



Healthy & Learning Lifestyle

Pupil assignment:
You are what you eat!



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ASSIGNMENT FACTSHEET

This assignment includes these topics:

- Nutrition ✓
- Exercise
- Mental health
- Physical health ✓
- Your own (healthy and learning) lifestyle ✓
- The lifestyle of others ✓
- The healthy and learning lifestyle circumstances at home
- The healthy and learning lifestyle circumstances at school
- Other topic, being:

This assignment is:

- Challenge based
- Exchange oriented ✓
- Aimed at personal development

This assignment includes these pupil activities:

- Investigate or research ✓
- Contact experts and practitioners
- Present and discuss their findings ✓
- Other activity, being:

This assignment includes elements of these school subjects:

- Math
- English ✓
- Physical Education
- Biology ✓
- Geography
- ICT ✓
- Physics
- History
- Other subject(s), being:

Key words or hashtags for this assignment are:

Nutrition
Eating habits
Daily reference intake



You are what you eat!

SHORT DESCRIPTION

In this assignment pupils will investigate what is considered a healthy diet and what systems and guidelines exist for this. Pupils will furthermore keep track and examine their own eating and drinking habits and learn about nutrients, carbohydrates, fat, protein, minerals, and vitamins.

PUPIL TARGET

14-16 year olds in secondary school.

REQUIERED KNOWLEDGE, SKILLS AND COMPETENCES

Describe which competences, skills and knowledge pupils need up front.

Pupils should be able to already...

- Look up information and interpret this
- Use online apps
- Analyse (own) research data
- Present and discuss the outcomes

Pupils should know already....

- The most basic elements of food and drinks, in terms of ingredients and nutrition.
- The basics of the English language (to connect with pupils abroad)

**GROUP SIZE AND
WAY OF
EXECUTION**

This is an Individual assignment with sharing, discussion and presentation elements upon completion of the assignment.

TIMEFRAME

Preparation: Very little preparation time and effort is needed by the teacher.

Expected total duration of the assignment: Pupils are requested to track their eating and drinking habits for a full week and then reflect on it. So all in all, about 10 days in length with small effort every day .



FULL DESCRIPTION OF THE ASSIGNMENT

The assignment consists of three parts, it is up to you to work out these three parts and to incorporate them as one, which means that you have to hand them in as a whole.

It is up to you to decide which form of working out you choose. You can choose to work in Word, but Prezi, PowerPoint, etc. are also good options. Choose something that suits you and of which you are sure that it reflects all requested content. Make sure that you do not only work out the assignments, but that you also write a title / table of contents / introduction / etc. It depends on your form of elaboration how you give form to this!

Part 1

Investigate what is considered a healthy diet and what systems and guidelines exist for this. Find a visual representation of this and describe this concisely.

Part 2

The guideline you found probably consist of different food groups or elements. For each part of it, write something that you sometimes eat. You can also make it more visual like a collage, with pictures of something you eat which fit the different categories.

Part 3

Keep a food and drinks diary for a week. There are handy apps developed to help you do this, look them up.

Make sure it is a continuous week, for 7 consecutive days. Only then will it give a representative picture of your food intake and you can draw meaningful conclusions.

Make sure you have a complete food log, so not only what you ate and drank, but also what the nutritional values are.

Make sure it is clear, logically laid out and therefore easy to read.

Evaluate your food diary and draw a conclusion. What can you say about it? Look up what energy or calory balance means (this is different for each person) and go into this topic.

In the end, make a short presentation about your findings and recommendations to be presented to pupils in your class and to pupils abroad in other schools in Europe. Make sure to include all three parts of the assignment!

MATERIALS NEEDED

Pupils could look up and use existing apps in the App Store / Google Play Store for the assignment which allow you to track what you eat and drink. These app support the user with ingredient and food content registration for analysis.

LEARNING GOALS

Upon completion of this assignment, Pupils will know:

- What guidelines exist for a healthy diet and of which elements this consists;
- What food groups typically contain which nutritional properties

Pupils will be able to:

- Reflect on how their own daily food and drinks consumption compares to this;
- Make more informed decisions on their (healthy) lifestyle

ASSIGNMENT DEVELOPER

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ONLINE INTERACTIVE & INTERNATIONAL FOLLOW-UP ASSIGNMENT

Typical food!

DESCRIPTION OF THE ONLINE ASSIGNMENT

Pupils come together in groups, 2 pupils per country.

Pupils present and describe to each other typical and traditional food from their country: 1 dish/drink which is traditional and typical from their country but not (so) healthy, and 1 dish or drink which is traditionally also from their country and the same time also quite healthy! Pupils explain to each other why these are healthy and not so healthy.

ORGANISATION AND WAY OF EXECUTION

Organisation

In groups of 2 per country

Technically

Via Microsoft Teams, first plenary session, then breakout rooms in groups and a plenary ending.

Expected total duration: 1h in total.

LEARNING GOALS

Upon completion of this online assignment, pupils will know:

- What typical and traditional dishes and drinks are in their own country and in other countries;
- How these dishes relate to a healthy diet

Pupils will be able to:

- Engage in conversation in international context with their peers

ASSIGNMENT DEVELOPER

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Learning
Hub
Friesland

Geseme
Medical experts.
Safety specialists.

Klare Koek.



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