

# How to Create Engaging Lessons for Students–Teach– Students Initiative



## NUTR





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## 1. Tips for Using Visuals

**Keep it Simple:** Use clear, easy-to-read visuals. Avoid clutter and unnecessary text.

**Be Colourful**: Use colour to highlight key points, but ensure it's not overwhelming.

**Choose Relevant Images:** Include diagrams, photos, or illustrations directly related to your topic.

**Incorporate Videos:** A short, engaging video clip can effectively capture attention and explain concepts.

#### Examples:

- For a science lesson: Include a labelled water cycle diagram.
- For math: Use color-coded graphs to show trends or patterns.

### 2. Tips for Engaging Questions

**Open-Ended Questions:** Encourage critical thinking and discussion. **Example:** "Why do you think plants need sunlight to grow?"

**Poll the Class:** Use quick yes/no or multiple-choice questions to gauge interest or understanding.

**Challenge Assumptions:** Pose questions that make students rethink what they know.

**Example:** "What would happen if there were no nutrients in our food?"

## 3. Tips for Interactive Strategies

Hands-On Activities: Create opportunities for students to touch, build, or manipulate objects.

**Example:** A model-building activity for STEM topics, e.g., building a physical or digital model of a sustainable food system that balances nutrition and environmental impact.

**Group Work:** Encourage collaboration through team challenges or brainstorming sessions.





**Gamification:** Turn learning into a game with quizzes, puzzles, or competitions.

#### Examples of Icebreakers and Activities for the 5Es Engage:

Icebreaker: "What If?" Scenario Pose a creative scenario related to the topic. Example: "What if there were no trees? How would our lives change?"

**Quick Demo**: A simple, attention-grabbing experiment or trick. **Example:** Show how bile emulsifies fats in digestion.

#### Explore:

#### Hands-On Experiment:

**Example:** Provide materials for students to simulate the breakdown of carbohydrates during digestion.

#### **Observation Activity:**

**Example**: Ask students to observe and describe differences in two similar images.

#### Explain:

#### **Interactive Presentation:**

Use slides with fill-in-the-blank sections for students to complete during the explanation.

#### **Role-Play:**

**Example:** Have students act out processes of nutrient absorption in the small intestine.

#### Elaborate:

#### Problem-Solving Task:

**Example:** Assign students to design a solution for reducing plastic waste in

their community.

#### **Creative Project:**

**Example**: Create a poster or digital presentation connecting the lesson to real-world issues.

**Evaluate: Quiz Show:** Use a game format like "Jeopardy!" to review key concepts.





#### Peer Feedback:

Students evaluate each other's work using a simple rubric.

#### Key Reminders for an Engaging Lesson

- Be enthusiastic as your energy sets the tone for the class.
- Adapt to your audience and be flexible if something isn't working, so try a different approach.
- Encourage participation and make students feel heard and valued.
- Reflect on the lesson and improve. After the lesson, think about what went well and what could be better.