

Erasmus + for young students - Title: Live mobile, eat healthy, catch quality

Duration of the project: 01-04-2022 - 01-04-2024

Activities for students, teachers – May – October 2022

Month 2022	Students and teachers' activities.	
May	Introduction – a video about your school.	<p>A survey for pupils, parents and teachers, about:</p> <ul style="list-style-type: none">- the eating habits of children and their family- healthy lifestyle (eating behaviors) at school-their knowledge about the different kind of European sports- the degree of participation in sport and recreation at school and during their free time-degree of involvement in outdoor activities (walking, hiking etc)- the way they spend their free time indoors <p>The aim of the survey is to raise the awareness of students, parents and teachers about the problems of obesity and sedentarism and to support the engagement of pupils in sports and outdoor activities.</p>
June	Making a video - presentation of my town – (cultural aspects: location, landscape, sights, customs, festivals, traditional cuisine etc.)	<ul style="list-style-type: none">- Creating the Logo of the project and the Twinspace by Italy- Creating Facebook page by Turkey- Creating web.whatsapp.com by Greece
September	<p>Mandatory: Students start recording their physical activity and the daily menu in a specially designed journal</p> <p>Make one option: 1. Creation of a video (photos or a brief presentation) of students (families)presenting their healthy breakfast</p>	Cooperation with cyclists' organizations for a cycling activity in town involving the local community (video – photos- presentation)

September	<p>(uploaded in Twinspace – blog of the project)</p> <p>2. Start writing the song of the project (common product of all countries)</p> <p>3. Discussing and finding the heroes of a common written story regarding healthy eating and physical activity, published in e book, ready, until the end of the project.</p> <p><i>(Please, choose one out of three optional activities during September. You can start working with your class upon the other two, during September, October and November, in order to present the material in our first virtual meeting at the end of October)</i></p>	
October	<p>-Creation of the presentation corner of each country in all partner-schools (Presentation of the host country in all classes of schools)</p> <p>- Celebration of the World Food day (16th of October)</p> <p>https://www.fao.org/world-food-day/contest/en</p>	1st Virtual Meeting organized by Italy