

**WEEK 4 – Present and Reflect**  
**2 consecutive English lessons – 90 min**  
**English Level B1.1**

**Theme: Flavours of Sustainability**  
**Module: Travelling and Tourism**

### **Learning Goal**

To integrate creativity, environmental awareness, and English language skills by preparing eco-friendly herbal souvenirs inspired by Sustainable Tourism and Nature.

### **Learning Objectives**

By the end of the lesson, students will be able to:

1. Identify and name common herbs and spices in English.
2. Describe the properties and uses of natural ingredients (*e.g., oregano, thyme, mint, basil*).
3. Collaborate to prepare and label their own eco souvenir (herbal tea sachet).
4. Use target grammar and vocabulary - Present Tenses and imperatives; vocabulary related to nature and sustainability.
5. Present their final products and reflect on what Ss learned during the project.

### **Language Focus**

1. **Vocabulary:** herbs, spices, ingredients, aroma, flavour, natural, grow, dry, mix, label, recycle, organic, local, package, preserve.
2. **Grammar:** Present Tenses; Imperatives (*Mix the herbs, Label your package, Be eco-friendly!*); Adjectives for description: fragrant, spicy, fresh, green, natural, organic
3. **Functions:** describing, giving instructions, expressing appreciation, reflecting on learning.

### **Design Thinking Stages**

1. **Test** – apply knowledge in a real product (herbal sachet).
2. **Present and Reflect** – share the process and evaluate outcomes.

# Lesson Plan

## 1. Warm-up – Nature Vocabulary (10 min)

1. Brainstorm: “What herbs did you find in your gardens?”, “What herbs do you know in Bulgarian? How do we say them in English?”
2. Show pictures: oregano, thyme, mint, basil, rosemary, chamomile, lavender.
3. Match words with pictures.

## 2. Vocabulary and Grammar Practice (15 min)

1. Students watch a presentation prepared by the teacher, learn the new vocabulary, and talk about their favourite herbs and spices.
2. Grammar focus: imperatives and present tenses used in instructions.
3. Example sentences: *Dry the herbs carefully. We are mixing oregano and mint. Our tea has become very aromatic.*
4. Mini speaking: each student describes one herb in 1–2 sentences.

## 3. Group Activity – Preparing the Herbal Sachets (40 min)

1. Students bring herbs collected from home (mint, thyme, basil, oregano, chamomile).
2. Step-by-step instructions on the board:

Mix herbs and label them.

Fill small tea sachets or paper envelopes.

Write a short message or slogan (e.g., “Drink green – live clean!”).

Decorate the label and add destination name (e.g., “Melnik Blend”).

3. Students work in groups and help each other with writing in English.
4. Teacher circulates and asks: “What is in your mixture?”; “Why did you choose these herbs?”; “What message do you want to send to tourists?”

## 4. Presentation of Products (15 min)

1. Each group presents their *eco souvenir* briefly (2 min): what herbs they used, what their message is, and how it connects to sustainable tourism.
2. Class votes for “Most Creative Souvenir”, “Best Eco Message”, “Best English Presentation”.

## 5. Reflection (10 min)

Whole-class reflection: “What did you enjoy most in this project?”; “What did you learn about sustainability?”; “How did English help you express your ideas?”

As part of the final feedback, students also completed a short Google Form on sustainable tourism to reflect on what they had learned and to share their personal messages for a greener

future.

([https://docs.google.com/forms/d/e/1FAIpQLSciUxa070NvyPTJyIKpOhH-7t\\_mn2vODGZcAKQo8VhYTa4jXA/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSciUxa070NvyPTJyIKpOhH-7t_mn2vODGZcAKQo8VhYTa4jXA/viewform?usp=pp_url))

## 6. Materials

1. Dried herbs (mint, thyme, basil, oregano, etc.)
2. Small tea sachets or paper envelopes
3. Labels, ribbons, glue, scissors, markers
4. Power Point Presentation
5. Classroom Screen

## 7. STEM Integration

STEM Area	Application
Science	Exploring plant properties and natural drying process of herbs.
Technology	Label and packaging design using simple digital tools or templates.
Engineering	Creating functional, eco-friendly packaging (designing sachets and labels).
Art	Decorating sachets with creative design, color combinations, and handwritten messages inspired by nature.
Mathematics	Measuring and estimating herb quantities for mixtures (ratios, proportions).

## 8. Applied Teaching Methods

1. Design Thinking: Test/Present and Reflect
2. Project-Based Learning – final tangible product.
3. Art Integration: decoration, color, and texture in design.
4. Communicative Approach: describing, giving instructions, reflecting.
5. Cooperative Learning (PIES principles): teamwork, equal participation, shared success.

## 9. Learning Outcomes

By the end of Week 4, students will:

1. Name and describe common herbs in English;
2. Apply grammar and vocabulary in practical communication;
3. Create and present eco-friendly herbal souvenirs;
4. Demonstrate understanding of sustainability through art and language;
5. Reflect on their learning and teamwork throughout the project.