

DIDACTIC UNIT  
CHILDREN  
EDUCATION



# fai clic ao teu bocata

As conservas do mar son a mellor compañía para o teu bocata!



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According to the general provisions of the Department of Education and University Planning, as stated in Decree 330/2009, of the June 4, which establishes the Early Childhood Education curriculum in the Autonomous Community of Galicia, this didactic unit is designed to be used after the visit to the program's school center.

During childhood, having a rich and balanced diet is essential to grow normally. Children must learn from an early age to eat an adequate diet, a complete and diverse diet to give them the energy they need to go to school, study, do sports, play and carry out all the activities of their age that involve great physical and energetic tiredness.

**In this didactic unit we will pay attention to some fundamental foods in diets, the seafood, to promote its consumption as a canned product.**



Seafood products are foods rich in protein, fats, vitamins and mineral salts and constitute one of the most important nutritional resources. Canned seafood adds many values to these nutritious benefits, which make the introduction of these products as common foods in the diets of the little ones advisable.

Canned food is healthy and comfortable to enjoy seafood; we can savor them whenever we want, anytime and anywhere, in a sandwich at recess, in a salad at the food, in an omelette to take on an excursión. The options are many, thanks to the variety of presentations, preparations and types of canned seafood that we can find in the market.





# 1. OBJECTIVES

The starting objectives of this campaign focus on:

- Convey to the Early Childhood Education students the importance of canned fish and shellfish products in the diet, in relation to its nutritional contributions.
- Encourage its consumption, in a healthy and attractive way.



# 2. BASIC SKILLS

## Knowledge competence and in the interaction with the physical

Contents related to the world of fishing, transportation and the preparation of the products of the sea.



## Social and civic competence.

Fish consumption as a source of health and as an economic and social resource.





## Linguistics communication competence.

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Reading comprehension and written expression.



## Autonomy and personal initiative.

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New insights on the value of canned fish and seafood use that will allow us to make decisions in relation to its consumption.



## Cultural and artistic competence.

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The students will develop their creativity and artistic skills through proposed activities.

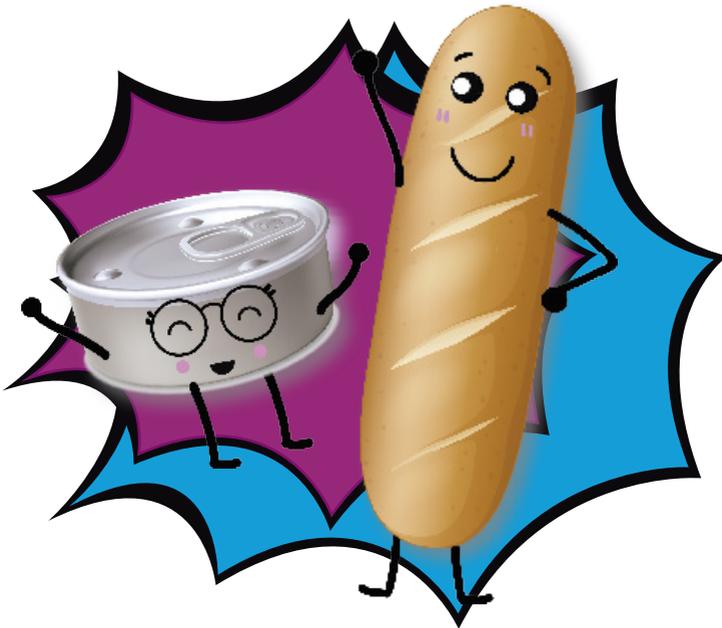




### 3. CURRICULAR CONTENTS

Early Childhood Education is an educational stage of capital importance for the integral and harmonious development of the person. It is established as the main purpose at this stage by contributing to the physical, affective, social and intellectual of the students.

The contents of the didactic unit can be treated from the point of view of different areas of the natural, social and cultural knowledge because it is the area of greatest involvement and most directly related.



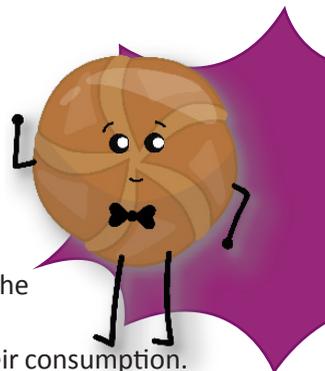


## 4. CONTENTS

**Area: self-knowledge and personal autonomy.**

**Block 3. Personal care**

- Gradual incorporation of new foods and textures into the diet with gradual introduction.
- Progressive discrimination of healthy foods, valuing their consumption.



**Area: knowledge of the environment.**

**Block 2. Approach to nature.**

- Identification of animals, plants and natural elements characteristics.
- Identification of animal and plant habitats.
- Experimentation of actions in the natural environment.
- Curiosity, care and respect for animals and plants and their habitats.
- Interest and respect for care and conservation of their environment.

**Area: language: communication and representation.**

**Block 3. Plastic and musical expression.**

- Interest and enjoyment hearing and recognizing different musical works.
- Active participation and enjoyment in the interpretation of songs and musical games.



### OTHERS

- Discovery and observation of Galician culture manifestations and heritage as a sign of diversity and richness.



## 5. CLICK ON YOUR SANDWICH - COMIC



### THE SCIENTIST SPECIALIZED IN MARINE BIOLOGY

Investigate the nutritional properties of canned seafood, and after discovering important improvements in our body through its regular consumption in different kitchen dishes, he wants to continue investigating these improvements and make them known among the population, especially among children, youth and adolescents.





## THE SCIENTIST SPECIALIZING IN CHEMISTRY

Male character, who investigates the canning process, the types of containers, the foods that help preserve the product, its expiration date ... Roi is convinced that canned seafood can be very far, so far that they reach the planet of the comic.



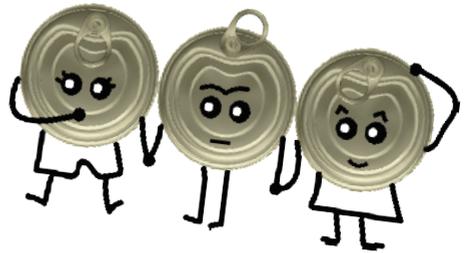


## LATA AND HIS FAMILY

She is one of our protagonists, an expert in new technologies, who through a simple “CLICK” of her mouse, and together with **BOTE** and their daughters in common, the **TRILATAS**, travel to the virtual world of comics. There they meet PAN, co-star of the program.

Lata and his family are in charge of helping Pan and his brothers discover the world of the sea and, therefore, of the sandwiches.

**LATA, Bote and Trilatas** represent the set of canned marine products, expanding the packaging methods and humanizing these objects so characteristic of this field, promoting their integration as facilitators of relevant information of the informative part of the program.



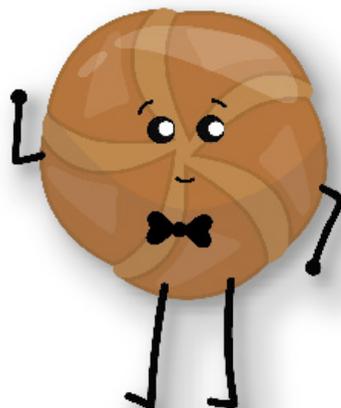
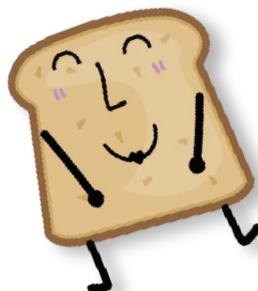
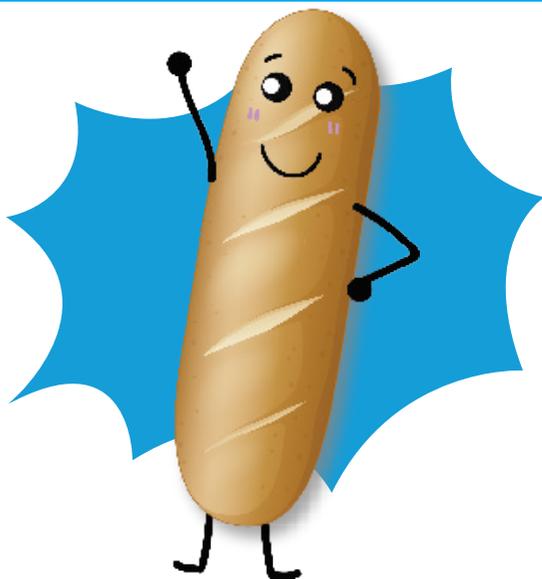


## PAN AND HIS FAMILY

Pan is the other protagonist of the show. He and his brothers, **MILLO** and **MOLDE**, live in the virtual world of the comic, and there they are happy, until Lata and his family appear, and they discover that there is a whole world - the marine - that they are completely unaware of.

They also discover that they are a very important piece of a famous food in the real world ... the sandwiches! Thanks to the explanations of Lata and doing a "Click" together they can create the most delicious and appetizing sandwiches.

PAN, Millo and Molde represent the set of products from the bakery world, expanding the variety of breads with which to make sandwiches. The humanization of these characters, making them unfamiliar with the main theme (preserves), and characterizing them as receptors of said information, facilitates the informative part of the program.



If you want to travel to the delicious planet of comics, click here...

What can be better than canned food! I'm going there!



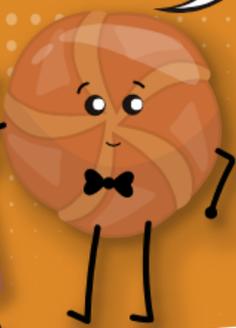
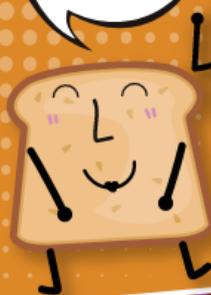
Where I am? What a trip!

Welcome to the planet of the comic! I am Pan!



And we are Millo and Molde, Pan's brothers!

And who are you?



Don't you know the canned food of the sea? On Earth we make some great sandwiches thanks to you!

We don't have sea ... and what is a sandwich?



To make the best sandwiches we only need to put together a conserve and a bread, that is ...

fai clic ao teu bocata



Pan and Lata created a tuna  
canned sandwich!

**click**

Lata connects with  
the Earth to bring  
her family thanks to  
new technologies!

We are going to  
send more preserves  
to your comic plate  
so you can try  
new sandwiches!



**¡NAAMM!**

These are my  
friends the  
scientists!



I'm Bote,  
Lata's  
boyfriend!



We are the **Trilatas**,  
daughters of Lata!



**fai clic** en  
a tua  
**bocata**

We have to  
bring more  
preserves and  
make  
the best  
sandwiches!

The scientists **Mar**  
and **Roi**, with  
the children of  
the Earth will  
help us...

...to  
"click" on your  
sandwich!



WILL CONTINUE...



## 6. DATA SHEETS

Anchoas en  
aceite de  
oliva 100g



Calorias	253 kcal		
Graxa	15,20 g		
Colesterol	70,60 mg		
Sodio	3,93 mg		
Carboidratos	0,37 g		
Fibra	0 g		
Azucere	0,37 g		
Proteinas	28,620 g		
Vitamina A	67,40 ug	Vitamina C	0 mg
Vitamina B12	3,40 ug	Calcio	273 mg
Ferro	4,20 mg	Vitamina B3	9,13 mg



Calorias 99,40 kcal  
 Graxa 0,60 g  
 Colesterol 51 mg  
 Sodio 320 mg  
 Carboidratos 0 g  
 Fibra 0 g  
 Azucere 0 g  
 Proteinas 23,50 g

Vitamina A	60 ug	Vitamina C	0 mg
Vitamina B12	4 ug	Calcio	28 mg
Ferro	1 mg	Vitamina B3	18,78 mg

Atún ao  
natural  
100g





**Mexillóns  
ao  
natural  
100g**



<b>Calorias</b>	82,10 kcal		
<b>Graxa</b>	2,90 g		
<b>Colesterol</b>	100 mg		
<b>Sodio</b>	296 mg		
<b>Carbohidratos</b>	2 g		
<b>Fibra</b>	0 g		
<b>Azucres</b>	2 g		
<b>Proteínas</b>	12 g		
<b>Vitamina A</b>	53,10 ug	<b>Vitamina C</b>	0 mg
<b>Vitamina B12</b>	7,70 ug	<b>Calcio</b>	80 mg
<b>Ferro</b>	4,50 mg	<b>Vitamina B3</b>	3 mg

<b>Calorias</b>	48 kcal		
<b>Graxa</b>	9,5 g		
<b>Colesterol</b>	40 mg		
<b>Sodio</b>	3,52 mg		
<b>Carbohidratos</b>	0 g		
<b>Fibra</b>	0 g		
<b>Azucres</b>	0 g		
<b>Proteínas</b>	90,5 g		
<b>Vitamina A</b>	250 ug	<b>Vitamina C</b>	0 mg
<b>Vitamina B12</b>	0 ug	<b>Calcio</b>	128 mg
<b>Ferro</b>	124 mg	<b>Vitamina B3</b>	4,1 mg

**Berberechos  
ao natural  
100g**





**Cabala en  
aceite de  
oliva  
100g**



<b>Calorias</b>	217 kcal
<b>Graxa</b>	13,80 g
<b>Colesterol</b>	66,90 mg
<b>Sodio</b>	382 mg
<b>Carbohidratos</b>	0,60 g
<b>Fibra</b>	0 g
<b>Azucere</b>	0,60 g
<b>Proteinas</b>	22,50 g
<b>Vitamina A</b>	125 ug
<b>Vitamina B12</b>	9,80 ug
<b>Ferro</b>	1,01 mg
<b>Vitamina C</b>	0,09 mg
<b>Calcio</b>	17,20 mg
<b>Vitamina B3</b>	17,10 mg



<b>Calorias</b>	195 kcal
<b>Graxa</b>	15,20 g
<b>Colesterol</b>	169,60 mg
<b>Sodio</b>	110 mg
<b>Carbohidratos</b>	1,50 g
<b>Fibra</b>	0 g
<b>Azucere</b>	1,50 g
<b>Proteinas</b>	13,12 g

<b>Vitamina A</b>	302,10 ug
<b>Vitamina B12</b>	1,30 ug
<b>Ferro</b>	0,85 mg

<b>Vitamina C</b>	0 mg
<b>Calcio</b>	45,53 mg
<b>Vitamina B3</b>	7 mg

**Calamares  
en salsa  
americana  
100g**





**Atún en  
aceite  
de oliva  
100g**



<b>Calorias</b>	208 kcal		
<b>Graxa</b>	12,10 g		
<b>Colesterol</b>	39,80 mg		
<b>Sodio</b>	291 mg		
<b>Carboidratos</b>	0 g		
<b>Fibra</b>	0 g		
<b>Azucere</b>	0 g		
<b>Proteinas</b>	24,80 g		
<b>Vitamina A</b>	62,20 ug	<b>Vitamina C</b>	0 mg
<b>Vitamina B12</b>	5 ug	<b>Calcio</b>	27,70 mg
<b>Ferro</b>	1,20 mg	<b>Vitamina B3</b>	18,20 mg



**Calorias** 218 kcal  
**Graxa** 13,60 g  
**Colesterol** 65 mg  
**Sodio** 366 mg  
**Carboidratos** 0 g  
**Fibra** 0 g  
**Azucere** 0 g  
**Proteinas** 23,93 g

**Vitamina A** 49 ug      **Vitamina C** 0 mg  
**Vitamina B12** 29,60 ug      **Calcio** 314 mg  
**Ferro** 2,90 mg      **Vitamina B3** 12,57 mg

**Sardiñas  
en aceite  
de oliva  
100g**





## ACTIVITY 1. WHAT IS A CAN?

In order to differentiate the different types of packaging, we are going to visualize them in images and explain differences in textures, consistency, ... after which, the boys and girls should round those that contain fish.





## ACTIVITY 2. WHAT DOES IT KEEP?



Now that you know what it is, we need to publicize what we put inside, so that they learn to differentiate between food and other objects. They will have to make a line to take each object to its corresponding place.





## ACTIVITY 3. HOUSE OF TIN!

Each food fits better in one type of can, and students should think about which can is where the different styles of cans that we show you.





## ACTIVITY 4. RECYCLING ACTIVITIES WITH CANS

What do we do with the cans after eating the food? There are a lot of activities, we propose as an example:



For all possible activities, cans must be prepared first, trimming the edges well and crushing or taping the possible sides to avoid cuts. Then, we can only let the student's and our imagination run wild.



## ACTIVITY 5. WHERE IS THE CAN RECYCLED?

We are going to present the different types of containers that are recycled in the different garbage holders, indicating that Paper and Cardboard go in blue; Plastic, bricks and cans in yellow, in round green containers we put glass bottles and in the green or black, garbage in general. Then we will have to join garbage with its corresponding container:





## 7. EVALUATION

Finally, we will carry out an evaluation to assess the knowledge acquired with the different activities. This evaluation can be jointly (verbal) or individual (written). This decision will be determined by the precision of the results that the teacher wants to obtain:

**What seafood products do you know? List the ones you know.**

**What seafood can we find canned?**

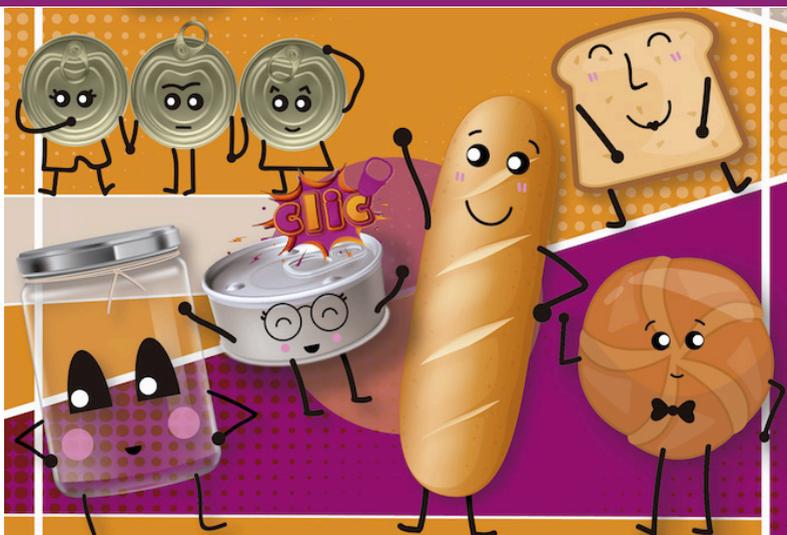
**What benefits do canned products bring us?**

**Give examples of dishes that can be made with canned seafood.**

**What are canned food labels for?**

**What information do we find in them?**

**How can we recycle the material from canned food?**





fai clic  
ao teu  
bocata