

# SHOP AND EAT BY THE COLOURS

## Spanish activities



2013-2014





# The activities that Spanish Comenius community have done or are doing so far are:





- *Crop harvest in Spain.*
- *Learn about food production*
- *Visagism*
- *Eating and Shopping by Colours*
- *Packed Lunch*
- *Healthy Christmas dessert contest*
- *What do you know about Food?*
- *Colourful diets*
- *How to make indicators in the lab or at home.*
- *etc*



# Crop harvest in Spain

## Learn about food production

- Our pupils are working in the elaboration of some **maps**, **explanatory texts** and **photos** related to the production of our own **crops** of Spain, such as **cereals**, **grapes**, **olives**, **garlic**, **saffron** and so on.
- They have taken photos to illustrate it.



- All the information will be shown to the students of **other schools** and during the days of the **meeting in Spain**.
- On this topic, there will be a **quiz** in which all the pupils in **Comenius** and the students in High School may participate.

# Broccoli



# Grape harvest





# Almonds, olives and cereal



# Olives

Shop and eat  
by  
the colours



# Orange trees



# Planted fields



# Saffron



# Walnut tree



**Fallow** (barbecho)



# Visagism



- *It basically consists of a study of your image in order to improve it.*
- *We will study the colour combinations and influence of colour in styling and expression.*
- *A personal colour code can define your hairstyle, your most flattering make-up and your style of life.*



# CHANGE YOUR HAIR COLOR

What hair color is best?  
Give yourself a free makeover!



# Top nutrients for your hair

## Vitamin C



## Iron



## Calcium



## Potassium





# HEALTHY HAIR



## FOODS TO AVOID

When modifying your “hair” diet, you may want to cut your intake of these foods by, at least, half since they can prevent the absorption of B vitamins, iron and zinc.

- COFFE
- ALCOHOL
- BLACK TEA
- SUGAR





# *Eating and Shopping by Colours*



## **General Aims**

- Improving our student's knowledge about colour perception.
- Getting to know about eye anatomy and physiology.
- Understanding the relationship between different senses.

# Our students should content information about:



- ***Colour perception basis:***
- ***Eye anatomy and physiology, answering questions such as:***
  - What is perception?
  - How does visual perception work? General principles and curiosities.
- ***Optical illusions:***
  - What they are?
  - Colour optical illusions.

# Contents and development



We will focus on two kinds of activities. All of them will be done by 2<sup>o</sup> Bachillerato students under their teacher's guidance:

- **Theoretical-practical activities.**
- **Ludic-educational activities.**



**Our students explain it to you  
much better:**

- [http://prezi.com/yf\\_mczi5smv8/edit/?utm\\_campaign=share#26](http://prezi.com/yf_mczi5smv8/edit/?utm_campaign=share#26)



# *Packed Lunch*

1<sup>o</sup>, 4<sup>o</sup> E.S.O students  
(12 – 16 years old)



## DESCRIPTION OF THE ACTIVITY

- **-Warm up**: Students say their favourite types of food and drink.
- **Watching a video**: Students realise the importance of having a healthy diet. There is an advertisement where young children are playing a game using cards of different colours. The role of green machines at school is also highlighted.

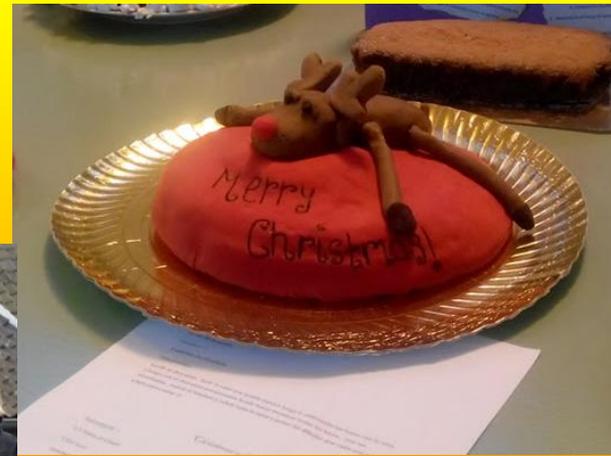


- -**Speaking**: Students have to say what they eat for breakfast every morning and what they usually have at school.
- -**Writing**: In pairs students write a list of products making a difference between those that are healthy or unhealthy (countable-uncountable).



- Then they think about **advertisements** or **campaigns** that encourage children to have a **healthy diet**.
- Finally, they **classify different products** into sections using different **colours** to specify the **frequency** to take them. This can be done in groups of four or five students.

# Healthy Christmas dessert contest



- The last day before Christmas holidays our **ESO and Bachillerato students** designed a recipe.
- They wrote their recipes in **English** and/or **French** languages.
- They cooked it and took part in our **European dessert contest**





# What do you know about Food?

## 3º, 4º E.S.O.



*Handout about food and diet myths.*

- -**Warm up**: Students *talk* about the **old wives' tales** about food they have heard.
- They activate prior **knowledge** and what they have learnt in **Biology**.



- -Handout: Reading and speaking activity where students work in pairs, **discuss** and try to work out whether those **statements about food** are true or false.
- First, students read the statement out loud and the teacher sorts out any problems with vocabulary the students may have.
- Then, they give their answers and finally the teacher explains each statement and destroys some of the wrong myths on food and diet.



# *How to make indicators in the lab or at home*



**Christmas tree**

## 1º Bachillerato (16-17 years old)



- You can make several **pH indicators** using different **coloured plants**.
- The students are making a few of these indicators and **testing** different pieces of **food** and household items to find out **their pH**.
- They will do several activities from November 2013 to May 2015.



# Colorful diets

3º ESO (12 years)



**A balanced diet for a human being for five monochrome days**

# Discussion: Are we following a healthy nutrition?



The students write down in their diaries the colour of the food they have eaten that day. They study if they are really following a healthy nutrition or not.