





PROMOTING SOCIAL, EMOTIONAL AND PHYSICAL WELLBEING

XÀTIVA 15 - 20 January 2023



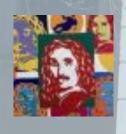




WELCOME:

- ☐ Estonia Parnü: "Pärnu Ülejõe Põhikool"
- ☐ Italy Verona: "Liceo Galilei"
- □ Germany Bielefeld? "Öffentlich-Stiftisches Gymnasium

 Bethel"







AIM OF THE MEETING - AIM OF THIS PROJECT

- PROMOTE WELLBEING: Feeling emotions like happiness,
 curiosity, satisfaction...
- Develop your social and intercultural competences.

BOTH WILL HELP YOU TO MAKE THE CORRECT CHOICES IN THE PRESENT FOR A BETTER FUTURE.







NUTRITION: MAKING HEALTHY AND SUSTAINABLE FOOD CHOICES









SET UP TRANSNATIONAL GROUPS:

S1 S2 S3

S4 S5

11 12 13

15 14

E1 E2 E3

E4 E5

G1 G2 G3

G4 G5

- 1. Write your name.
- 2. Screw it up into a ball.
- 3. Throw it.
- 4. Look for your same number / foreign mates.







TRANSNATIONAL GROUPS subjects:

TEAM 1: EATING A BALANCED DIET

TEAM 2: NEW FOOD TENDENCIES AMONG TEENS, AVANTATGES AND RISKS (REAL OR FAKE)

TEAM 3: TEENAGERS AGGRESSIVELY TARGETED BY FOOD MARKETING MESSAGES

TEAM 4: SUSTAINABLE FOOD: ALTERNATIVE PROTEINS "MEATY ALTERNATIVES"

TEAM 5: ENVIRONMENTAL LABELLING IN FOOD PACKAGING







POWER POINT PRESENTATION instructions:

- 1. 8 slides to the most.
- 1. Let's keep it brief.
- 1. Don't forget to add some photos (copyright free) to illustrate your presentation.
- 1. The Erasmus + logo and our project I needs to be present in your presentation.
- 1. Finish your presentation with the Poster.







POSTER PROPOSAL: (on Thursday 19th)

The aim of this activity is to create a VISUAL (with pictures, food and members of the group ...) and ATTRACTIVE POSTER that can be used as an ADVERTISING SLOGAN to promote HEALTHY AND SUSTAINABLE FOOD CHOICES

Sort of ... **EATWELL GUIDE**: some proposals:

- 1. Eat at least 5 portions of fruit and vegetables every day.
- 2. Provide you with more sustainable sourced fish or vegetables ...
- 3. Choose wholegrain or higher fibre versions with less added fat, salt and sugar.
- 4. Eat more beans and pulses. Eat less red and processed meat...
- 5. Choose lower fat and lower sugar options... sugar-free drinks...
- Choose unsaturated fats.
- 7. Check the label on packaged foods.







EACH TRANSNATIONAL GROUP:

- 1. LET'S CHOOSE/THINK your SUBJECT
- 1. Let's do the photo (during the activities of week agenda)
- 1. (on Thursday 19th)LET'S CREATE YOUR OWN POSTER (It could be a good idea when adding the text, information ... to be done in the four languages spanish, german, italian and estonian languages)

