

## [Designing an interactive activity with a mindmap \(see session 20240217-8ach\)](#)

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**Topic:** Food: Nutrients

**Target audience:** learners with level A2-B1

**Lesson stage:** TL presentation

**Vocabulary:** nutrients, proteins, fats, carbohydrates, fibre, vitamins, minerals

**Textbook:** Go Getter 3 “Healthy Meals”, p. 88

**Mind-map:** [link](#)

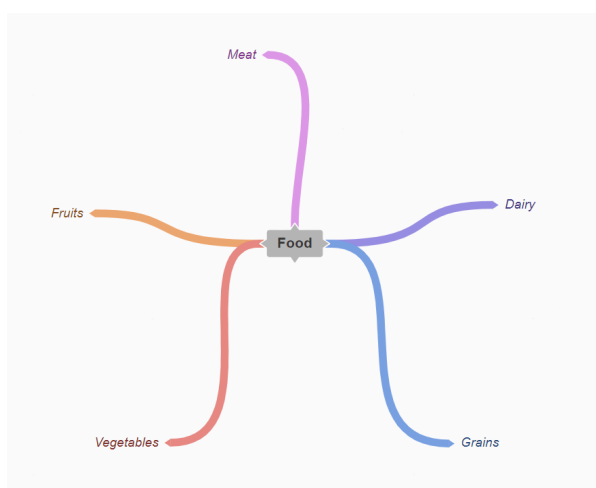
1. Students need to brainstorm ideas and write down anything that relates to the topic of food.

- *What associations come to your mind when you hear the word “food”? Write down as many words as you can that relate to this topic.*

2. Next, learners need to group these ideas into subgroups based on some common characteristic, e.g. fruit, vegetables, dairy products, etc.

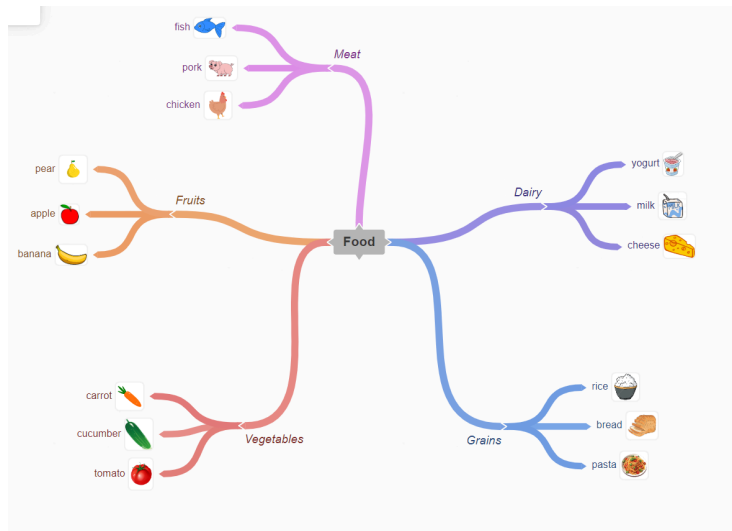
- *Combine the words you have written down into subgroups based on a common feature and present your result in the form of a mindmap.*

(From this point on, students work on their worksheets or on computers if possible, and the teacher shows how it might look on the interactive whiteboard and can add new ideas with the students)



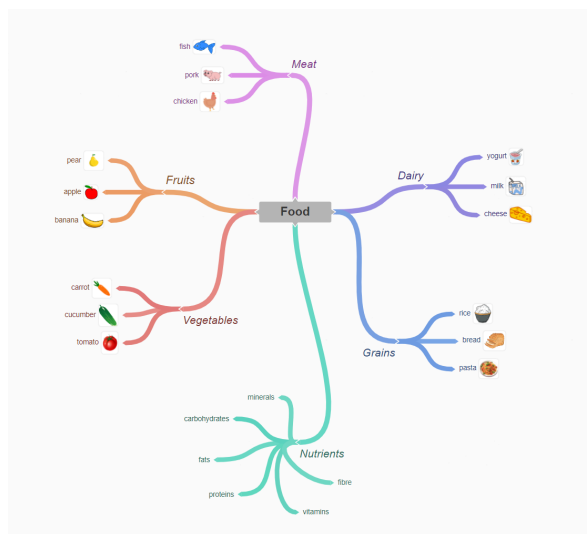
3. Then learners add 2-3 items to each group, e.g. *fruit*: apple, banana, pear.

- *What products can we put in the fruit/vegetable/meat/grains/dairy group? Add 2-3 more products to each group.*



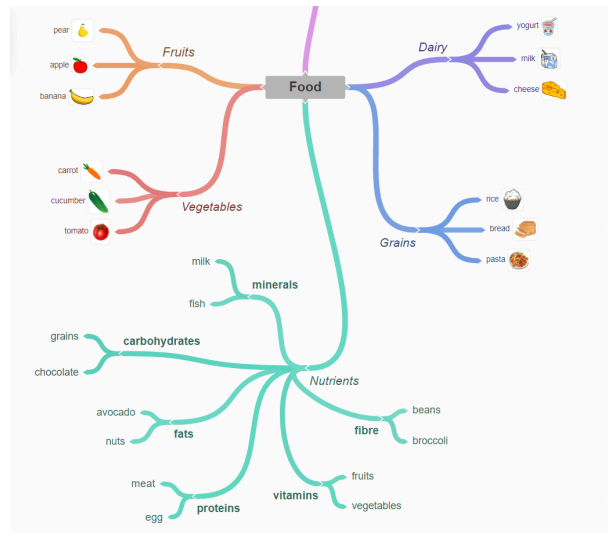
4. The teacher then emphasises that another sub-group called “Nutrients” can be formed. The teacher asks the students what might be included and then lists the main nutrients: proteins, fats, carbohydrates, fibre, vitamins, minerals.

- Do you agree that food gives us energy? Why do you think it gives us energy? (Possible student answer: Because food contains proteins, fats, carbohydrates that produce energy)
- Can we put them into a separate group? What can we call this group? What will be included in it?
- Put the new group on your mindmaps.



5. Students together with the teacher think about products that have a high amount of proteins, fats, carbohydrates, etc. and write them on their mind-maps.

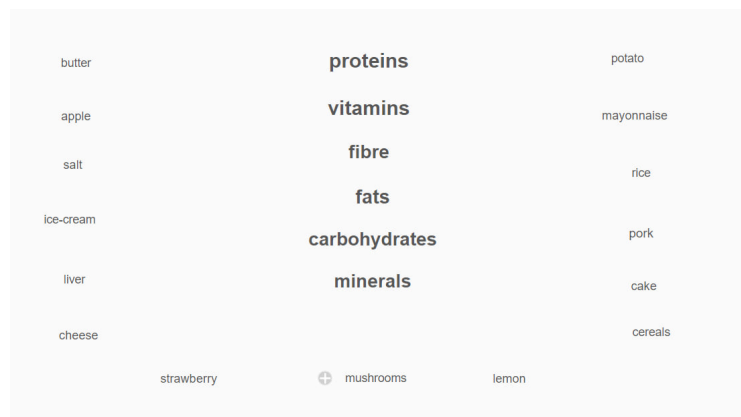
- Which products do you think are high in protein/fat/carbohydrates/minerals/vitamins/fibre?
- Add 2 products to each nutrient. One product can be put into two or more different nutrient-groups because it contains many different types of nutrients.



6. Students are given a list of products. Students have to connect them to the nutrients they contain.

- Do you think nutrients are important? Why? Do we need to know what nutrients are in different products? Why?

- I agree with you that it is important, so now we will try to classify the products according to which nutrients they contain the most. One item can be linked to 2 or more nutrients.



(Students come one by one to the interactive board and connect the products to the nutrients. Then they add these products to their mind-maps. At the end each student should have a complete mind-map with the new words)

