

Title: ¿Eres saludable?

Intended for

Introductory Spanish students (level 1A) will use American & Spanish nutritional guidelines to identify as well as compare and contrast recommended foods and portions. Students will write a short journal entry to the wiki describing what they eat for each meal of the day. Students will read other journal entries to give complements, evaluate if the meals follow the nutritional guidelines and make suggestions for healthy eating according to the American & Spanish nutritional guidelines.

Learner outcomes

1. Students can identify, compare and contrast foods on the American & Spanish nutritional guidelines.
2. Students can describe what they eat at mealtimes and identify if those foods are healthy and/or follow the nutritional guidelines.
3. Students contribute to and collaborate on a wiki.

Standards addressed

ACTFL Standards:

- 1.2: Students understand and interpret written and spoken language on a variety of topics.
- 1.3: Students present information, concepts, and ideas to an audience of listeners or readers on a variety of topics.
- 2.1: Students demonstrate an understanding of the relationship between the practices and perspectives of the culture studied.
- 2.2: Students demonstrate an understanding of the relationship between the products and perspectives of the culture studied.
- 3.1: Students reinforce and further their knowledge of other disciplines through the foreign language.
- 3.2: Students acquire information and recognize the distinctive viewpoints that are only available through the foreign language and its cultures.
- 4.2: Students demonstrate understanding of the concept of culture through comparisons of the cultures studied and their own.

ITSE NETS Standards for Students:

1. Creativity and Innovation
 - b. Create original works as a means of personal or group expression
2. Communication and Collaboration
 - a. Interact, collaborate, and publish with peers, experts, or others employing a variety of digital environments and media

b. Communicate information and ideas effectively to multiple audiences using a variety of media and formats

5. Digital Citizenship

b. Exhibit a positive attitude toward using technology that supports collaboration, learning, and productivity

6. Technology Operations and Concepts

a. Understand and use technology systems

d. Transfer current knowledge to learning of new technologies

Activities

1. Introduce the wiki to students. Demonstrate how to add, edit and save information to their class period wiki page. Click here for student instructions and student workspaces: [Period 1](#), [Period 3](#), [Period 6](#).

2. Students investigate American & Spanish nutritional guidelines & add similarities and differences to their class wiki.

3. Students write personal journal entries about what they eat daily.

4. Students read and respond to other students' journal entries—commending healthy eating and making suggestions for healthier meals according to the food pyramids.



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