
School Year 2025/2026

Lesson Plan

Disciplina: Educação Visual / CEA

Data: 2 de dezembro 2026

Tempo letivo: 100 minutos

Theme:

Cycle	Year	Organizing Theme	Essential Learning
2nd CEB	6th	Vital processes common to living beings (Natural Sciences)	Relate the existence of nutrients to the functions they perform in the human body, based on the analysis of diverse documents and valuing interdisciplinarity.

Objectives:

Deepen awareness about the importance of the Mediterranean diet and the inclusion of foods of marine origin in a balanced diet; analyse the dangers of marine pollution to human nutrition.

Content:

Mediterranean diet; factors related to marine pollution.

Methodology:

Research updated information on seafood products and marine pollution.

Activity:

Students conduct research on:

- **Benefits of seafood.**
- **Risks of marine pollution.**
- **Tips on how to protect the oceans.**

Note: Interdisciplinary work with Mathematics (data processing) and Visual Arts (poster creation).

Assessment:

Evaluation of posters and group work.