

# Lesson Plan: "Healthy and Unhealthy Food" Project for 5th Grade (NUS)

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**Subject: English Language**

**Topic: Healthy and Unhealthy Food**

**Grade: 5th Grade**

**Lesson Duration: 45 minutes**

**Lesson Type: Project-Based Learning**

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## Learning Objectives:

1. **Cognitive Objective:**
    - Students will be able to differentiate between healthy and unhealthy foods in English.
    - Students will demonstrate understanding of food-related vocabulary and expressions.
  2. **Skill Objective:**
    - Students will improve their speaking, writing, and collaboration skills by working on a project about healthy and unhealthy foods.
  3. **Affective Objective:**
    - Students will understand the importance of healthy eating and its impact on their overall well-being.
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## Materials:

- **Project Resources:** Internet-enabled devices (laptops, tablets, smartphones) for research.
  - **Tools for Project Creation:** Canva, Google Slides, Padlet, Poster paper, Markers, Pictures of foods (printed or digital).
  - **Handouts:** Vocabulary list (healthy foods, unhealthy foods, food adjectives).
  - **Flashcards:** Pictures of different foods (fruits, vegetables, junk food, etc.).
  - **Interactive Whiteboard or Projector:** To show examples and explain key concepts.
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## Lesson Outline:

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### 1. Introduction and Warm-Up (3 minutes)

- **Greeting:**
  - Start with a friendly greeting and briefly explain the goal of the lesson: "Today, we are going to learn about healthy and unhealthy food, and work together to create a project!"
- **Warm-up Question:**
  - Ask students: "What do you usually eat for breakfast/lunch/dinner?"

- Elicit answers, and then categorize foods into healthy or unhealthy on the board.
  - Example questions: *“What do you think is healthy food?”* / *“Can you give examples of unhealthy food?”*
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## 2. Presentation: Healthy vs. Unhealthy Food (5 minutes)

- **Vocabulary Introduction:**
    - Present the key vocabulary on the board or interactive whiteboard:
      - **Healthy food:** fruits, vegetables, whole grains, lean proteins, dairy, water.
      - **Unhealthy food:** fast food, sugary drinks, chips, candies, fried food.
    - **Visual Aid:** Use pictures or flashcards to illustrate examples. Show images of healthy and unhealthy foods.
  - **Example Sentences:**
    - "Apples are healthy because they contain vitamins."
    - "Chips are unhealthy because they are high in fat and salt."
  - **Discussion:**
    - Discuss why certain foods are healthy and others are not. Talk about the benefits of healthy food and the harmful effects of unhealthy food.
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## 3. Project Work (22 minutes)

- **Group Division:**
    - Divide students into **4 groups** (or fewer, depending on the class size).
  - **Project Task:**
    - Each group will create a project on the topic "Healthy and Unhealthy Food" using either digital tools or traditional materials (poster, presentation, etc.).
      - **Group 1: Healthy Food Poster** – Create a poster that shows healthy foods and explains why they are good for health (nutrients, vitamins, energy).
      - **Group 2: Unhealthy Food Poster** – Create a poster showing unhealthy foods and their negative effects on health (high sugar, fat, low nutrition).
      - **Group 3: Healthy vs. Unhealthy Comparison Chart** – Create a table or digital infographic comparing healthy and unhealthy foods, with descriptions (e.g., "apple – healthy", "soda – unhealthy").
      - **Group 4: Healthy Eating Tips** – Create a list of tips for healthy eating and a balanced diet (e.g., "Eat 5 servings of fruits and vegetables every day").
  - **Instructions:**
    - Students can use **Google Slides, Canva, or Padlet** to create a digital project or they can use markers, paper, and scissors to create physical posters.
    - Encourage students to add pictures, use color, and be creative.
  - **Teacher's Role:**
    - Circulate the room to assist students, provide help with language, and ensure they stay on task.
    - Ask guiding questions to stimulate thinking, e.g., *"Why do you think fruit is healthy?"* or *"What can happen if we eat too many chips?"*
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## 4. Presentation of Projects (10 minutes)

- **Group Presentations:**

- Each group will present their project to the class.
  - For example, Group 1 will explain the importance of healthy foods, Group 2 will talk about the dangers of unhealthy foods, Group 3 will show their comparison chart, and Group 4 will give tips on healthy eating.
  - **Class Feedback:**
    - After each presentation, the teacher and classmates can ask questions, offer praise, or give suggestions.
    - Encourage students to listen carefully and give positive feedback to each other.
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## 5. Conclusion and Wrap-up (5 minutes)

- **Review:**
    - Summarize key points about healthy and unhealthy food:
      - Healthy food helps our body grow, gives us energy, and prevents diseases.
      - Unhealthy food can lead to health problems like obesity and diabetes.
  - **Reflection:**
    - Ask students: "*What healthy food will you try to eat more of?*" and "*What unhealthy food will you try to eat less of?*"
  - **Teacher's Final Comments:**
    - Congratulate students for their teamwork and creativity. Emphasize the importance of making healthy food choices for a better future.
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## 6. Homework Assignment (Optional)

- **Task:**
    - Ask students to write a short paragraph (5-6 sentences) on the topic: "*My Favorite Healthy Meal*". They should describe the meal, why it is healthy, and how it benefits their body.
  - **Creative Task:**
    - Alternatively, students can create a meal plan for one day, including breakfast, lunch, and dinner, and label the foods as healthy or unhealthy.
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## Assessment:

- **Formative Assessment:**
    - Observing students during the group work and presentations.
    - Evaluating the creativity and completeness of the projects.
  - **Summative Assessment:**
    - Review the students' homework or written tasks to assess their understanding of the topic.
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## Reflection:

- After the lesson, reflect on:
  - Were the students able to understand and apply the concepts of healthy and unhealthy foods?

- Did the project foster teamwork and creativity?
- How can the project be improved for future lessons?

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**End of Lesson**

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