wellness 2 1

*English IBS Healthy Lifestyle*

This English IBS has two parts: a product and an English Test

Product:

You are going to provide education to non-Dutch speaking inhabitants of the Netherlands regarding a healthy lifestyle.

You will choose a nationality, a religion and you will then write a report in which you provide healthy lifestyle advice. Finally, you will explain your report to the rest of the group in a presentation.

A detailed breakdown:

Step 1. Research:
-choose a foreign nationality

-choose an associated religion.

-choose the family unit (single, family of 6, family of 3) you can choose.

-**ask your teacher if your choice is ok (we do not want too many report with the same subject).**
-find information about that group: eating habits, national dishes, lifestyle etc.

-write your report. Make sure you list sources!

Step 2: prepare your presentation.

-Your presentation will be in front of the class.
-your presentation has to last at least 5 minutes.

Included in your presentation must –at the very least- be:

-an explanation about the habits, culture and general lifestyle of the nationality, religion and family unit you have chosen.

-an explanation why your chose this particular group.

-advice regarding diet.

-advice regarding lifestyle.

You are allowed to work together: share information that you have found, useful sites etc.
However, the presentation itself can only be done by one person (your teacher has to grade your English during your presentation; so to make it fair on everyone, this really has to be an individual assignment).

In conclusion:

 The product to be handed in:

-healthy lifestyle report

English Test:

The test of Period 1 will be a speaking test. You will be graded during your presentation about your report.

There will be 3 lessons reserved for speaking skills.

The first is obligatory. During this lesson, your teacher will explain what the speaking test looks like and what you can do to practice.

The second and third are not obligatory. You have to tell your teacher that you are at school, but you can work on other things (for example your presentation, your Dutch IBS or even other subjects).

*With this assignment you will be learning:
-vocational vocabulary*

*-learning about other cultures*

*-practising with giving information to others in a clear way.*

See overall planning on the next page

Planning P1:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Monday of week: |  |  |
| 1 | 26-08 | Introweek new schoolyear, introcamp, special classes |  |
| 2 | 02-09 | Explanation assignment+start work |  |
| 3 | 09-09 | Work on assignment |  |
| 4 | 16-09 | Work on assignment | Bengt & Jeroen away |
| 5 | 23-09 | lesson 1 (practise speaking test) | Obligatory |
| 6 | 30-09 | lesson 2 (extra practise speaking test) | Not obligatory |
| 7 | 07-10 | Lesson 3 (extra practise), deadline to hand in your work | Not obligatory |
|  | 14-10 -20-10 | Autumnbreak |  |
| 8 | 21-10 | Presentations |  |
| 9 | 28-10 | Presentations |  |
| 10 | 04-11 | Presentations / buffer |  |