

**Lesson Plan**

Date: 26.03.09	Course: E2E	Subject: CoPE Health & Fitness	Room: Castle Court
Time 10.45-11.45	Topic: To promote a balanced & healthy diet.		Class Size: 10

Lesson Aim: To develop the use of adjectives by describing the qualities of different foods.

**Learning outcomes – by the end of the session the student/s should be able to:**

- Understand and use adjectives.
- Understand that different types of adjectives convey different meanings.
- Convey a description clearly to others.
- Demonstrate skills of active listening.

**Evidence of attainment of Learning Outcomes**

- Q&A
- Completed practical exercises
- Observation

**Assessment Strategies**-tick as applicable

Practical Exercises	x	Witness Statement	
Question and Answer	x	Revision Exercises	
Individual Learner Review		Group/Individual Presentation	
Observation	x	Assignment/Homework	
Completed tests or exercises		Video/Photographic/Audio tape	
Other Please clarify			

**Teaching and Learning Strategies** Planned-tick as applicable

Whole class teaching	x	Discussion	x	White board/ flip chart	x
Coaching and instruction		Ideas Blast		OHP	
Working in pairs / small groups	x	Workshop		Video, TV or Photograph	
Individual project work		Practical exercises	x	ICT	
Role-playing exercises		Practical demonstrations		Radio / audio tapes	
Case Study		Dictating notes to the class		Internet	
Presentation/PowerPoint		Copying notes from board/OHP		Work sheets /Study Packs	

**Key/ Basic Skills to be identified by the tutor**

**Number**

**Communication** Ws/E2.2; Rs/E3. 2, L1.1; Slr/E3.2, L1.2; Slc/E3.3, L1.3.

I.C.T.

**Health and Safety**

Particular attention is given to trailing cables and tidiness.  
Care re. room temperature

**Equality / Diversity / Equal opportunities**

Inclusivity is central & everyone is treated with respect.  
Usual approach to equality i.e. non-stereotypical statements.  
Differentiation is considered at all times.

	Approx Timing	Teacher Activity	Learner Activity	Resources/ Room Layout (Including use of Support Staff	Basic/ Key Skill Ref
<b>Sequence of Learning Activities</b>	10.45-11.45				
	5mins	Intro- link in balanced diet/SFL/listening/adjectives. Outline aims & objectives.	Listen & respond	<b>Whiteboard/ pen Flipchart/pen</b>	
	15mins	Introduce Food Descriptions Activity. <i>Available at <a href="http://www.skillsworkshop.org">www.skillsworkshop.org</a> (in the Entry 2 and Entry 3 speaking and listening areas)</i>	Learners to work in pairs to describe a picture without saying the name.	<b>Pen/paper Food descriptions activity.</b>	
	10mins	Learners to listen to each other's descriptions & guess the name of the foods.	Name the various fruits using the quiz sheet.	<b>Exotic fruits Quiz sheets</b>	
	<b>25mins</b>	Arrange the selection of fruits & introduce Exotic Fruits Quiz Sheet. Discuss.	Learners to taste various exotic fruits & write down adjectives to describe them.	<b>Hand wash Paper plates Various fruits Knife Kitchen roll Worksheet</b>	
	<b>5mins</b>	Introduce Exotic Fruit Tasting Activity. Discuss words selected. Write adjectives on whiteboard.  Recap learning points.	Listen & respond.	<b>Support tutor to provide support as directed. Will support with behavioural issues, additional support where needed, cutting &amp; tasting fruit.</b>	
<b>Evaluation</b>					

**Contributor's notes:** the lesson plan and resources were created to help encourage e2e students with the use of adjectives. The lesson was part of a general theme about healthy eating. We also went to a supermarket and bought unusual fruits and some more common ones. It was interesting that many of the learners never ate fruit and certainly never tried the unusual ones. This session went well and everyone joined in - it certainly encouraged the use of different adjectives and for learners to express their opinions and experience something new. Gill Gibbons, Vale Royal BCTC.





# Exotic Fruit

Use adjectives to describe your thoughts about these fruits

Fruit	Colour	Smell	Taste	Texture	Overall
<p>Mango (Peru)</p> 					
<p>Pineapple (Costa Rica)</p> 					
<p>Cape Gooseberry (Colombia)</p> 					
<p>Papaya (Brazil)</p> 					

# Exotic Fruit

Use adjectives to describe your thoughts about these fruits

Fruit	Colour	Smell	Taste	Texture	Overall
Passion Fruit (South Africa) 					
Kiwi Fruit (China) 					
Pomegranate (India) 					
Guava (Caribbean) 					

# EXOTIC FRUITS QUIZ SHEET

1 .....

2.....

3.....

4.....

5.....

6.....

7.....

8.....

## Adjectives (ideas)

Colour	Smell	Taste	Texture	Overall
Red	Fragrant	Bitter	Rough	Delicious
Amber	Floral	Sweet	Smooth	Interesting
Yellow	Obnoxious	Salty	Tender	Gorgeous
Scarlet	Nasty	Juicy	Tough	Horrid
Green		Tasty		Lovely
Lemon				