No Textbook Required

Aim: To teach Nutrition without using a textbook as the main source of information

Method

- Students chose the topic
- Students brainstormed for sources of information
- Students researched topic
- Students produced research materials
- Class analysed research material
- Students referred to the DES Biology syllabus

Procedure

- All research material was placed on the table
- Recurring main points were selected
- A table was drawn on the blackboard to summarise and focus findings

Results

- Students produced information from many sources:
  - Food labels
  - Food packaging
  - Internet
  - Magazines
  - Advertisements
  - Textbooks

Opinion

This approach is suitable for selected topics where the information is available to the non-scientific population.

Referring to the syllabus section on nutrition helped focus the students.

Conclusion

Some students were good at the research stage finding information.

Other students were better at the analysis stage.

Students learned actively a topic that can be rather boring.