

Healthy breakfast

1.- INTRODUCTION:

Eating healthy food is fundamental for growth, development, and achieving your maximum potential. It is during childhood that we develop food habits. Friends and family influence our food choices

It is important to eat healthy in and after school.

2.- TASK:

With a partner, search the internet for the best way to make a healthy and delicious breakfast. Your project should include a title page, introduction, explanation of how to make your breakfast, and why you chose each food. Present to the class what you have learned.

3.- PROCESS:

To begin, investigate the essential foods for a healthy breakfast. You should search key words like 'breakfast' and 'healthy breakfast for children'

You can find lots of information on <http://www.vida-sana.com.es/>

Your information should be either typed or handwritten on a page. You should use this webpage: www.wordreference.com (It's an interesting dictionary).

It is important to describe the importance of food and distinguish the difference between different nutritional substances

4.- ASSESSMENT:

Your evaluation should be in the following format:

Investigation and class presentation: 20%

Written information (OFFICE WRITER OR POWER POINT): 30%

Exposition: 50%

5.- CONCLUSION:

When all the students have presented their work the teacher should reflect with the students to complete the project and achieve fundamental understanding of having a healthy breakfast.

6.- RESOURCES:

<http://www.alimentacion-sana.com.ar/informaciones/Nutricion/ninos.htm#1>

<https://www.guiainfantil.com/recetas/cocinar-con-ninos/menu-de-recetas-para-el-desayuno-de-los-ninos/>

<https://www.youtube.com/watch?v=7eyVhqdetFk>

**ANTONIO ALONSO 3º NATURAL SCIENCE. UDI 6: RIOJA SOBRE RUEDAS.
TAREA: ALIMENTACIÓN SALUDABLE.**

<http://www.puntovital.cl/alimentacion/sana/nutricion/piramide.htm>

<http://www.guiainfantil.com/salud/alimentacion/desayuno.htm>

<http://rpp.pe/lima/actualidad/como-hacer-que-el-desayuno-de-los-ninos-sea-mas-nutritivo-noticia-491032>

https://www.guiainfantil.com/images/pdf/desayuno_ideassaludables.pdf

<http://www.guiainfantil.com/salud/alimentacion/preescolar.htm>