

## Unit 2

## 21st Century Skills Project

## Food and moods



## 1 Critical thinking

Discuss in groups of four.

- 1 Does food put you in a good mood? Why?
- 2 Can food make you tired and put you in a bad mood?
- 3 Which kinds of food give you energy?
- 4 Do you think going out to eat can help change your mood from bad to a good? Why?
- 5 What about cooking at home? Does that help you change your mood from good to bad? Why?



## Communication

In your groups, share which of these options would put you in a good mood.



## 2 Collaboration

Work in your group. Play rock-paper-scissors and choose one member from the group.

Imagine this person is sad because some relatives are moving far away. You want to cheer this person up.

Design a "change-your-mood" evening. What food will you choose? Will you go out or eat at home? What will you do after eating?



## 3 Creativity

Prepare a mini drama. Role-play the situation of your friend being sad and the rest of the group planning and suggesting something fun to do.

Present it to the class.



## 4 Evaluation

Analyze each presentation.

- 1 Which presentation did you identify the most with?
- 2 Which of the options would you choose to get in a good mood?