




## MindSetGo 2.0 Lesson Plan: You are what you eat or you eat what you are.

Subject	Arts	Theme	Self-motivation.
Age Range	11-12	School: CPEIBAS Arteaga	
Learning Objectives			
To explain the food pyramids to the students.			
To debate on how food affects our lives and the functioning of our brain.			
Teaching Activities			Resources / Equipment
Paint a self-portrait, filling their faces with the food they usually eat.			Art kit 3d printer
Create a video eating healthy food and send positive messages and another video eating junk food with negative messages.			
Create a video eating junk food and send negative messages.			
Learning Outcomes	Reflect on their eating habits. Be aware of the importance of healthy eating to your brain.		
After the lesson			
Documentation (photographs, drawings, work etc)			



Co-funded by the  
Erasmus+ Programme  
of the European Union



Erasmus+

Teacher Evaluation  
and  
Recommendations.

It has been a very enriching activity in various aspects. They have begun drawing each other looking into each other's eyes face to face. This action has great importance due to the correct use of mobile phones and the communication that exists among young people through it. We have also discussed the type of food they usually have and their habits and routines. While they were making their collages by pasting images of food that they usually eat, they reflected on whether what they eat is the best for them or not. They have also made a video where they express their position against unhealthy food and their position in favour of eating fruits and vegetables. (The videos are not shown on this page because the students have not given their consent).