

languages ICT

Using ICT effectively at Key Stage 4

Teaching about diet and a healthy lifestyle in German

Useful site: www.nutella.de (researched March 2008)

This is the website of Nutella chocolate spread. Far from being avoided as a fattening food, in Germany Nutella chocolate spread is advertised for its excellent nutritional properties and, above all, as a breakfast food.

The website has two sections

- A Day in the Life of 4 members of the German football team, who are helping promote Nutella. Besides detailing how they eat Nutella as part of a balanced breakfast, there are extensive interviews with all 4 of them about sport, eating habits and personal details.
- There is also a magazine *Aufsteh'n* which contains all sorts of good advice on healthy eating and healthy living. Although the magazine content will change over time, all the articles serve the same purpose: to engage children in thinking about healthy food and activities. Currently showing is the Autumn 2007 edition. This contains articles on
 - Breakfasts round the world
 - The story of bread
 - A day in the life of a combine harvester driver
 - How to encourage finicky children to eat a breakfast
 - How to pack a balanced lunchbox when out hiking:
 - Marschenverpflegung

The headlines of the latter are accessible to all levels of ability and the accompanying text offers excellent vocabulary to help students talk about healthy foods and healthy living.

For teaching and learning

Topics will change over time, but it is likely that the site will still provide the two main sections. These can be used in many ways.

- Sports personality promoters: whether footballers or other sports personalities are used, their personal details, breakfast habits and sports tips can all be used in class for language exploitation, so that students build up a stock of useful vocabulary and phrases. The links to screens containing video and tips can be linked to comprehension activities, and worksheets involving text manipulation exercises. .
- The *Aufsteh'n* magazine, opened from the tab at the top of the screen, contains a wide range of articles which can be used for whole class activities, for students to research independently and for the teacher to create language exploitation activities in worksheets or interactive authoring software.
- Additionally, such materials can be used to promote creative work, whether on the level of creating a dream diet or the construction of more complex advice sheets on diet and healthy living.

The following are suggestions for using the Die geeignete Marsch-Verpflegung page on the current site.

The page can be used online or the text re-created in usable chunks by the teacher for use initially on the interactive whiteboard and later in worksheets or interactive exercises.

- Ask students to translate the headlines: Brot: Obst: Eier etc. and to write down – using X mal pro Tag/Woche/Monat - how often they eat/drink the individual items.
- Work with the text, in chunks students work out unknown words by breaking down the elements. For example: ballast/stoff/reich.
- Use the interactive whiteboard to demonstrate how one piece of vocabulary can give its opposite. For example: stoffreich & fettarm >> stoffarm & fettreich: es liefert schnell Energie > es liefert keine/wenig Energie: ungesüßt >> gesüßt.
- Students can draw up 2 columns and enter in the first: was ich täglich esse und trinke and in the second one was ich täglich essen und trinken soll.
- Hmm Lecker! should provide inspiration for the last exercise and may provide a good research stimulus for students.

Why this site was chosen

It is not easy to find new or engaging ways of dealing with the topic of healthy diet and lifestyle. This site, with its focus on the benefits of chocolate, explores the topic in accessible and stimulating ways.

About the 'Using ICT effectively at Key Stage 4' series

www.languages-ict.org.uk/technology/ks4.htm

This series of advice sheets deals with the effective use of ICT at Key Stage 4 for teachers of modern languages. The series focuses on online resources characterised by their richness and potential for stimulating teaching and learning languages, particularly French, German and Spanish, at Key Stage 4. It is hoped that the suggestions and ideas put forward in the sheets will be of use to teachers of other languages.

The sites were chosen as useful resources for teachers dealing with topic areas which, for various reasons, may be classed as 'hard to teach' at Key Stage 4.

The sites chosen are not presented in any way by CILT, ALL or Becta as unique or comprehensive and no responsibility is taken for any changes which may take place subsequent to this research.

The sheets were researched and written by a small team of consultants working on behalf of CILT, the National Centre for Languages.

All advice and references in the series refer to content as found during the first quarter of 2008.

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