

Kreativni in zdravi zajtrki v očeh ledincev KREATIVNI IN ZDRAVI ZAJTRKI V OČEH DIJAKOV GIMNAZIJE LEDINA

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Izveček

Dijaki 1. letnika naravoslovnega oddelka Gimnazije Ledina so bili v mesecu oktobru 2019 vključeni v projektno delo na temo zdrava /uravnotežena prehrana in zdrav način življenja s poudarkom na pomenu zajtrkovanja mladostnikov. Delo je potekalo z 32 dijaki, ki so bili razdeljeni v osem skupin. Z različnimi medpredmetno zasnovanimi dejavnostmi in usmerjenostjo v samostojno pripravo barvitih zajtrkov smo dijake ozaveščali o pomenu zdravega načina življenja, o vlogi znanja tujih jezikov in informacijsko komunikacijske tehnologije, o zavedanju ohranjanja kulturne dediščine in jih pri tem spodbujali k njihovi kreativnosti. Dijaki so se pri projektne delu pri kemiji naučili vrste in pomen makro in mikrohranil ter matematično s pomočjo prehranskih tabel računati energijske vrednosti sestavljenih zajtrkov. Rezultate projekta so predstavili na zaključnem dogodku z elektronskimi plakati in s pripravo kreativnih in zdravih zajtrkov.

Ključne besede: zajtrk, energijska vrednost, makrohranila, mikrohranila, zdrav način življenja

CREATIVE AND HEALTHY BREAKFASTS IN THE EYES OF STUDENTS OF LEDINA HIGH SCHOOL

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Abstract

In October 2019, 1st year students of the science department of Gimnazija Ledina were involved in project work on the topic of a healthy / balanced diet and a healthy lifestyle, with an emphasis on the importance of breakfast for young people. The work was carried out with 32 students who were divided into eight groups. Through various cross-curricular activities and the focus on independent preparation of colorful breakfasts, we made students aware of the importance of a healthy lifestyle, the role of knowledge of foreign languages and information and communication technology, awareness of preserving cultural heritage and encouraging them to be creative. During the project work in chemistry, the students learned the types and importance of macro and micronutrients, and mathematically calculated the energy values of composite breakfasts with the help of nutrition tables. The results of the project were presented at the closing event with electronic posters and creative and healthy breakfasts.

Key words: breakfast, energy value, macronutrients, micronutrients, healthy lifestyle

Hrana, prehrana, zdravje:

Gojimo, hranimo, ohranjamo. Skupaj

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