

## **Interdisciplinary Learning in Action: Our Innovative Lesson Plan**

In today's educational landscape, interdisciplinarity is more than a trend; it is a necessity. By integrating different subjects into a cohesive learning experience, students not only learn more effectively but also appreciate the connections between knowledge areas. Our recent lesson plan, "Learning Greek Through Health Education," exemplifies this approach, blending language learning, health education, and digital literacy into a single, impactful session.

### **The Approach: Integrating Language, Health, and Technology**

The lesson aimed to teach beginner-level Greek (A1) to migrant students using the theme of fruits and healthy eating. This topic provided a natural overlap between health education and language learning, making the content engaging and practical. Additionally, by incorporating digital tools like Quizlet, the lesson addressed digital literacy, reinforcing vocabulary retention through interactive methods.

### **Language Learning Objectives**

The linguistic goals focused on teaching:

- Greek names of 15 fruits.
- Colors and the use of definite articles in Greek.
- Verbs and phrases related to cooking and eating.
- Reading comprehension of a simple Greek recipe.

Practical application was a key element, with students practicing these skills while preparing a fruit salad—a hands-on activity designed to reinforce vocabulary and sentence structure in context.

### **Health Education Goals**

The health component aimed to instill awareness about the benefits of healthy eating, emphasizing:

- The nutritional value of fruits.
- Practical skills like discussing favorite fruits and their benefits in Greek.

By linking language acquisition to health awareness, the lesson empowered students to use their new vocabulary in real-life situations.

### **The Role of Technology**

Digital tools like Quizlet elevated the learning experience, making vocabulary acquisition interactive and personalized. The use of the platform's "Learn" and "Match" features ensured that students could visualize and practice fruit-related vocabulary effectively.

Lesson Flow

The session was structured to maintain engagement while meeting its objectives:

1. Introduction (10 minutes): Visual aids like flashcards or real fruits were used to introduce seasonal fruit names in Greek, reinforcing pronunciation and testing preexisting knowledge.
2. Vocabulary Practice (15 minutes): A Quizlet activity followed by a worksheet helped students familiarize themselves with new terms and grammar.
3. Recipe Reading (10 minutes): A simple, illustrated recipe for a fruit salad provided a platform for reading comprehension and translation exercises.
4. Health Discussion & Activity (15 minutes): Students learned about the health benefits of fruits and participated in making a fruit salad, practicing their new vocabulary in a collaborative setting.

### **The Impact of an Interdisciplinary Approach**

This approach demonstrated the benefits of weaving multiple disciplines into a single lesson. Language acquisition became more meaningful when paired with practical skills and health education. The hands-on fruit salad activity ensured active participation, making the learning experience memorable and relevant. Furthermore, the integration of technology supported varied learning styles, allowing students to interact with the content in different ways.

### **Final Thoughts**

By embracing an interdisciplinary strategy, this lesson plan transcended traditional subject boundaries, offering a holistic learning experience. Students didn't just memorize Greek vocabulary; they engaged with cultural, practical, and health-related contexts that deepened their understanding and application of the language.

For educators, this model underscores the value of innovation in lesson planning. It challenges us to think beyond textbooks and worksheets, crafting lessons that reflect the interconnectedness of the real world.