**Teacher reference**

**An exemplar of integrated learning across topics**

**Advantage of integrated learning across topics:** Students can link up the knowledge, skills and attitudes

across different topics. Students’ learning effectiveness can be enhanced.

**Topics:** (1) Food (2) Main parts of the digestive system and their functions (3) Diet-related diseases

**Food食物**

**Main parts of the digestive system and their functions**

**Diet-related diseases**

**Teaching flow:**

**Teaching content:**

|  |  |  |
| --- | --- | --- |
| **Learning time** | **Content** | **\*Links of related materials in the resource package** |
| 70 minutes | **My favourite food**   * Types of food * Classification of food\* | [Classification of food](2.%20Our%20Wonderful%20Body%20(docx)/2.%20Healthy%20life%20(docx)/1.%20Healthy%20diet/1.%20Types%20of%20food/2.%20Teacher%20reference_Classification%20of%20food.docx) |
| 70 minutes | **Importance of a balanced diet**   * Functions of food\* * Design healthy lunch (Activity)\*   **Healthy lifestyle**   * Good eating habits | [Functions of food](2.%20Our%20Wonderful%20Body%20(docx)/2.%20Healthy%20life%20(docx)/1.%20Healthy%20diet/3.%20Balanced%20diet%20and%20health/3.%20Teacher%20reference_Balanced%20diet%20and%20health.docx)  [Design healthy lunch](2.%20Our%20Wonderful%20Body%20(docx)/2.%20Healthy%20life%20(docx)/1.%20Healthy%20diet/2.%20Design%20healthy%20lunch) |
| 70 minutes | **Importance of food hygiene**   * Importance of thorough cooking * Food preservation methods (Activity)\*   **Safety of processed food**   * Food additives\* | [Food preservation methods](2.%20Our%20Wonderful%20Body%20(docx)/2.%20Healthy%20life%20(docx)/1.%20Healthy%20diet/1.%20Types%20of%20food/1.%20Worksheet_Preservation%20methods%20of%20food.docx)  [Food additives](2.%20Our%20Wonderful%20Body%20(docx)/2.%20Healthy%20life%20(docx)/1.%20Healthy%20diet/1.%20Types%20of%20food/3.%20Teacher%20reference_Processed%20food.docx) |
| 70 minutes | **Knowing the main parts of the digestive system and their functions**   * Main parts of the digestive system (Activity)\* * Functions of the main parts of the digestive system\* | [Main parts of the digestive system and their functions](2.%20Our%20Wonderful%20Body%20(docx)/1.%20Structure%20of%20our%20body%20(docx)/2.%20Main%20parts%20of%20the%20digestive%20system) |
| 35 minutes | **Diet-related diseases**   * Food-borne transmission\* * Communicative diseases cause gastrointestinal discomforts (e.g. Cholera)\* | [Food-borne transmission](2.%20Our%20Wonderful%20Body%20(docx)/2.%20Healthy%20life%20(docx)/2.%20Common%20diseases/2.%20Communicable%20diseases/3.%20Teacher%20reference_Modes%20of%20transmission.docx)  [Cholera](2.%20Our%20Wonderful%20Body%20(docx)/2.%20Healthy%20life%20(docx)/2.%20Common%20diseases/1.%20Diseases) |