wordwall, Quizizz, Kahoot
Conclusion	Recap and reflection	Discuss the key points learned, encourage continued learning, and use Liveworksheets for comprehension assessment	10 min	Liveworksheets
Assessment	Evaluate understanding	Use the Liveworksheets activity to assess students' understanding of malnutrition	-	Liveworksheets

- **WARM-UP Introduction:** Duration: 5 minutes
- Activate prior knowledge and generate interest: Ask students some questions about malnutrition:
 - Do you usually eat between 3 and 5 times a day?
 - Are you sure your food is adequate?
 - What do you usually have at breakfast?
 - What type of food do you eat every day?
 - Do you always consume the same foods?

- Engage students in a discussion about their food consumption patterns.
- Explain that in this lesson, they will learn about malnutrition and its impact on health.

- Make an online questionnaire to evaluate the current situation of the diet habits of children
- https://www.pdfFiller.com/jsfiller-desk11/?mode=force_choice&requestHash=f7f0279c5818835b7bcf4962ddea92b0193a95c5481f439479085d38e61a378c&lang=tr&projectId=1297831678&loader=tips&MEDIUM_PDFJS=true&PAGE_REARRANGE_V2_MVP=true&isPageRearrangeV2MVP=true&jsf-page-rearrange-v2=true#31df0b701bfd4de0ac2ce02f27bc41ea

- **DISCUSSION** Duration: 10 Minutes
- Show students a **Answergarden** word cloud with the question: "What comes to your mind when you hear the word 'malnutrition'?" [Link to AnswerGarden word cloud](#)
- Display the word cloud on the board and discuss the results with the class.
- Tell students that they will learn more about malnutrition in this lesson and how it affects their health.

- **PRESENTATION** Duration: 10minutes
- Use YouTube to find a video that explains more advanced topics about malnutrition, the consequences of this disease, as well as its signs and symptoms, depending on the nutritional deficiency that the person suffers. [Link to YouTube video](#)
- Discuss the content of the video with the students.

- **PRACTICE** Duration: 10 minutes
- Students will consolidate their learning using the "Wordwall" application. [Link to Wordwall resource](#)
- Students will learn about malnutrition better by using the "Quizzes" app. It strengthens their knowledge and becomes usable. [Link to Quizizz quiz](#)
- Students will practice with Kahoot. [Link to Kahoot activity](#)

- "JUNK FOOD VS. NUTRITIOUS FOOD" ART PROJECT: 10 minutes
- Provide students with magazines, newspapers, and art supplies. Ask them to create collages or posters contrasting junk food with nutritious food choices. Encourage them to include slogans or messages that promote the benefits of healthy eating and the risks of consuming excessive junk food.

- **CONCLUSION** Duration: 10 minutes
- Students learn about malnutrition. They reinforced the issue by using web2 applications.
- Encourage students to continue learning about malnutrition.
- Students will talk about what they learned in this lesson.
- Students will use the Liveworksheet app to understand what they learned in this lesson. [Link to Liveworksheets activity](#)
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•By

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CHAPTER 2: NUTRITION AND FOOD TECHNOLOGY

2.1 BALANCED DIET AND CALORIFIC VALUE

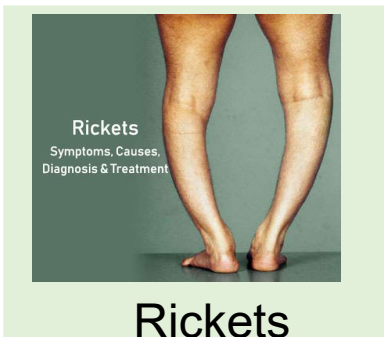
MALNUTRITION

= a lack or an excess of any class of food

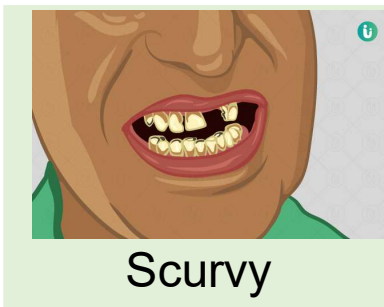
Question 1: Diagrams below show the examples of malnutrition that caused by lack of class of food. Match the diagrams of the diseases to the causes



Lack of Vitamin D and calcium



Lack of protein



Lack of iodine



Lack of Vitamin C