

## LESSON PLAN

**Name:** Samuel Branster

**Year:** 10

**Date:** 23/04/2020

**Subject:** Food Technology

**Supervisor:**

**Topic:** Nutrition

### **Lesson Focus**

The importance of the six essential nutrients and their roles for health.

### **Lesson Context**

This is the second lesson of eight in the unit nutrition. The last lessons focus was on the importance of nutrition, this lesson will be focussing on the six essential nutrients and following lesson will be exploring dietary requirements.

### **Outcomes / Outcome indicators / Standards**

#### **Syllabus Outcomes:**

**FT5-6** - Describes the relationship between food consumption, the nutritional value of foods and the health of individuals and local communities.

**FT5-9** communicates ideas and information using a range of media and appropriate terminology

**Outcomes:** *On completing this lesson students should be able to:*

- Explain the importance of nutrition.
- Identify the 6 essential nutrients and give at least one function for each.
- Give one food source for all 3 macronutrients.
- Create and edit a webpage using Google Sites.

### **Content**

- Steps to create a website using Google docs
- Sources on nutrition

### **Inclusions:**

- Literacy: Students are required to communicate ideas with their peers throughout this class as it will involve collaborative work.
- Numeracy: charts and graphs displaying information, formatting and editing website.
- ICT - Substitutions: Devices will be used for research and to create a website.

### **Learning Resources**

- Video – New Google Sites for Beginners Tutorial – 2018  
<https://www.youtube.com/watch?v=w05NlgHNzWs>  
6 essential nutrients
- <https://health.gov.au/internet/publications/publishing.nsf/Content/canteen-mgr-tr1~nutrients>

- Textbook
- Student devices

### **Introduction**

#### **(0-5mins)**

Hook – Link students to the example website you have created on google site. Briefly explore the site, then tell them you created that site and that by the end of this lesson they will have all created their own website.

Context This is the second lesson of eight in the unit nutrition. The last lessons focus was on the importance of nutrition, this lesson will be focussing on the six essential nutrients and following lesson will be exploring dietary requirements.

Synopsis – the class go through the steps of how to create a site in google docs together, the remainder of the class will be students researching and editing their websites.

Relevance – the skill to be able to build a website is extremely valuable in todays society.

### **Teaching Plan**

**(6-20mins)** – Teacher to go through step by step instructions with the class on how to set up a google site webpage. A link to a tutorial video will be sent to students who may require additional help.

**(21-23mins)** –Students will be directed to some useful resources which will provide students with information to include in their website

**(24-26mins)** – Students are to pair up to create their website.

**(27-95mins)** – Students are to use their devices to research and create a website highlighting the importance of nutrition, listing the 6 essential nutrients and their functions for health and adding visual aids to compliment their information.

### **Lesson Conclusion**

#### **(95-100mins)**

Ask students something new they discovered about nutrition?

Ask students if they enjoyed creating their own website?

Congratulate class for their achievements

Introduce next lessons topic

Dismiss class