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PROMOTING SOCIAL, EMOTIONAL AND PHYSICAL WELLBEING

XÀTIVA 15 - 20 January 2023



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WELCOME:

- ❑ Estonia - Parnü: "*Pärnu Ülejõe Põhikool*"
- ❑ Italy - Verona: "*Liceo Galilei*"
- ❑ Germany - Bielefeld: "*Öffentlich-Stiftisches Gymnasium Bethel*"



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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.



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NUTRITION: MAKING HEALTHY AND SUSTAINABLE FOOD CHOICES



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SHORT PRESENTATION OF EACH SCHOOL



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SET UP TRANSNATIONAL GROUPS:

S1 S2 S3

S4 S5

E1 E2 E3

E4 E5

I1 I2 I3

I5 I4

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.



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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**



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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.



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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...
6. Choose unsaturated fats.
7. Check the label on packaged foods.



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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)



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