

For audio instructions click here:



or scan QR code:

Dear students,

Please choose the transnational team with the topic that interests you most. Keep notes with your findings in the following padlet so to be used to design a visually appealing and informative e-magazine that:

- Highlights the specific components of the Mediterranean diet that combat cancer.
- Summarizes your key findings about the Mediterranean diet and cancer prevention.
- Incorporates visuals, such as images of Mediterranean dishes, graphs, and charts, to enhance understanding.

Madmagz Worksheet and Instructions

TEAMS FORMATION

TEAM	STUDENTS IN THE TEAM	MENTOR TEACHER(S)
TEAM 1: The types of cancer the Mediterranean	Aspasia P. George D Popi M	Aspasia Mylona

diet can help be prevented	Ema O Frederika O Zuzana M Natalia H.	
TEAM 2: The components of the Mediterranean diet that are linked to cancer prevention	Panagiotis P Martha A Sofia P Juliana T	Anthi Soukou
TEAM 3: The scientific studies that support the link between the Mediterranean diet and cancer prevention	Nefeli D Janka I Ema B Dorota G Ema J Filip Z Noemi T	Maroš Mitrik

Work collaboratively and keep notes with your findings in the padlet:

<https://padlet.com/meddiet4health/team-findings-about-the-mediterranean-diet-and-cancer-preven-e514dtja053kvzrh>

Then synthesize your findings so to be transferred to the following e-magazine:

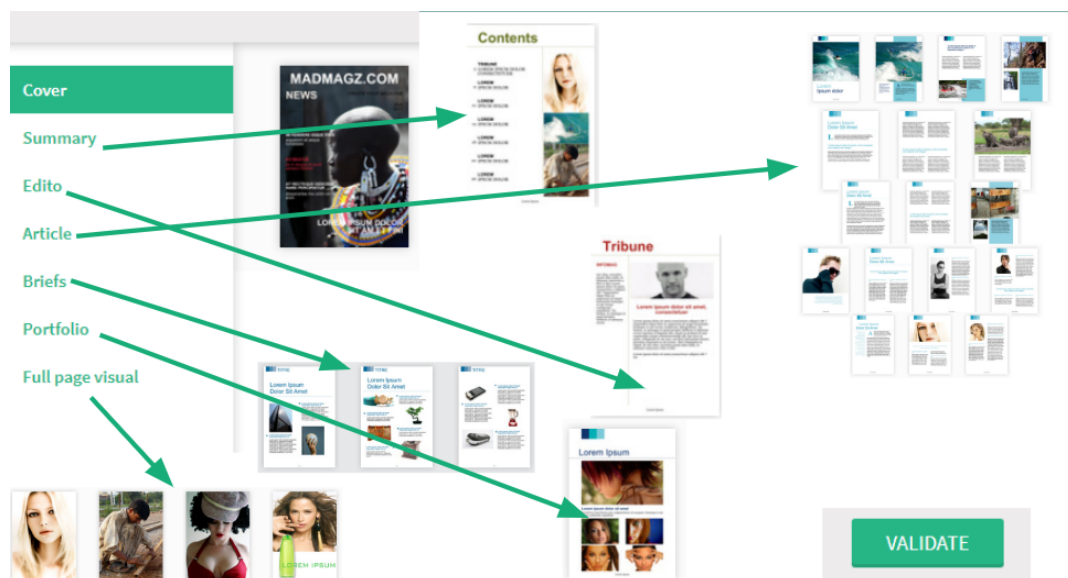


Make use of the following link to reach it as Redactor.

<https://v1.madmagz.com/collab-r/19san-2cs9rhk-1dxvs>

Edit your first name and the first letter of your surname (e.g. Aspasia M) and click “Collaborate”.

Once you are in the main menu you have the option to make a new page in the form of articles, briefs, full page visuals, etc. Select any type you want but not the “Edito”. As you can see each category gives you a wide range of layout options. It is up to you to decide which one you want to use and which best suits your content!



To choose a layout design, simply select it and click *Validate*.

You can add or delete pages at any point while you are creating your magazine by

going to the overview . Then select + or - to add or delete a page.



To modify a page, click on the icon of a pencil and paper.

To edit a page, click on it and then you can then make changes to the different parts such as the title, text, or photos, by clicking on the area you would like to change (title or text), with the use of the editing tools (bold, italic, underline, align, etc.) at the top of the page.



You can also zoom in and out for a better view.

Note: Make sure you do not insert too much text, otherwise it may be cut off.

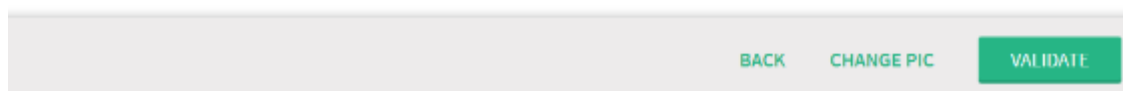
To modify or add a photo, click on it. You will be given two options: you can choose an image from your computer or import one from the internet by copying and pasting the image URL into the field and clicking *Validate*.



Once you have added the photo, you can crop it. Indications below the image, will tell you if the image quality is suitable for a web publication and/or print. It is best to choose images that are large and of high quality. If you need to, you can add a higher-quality image by clicking *Change pic* and then *Validate*.



Image quality unsuitable for any publication format (print, web,...). We do not recommend you use this image size.



Once the page is ready, you can send it to the magazine owner (mentor teacher). Before you do that, though, a few checks are necessary:

- You can generate a web preview of the magazine (eye icon)
- You can then check the layout of the text and images as well as the image quality.

