

DIDACTIC UNIT
PRIMARY
EDUCATION



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



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In this didactic unit we will pay attention to some fundamental foods in diets, seafood, to promote its consumption as a canned product. Seafood products are rich in protein, fat, vitamins and mineral salts and constitute one of the most important nutritional resources. Canned seafood adds to these benefits many nutritional values, which make it advisable to introduce these products as common foods in children's diets.

Canned food is a healthy and comfortable way to enjoy seafood; we can taste them whenever we want, anytime and anywhere. In a sandwich at recess, in a salad at lunch, in an omelette to take out on a hike...

The options are many, thanks to the variety of presentations, preparations and types of canned seafood that we can find in the market.



With this didactic unit we want to bring students all this information and expand their knowledge about seafood, about canned food and all possibilities that are offered in the food, educational and recreational fields.

This area contributes to the personal and social development of the student and, in this sense, we believe that the acquisition of correct eating habits is essential for this development. In fact, one of the objectives of the first block of contents of this area is to behave in accordance with health and care habits that derive from the knowledge of the human body, and to show an attitude of acceptance and respect for individual differences.





1. OBJECTIVES

- Promote the consumption of canned seafood among children.
- Generate interest in the marine environment and its species.
- Know the origin of canned seafood products and their classification.
- Know the transformation of raw material into processed food.
- Know the benefits of canned seafood.
- Acquire adequate eating habits.

2. BASIC SKILLS

Knowledge in the interaction with the physical world competence.

Eating and hygiene habits.
Origin and handling of food (canned seafood).
Nutritional properties of canned seafood.
Basic vocabulary of the different species of seafood in preserves.
Personal care in relation to food and hygiene.
Promotion of product consumption from sea.



Social and civic competence.

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





Linguistics communication competence.

Reading comprehension and written expression.



Autonomy and personal initiative.

Assessment of the importance of caring for our health.
Adoption of hygiene habits before, during and after eating.
Positive and open attitude to new flavors.



Competence in learning to learn.

Acquisition of eating habits.
Identification and classification of different types of preserves.
Recognition of the need of having a healthy diet.

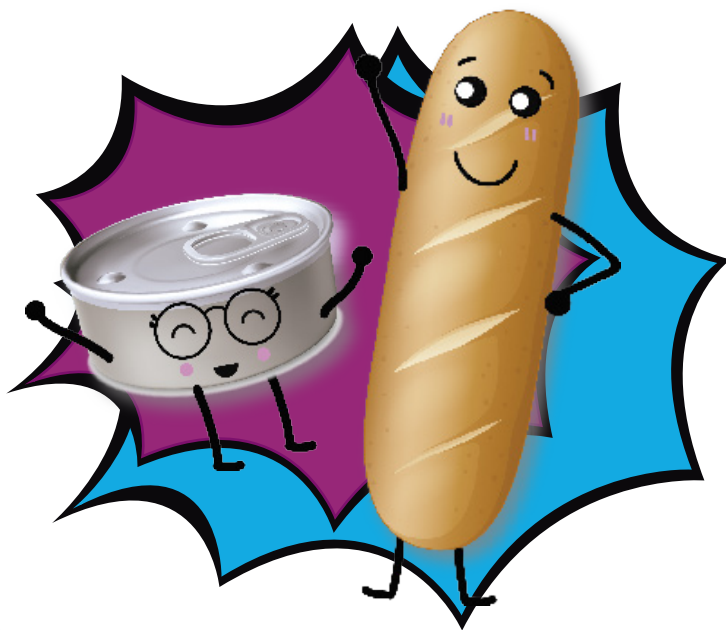




3. CURRICULAR CONTENTS

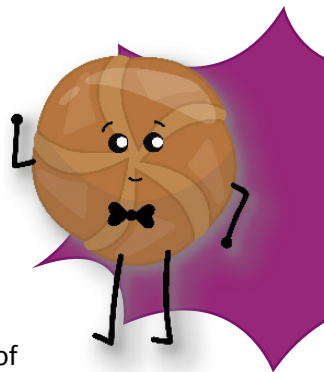
The purpose of Primary Education is to facilitate the learning of expression and oral comprehension, reading, writing, calculation, the acquisition of basic notions of culture, coexistence habits, study and work, artistic sense, creativity and affectivity, in order to guarantee comprehensive training that contributes to the full development of his personality.

Although the contents of the didactic unit can be treated from a point of view of the different areas of knowledge, we collect below those related to natural, social and cultural areas because it is the area of greatest involvement and most directly related.

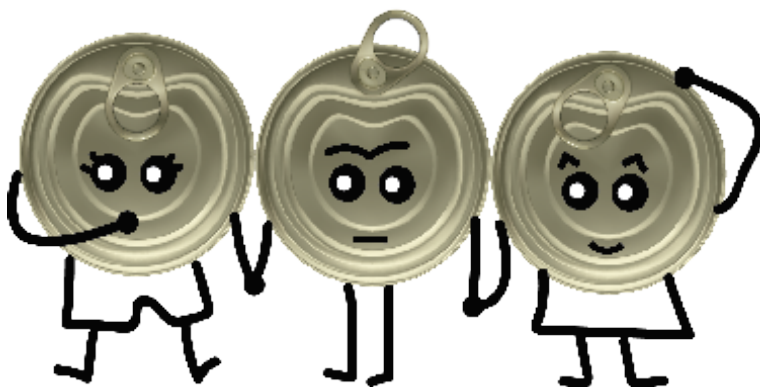




4. CONTENTS



- Hygiene and health.
- Analysis and identification of a balanced diet.
- Production-distribution-consumption process.
- Elaboration of objects with recycling material.
- Consumption of resources and waste reduction, reuse of materials.
- Relations with the environment. Knowledge of marine environment and its species.
- Reading and interpreting food labels.
- Marine environment artistic expressions: drawings, color, painting, collage ...
- Knowledge and acceptance of one's own body, games and cooperative activities, exhibitions, debates ...





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.





ROI

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.



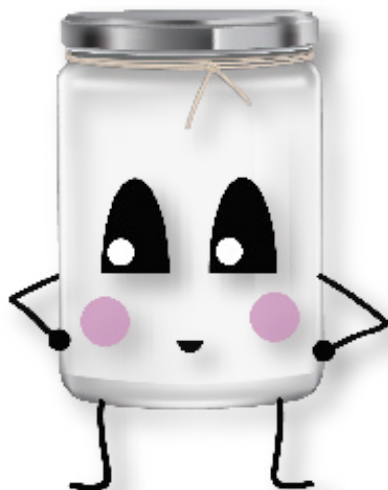


LATA AND HIS FAMILY

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.



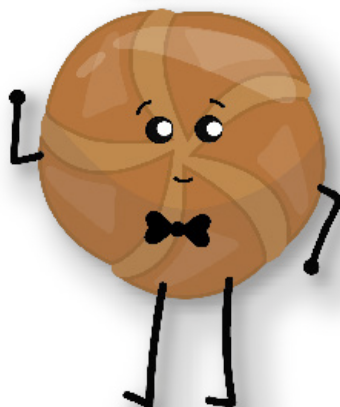
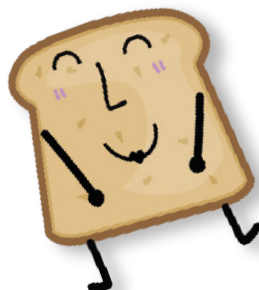
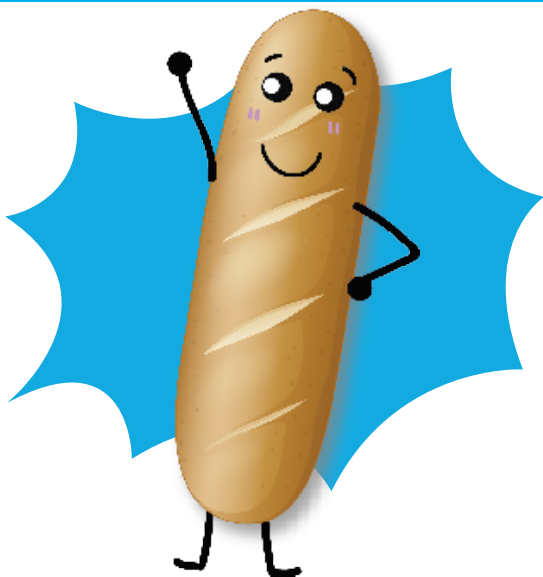


PAN AND HIS FAMILY

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!

These are my
friends the
scientists!

I'm Bote,
Lata's
boyfriend!

We are the Trilatas,
daughters of Lata!

fai clic
no teu
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...

"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
Carbohidratos	0,37 g
Fibra	0 g
Azucere	0,37 g
Proteinas	28,620 g
Vitamina A	67,40 ug
Vitamina B12	3,40 ug
Ferro	4,20 mg
Vitamina C	0 mg
Calcio	273 mg
Vitamina B3	9,13 mg



Calorias 99,40 kcal
Graxa 0,60 g
Colesterol 51 mg
Sodio 320 mg
Carbohidratos 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**



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



Calorias	48 kcal
Graxa	9,5 g
Colesterol	40 mg
Sodio	3,52 mg
Carbohidratos	0 g
Fibra	0 g
Azucres	0 g
Proteínas	90,5 g

Vitamina A	250 ug	Vitamina C	0 mg
Vitamina B12	0 ug	Calcio	128 mg
Ferro	124 mg	Vitamina B3	4,1 mg

**Berberechos
ao natural
100g**





**Cabala en
aceite de
oliva
100g**



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



Calorias	195 kcal
Graxa	15,20 g
Colesterol	169,60 mg
Sodio	110 mg
Carboidratos	1,50 g
Fibra	0 g
Azucres	1,50 g
Proteinas	13,12 g

Vitamina A	302,10 ug
Vitamina B12	1,30 ug
Ferro	0,85 mg

Vitamina C	0 mg
Calcio	45,53 mg
Vitamina B3	7 mg

**Calamares
en salsa
americana
100g**





Atún en aceite de oliva 100g



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



Calorias	218 kcal
Graxa	13,60 g
Colesterol	65 mg
Sodio	366 mg
Carboidratos	0 g
Fibra	0 g
Azucres	0 g
Proteínas	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

Sardinas en aceite de oliva 100g





ACTIVITY 1. DO YOU LIKE CANNED?

After doing our “Click on your sandwich” workshop, a debate talk will begin:

1. Do you like canned seafood?
2. Which ones do you know? Let's make a list.
3. Do you eat canned seafood at home?
4. When? How? Which?
5. Have you ever made at home any of the sandwiches proposed in the information brochure or in the PAN y LATA workshop?
6. Which one? Those of you who didn't, why?

All the data will be recorded on a blackboard or in a medium chosen by the teacher to see the results in a general way and to be able to deal with the subject.





ACTIVITY 2. LABELS INFORM

We will ask all the children to pick up from their homes several examples of labels for canned seafood. Those labels will serve as material to work with. First we will teach to read the labels and to understand the information that appears in them and the importance they have:

- **NAME, example: Natural light tuna**
- **NOMINAL CAPACITY, net weight, net drained weight**
- **INGREDIENTS: example: Light tuna, water and salt.**
- **NUTRITIONAL INFORMATION: Energy values, average values, Recommended daily allowance...**
- **EXPIRATION DATE**
- **CONSERVATION AND INSTRUCTIONS FOR USE: refrigerator, dry place ...**

Once we know how to read the data, we will ask the students to put newly acquired knowledge into practice.

MEJILLONES EN ESCABECHE
De la Rosa Gallegos

INGREDIENTES: Mejillones (*Mytilus galloprovincialis*), aceite de oliva (15%), vinagre de vino, especias y sal.
INGREDIENTES: Molluscos (*Mytilus galloprovincialis*), aceite de oliva (15%), vinagre de vino, especias y sal.

INGREDIENTS: Mussels (*Mytilus galloprovincialis*), Olive Oil (15%), wine vinegar, spices and Salt.

Producto esterilizado
Almacenar en lugar fresco y seco
Alo contenido en todos los frascos **Omega3**

Peso Neto: 115 g
Poids Net: 115 g
Net Weight: 115 g
Capacidad Nominal: 120 ml

Peso Escorrido: 78 g
Poids Ecoule: 78 g
Drained Weight: 78 g

INFORMACIÓN NUTRICIONAL
Valor medio por 100g de producto escorrido

Valor energético	712 kJ / 170 kcal
Grasas de las cuales:	9,0 g
Saturadas	1,6 g
Monosaturadas	4,7 g
Polisaturadas	1,5 g
Hidratos de carbono de los cuales:	4,0 g
Azúcares	0 g
Proteínas	20 g
Sal	1,76 g
Omega 3 (EPA+DHA)	0,9 g

Consumir preferentemente antes del: Ver lateral.

Example:

Mussel labels: What is the weight of this preserve? What is your date of expiration? What is its energy value in protein? How is it preserved?

The teacher may take the opportunity to make a panel with the different canned species and make a comparative table with those values and data collected by the students.



ACTIVITY 3. A DIET FULL OF ENERGY!

We will select 4 or 5 labels of different species and we will write down their energetic value.

We will compare that value with that of basic food products such as milk, bread, vegetables, meat, ...

We will divide the class into groups of 4 or 6 components. Each one of them will need to develop a menu for a meal that incorporates at least one canned sea type, and you should roughly calculate the energy value of the menu.

Once finished, it is possible to see the feasibility of these menus and make a book restaurant menu with different ideas.





ACTIVITY 4. LABELING

Now that we have seen different labels, we understand them and we know what information should appear, we will explain to the students the importance of the appearance of the products, so the student can notice them and select them from among all the offers found in the chains of distribution.

We design our own labels, and think how we would like them to be, with the aim that other children can notice them in the supermarket.



We divide the class again into groups of 4 or 6 students and each group must choose a species of canned fish and design the label without looking at what they really look like.

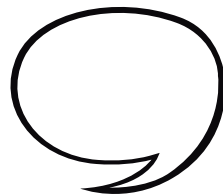
Then we will do an exhibition where they will show their labels and explain why they designed it like that.

Once exposed, ways to improve them and make them more attractive, complete, etc. may be discussed.

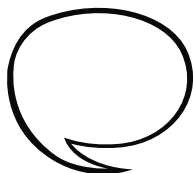


ACTIVITY 5. COLLAGERRR

(Recycle, Reuse and Reduce)



We will explain to the students the importance of separating and recycling the waste generated in their homes, how to make the separation and where we should deposit them.



Blue container. Paper and paperboard.

Yellow container. Inorganic waste, plastic cans...

Square green container. Organic remains.

Round green container. Glasses .

Orange container. Oils.

Clean points. Collection of special waste.

We will explain that in the case of canned food we must separate: the container (can or glass) the content (organic waste) and the label or package (paper, cardboard or plastic).

Having seen recycling, we are going to do a reuse activity, where we use different recycling materials, with our base labels to make a collage.

We will divide the class into small groups, each of them will catch a marine species that can be eaten canned and should represent it in a collage with recycling supplies and previous tags.

The resulting collages can be used up to decorate the hallways of the center prior authorization.



ACTIVITY 6. IT MUST BE TOLD!

You have to eat more preserves! And it must be counted!

The class is divided into groups. Each of them should think of a campaign of advertising in the form of a poster to convince their families and friends, as well as the rest of the school, of the many benefits of eating canned food, fish and shellfish.

In each poster there must be at least:

A slogan-phrase that encourages the consumption of canned food.

An allusive drawing.

A list of three reasons why you should eat canned fish and shellfish.

The names of the authors of the campaign.

These posters can then be photocopied and hung in the corridors with the authorization of the center.





XUNTA DE GALICIA