

# LESSON PLAN

## Theme • My town

The town as a place of experiencing the first social contacts outside the nuclear family unit, a place of forming the first friendships, building one's position and one's role in a wider group. The theme allows for working with the questions and challenges of joining one's first social group, for exploring the specifics of one's place of residence and realizing what the town/community offers and what oneself can offer in return. The point is to support active involvement of an individual in the life of the town/community, acceptance of one's identity and his/hers unique contribution to the local community.

## Lesson

### Food bank. Sustainability

#### Lesson focus and goals

- To make the most of the stock of food products by distributing them equitably to families with financial needs.
- To encourage solidarity between families.
- To promote social participation and cooperation. The importance of society in the search for solutions. Volunteering as an agent of social transformation.
- To reflect on the importance of healthy eating.
- To raise awareness among pupils and families about the importance of sorting waste.

#### Materials

- Food story: Adventures and misadventures of food that changed the world. Publisher: A FIN DE CUENTOS
- Non-perishable food is brought from home.
- Van.
- The centre's kitchen for a cookery workshop.
- Blue, yellow and green litter bins.

#### Activities

- Informative session for families on the aim of the project. 3 food collection campaigns where families make their contributions.
- Selection of families in vulnerable situations.
- Collection donations from markets, classification and delivery of food baskets twice a month (perishable and non-perishable).
- Workshop on healthy eating in the classroom.
- "We become chefs". Cooking workshop prepared by older pupils in the school kitchen.
- Games in the classrooms "Recycling competition", "Recycling Bingo", "Recycle sort". "Memory".

#### Tips for specific types of inclusion/handicaps

Pupils with special educational needs. Expansion of the channels used to transmit information (visual through pictograms, sign language, video viewing and manipulation, experimentation with their own body).

#### Tips for parenting support

- Families actively collaborate by delivering food and participating in the classification and delivery of food to families in vulnerable situations.
- Families will be informed and taught about the type of activities that have been developed in the centre so that they can take advantage of the weekends to play with them.