

## **Teaching strategies: Types of nutrition**

### **1. Brainstorming strategy:**

- It makes the learner active and interact in all educational situations.
- Through it, students become accustomed to respecting diverse opinions, as well as respecting and appreciating others.
- All ideas and information of others are benefited from.

It is used in the first activity by guessing the pictures that are displayed, whether they follow plant, animal, or mixed nutrition.

### **2. Educational games strategy:**

- Keeps boredom away from the teacher and students. Because it keeps them present in mind.
- Students learn how to abide by laws, regulations and rules.-
- It helps in developing the cognitive and mental field.-
- It enhances students' belonging to the group by activating cooperative education.

It is used in the second activity by having the students divide into groups and each group plays a representative role explaining a specific type of nutrition and the important nutrients in it.

### **3. Group work or cooperative learning strategy:**

- Active learning is adopted.
- Ideas and other exchanges take place.
- Developing a spirit of responsibility as well as cooperation with learners.
- Building positive relationships with learners.-

It is used in the third activity by dividing the students into groups, and each group begins by doing a short research on the different types of nutrition and their importance, and then presenting the results in front of the class.

### **4. Discussion or critical thinking strategy:**

- Stimulate critical analysis and deep thinking.
- Developing independent and critical thinking skills.
- Encouraging creative thinking and avoiding superficial thinking.

It is used in the fourth activity by asking students to discuss the benefits and drawbacks of each type of nutrition, and whether or not one type is better for overall health.