**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%28docx%29/2.%20Healthy%20life%20%28docx%29/1.%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%28docx%29/2.%20Healthy%20life%20%28docx%29/1.%20Healthy%20diet/3.%20Balanced%20diet%20and%20health/3.%20Teacher%20reference_Balanced%20diet%20and%20health.docx)[Design healthy lunch](2.%20Our%20Wonderful%20Body%20%28docx%29/2.%20Healthy%20life%20%28docx%29/1.%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%28docx%29/2.%20Healthy%20life%20%28docx%29/1.%20Healthy%20diet/1.%20Types%20of%20food/1.%20Worksheet_Preservation%20methods%20of%20food.docx)[Food additives](2.%20Our%20Wonderful%20Body%20%28docx%29/2.%20Healthy%20life%20%28docx%29/1.%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%28docx%29/1.%20Structure%20of%20our%20body%20%28docx%29/2.%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%28docx%29/2.%20Healthy%20life%20%28docx%29/2.%20Common%20diseases/2.%20Communicable%20diseases/3.%20Teacher%20reference_Modes%20of%20transmission.docx)[Cholera](2.%20Our%20Wonderful%20Body%20%28docx%29/2.%20Healthy%20life%20%28docx%29/2.%20Common%20diseases/1.%20Diseases) |