

## NEWSLETTER 2 IN ROMANIA



## HEALTH COMES FROM HEALTHY DIET AND SPORTS

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## Project partners:

- Baki Gündüz İlkokulu, Istanbul, Turkey
- Școala Gimnazială "Nicolae Titulescu", Caracal, Romania
- IES Arjé, Chauchina, Spain
- 2° Circolo Didattico Don Saverio Valerio, Puglia, Italy
- Osnovna sola Beltinci, Slovenia



The 5<sup>th</sup> grade students have been learning about the food pyramid, they prepared their own menu and in art classes they prepared a collage of their healthy plate of food. Students in the second grade have prepared a windmill in the art class and tested it. In the after school classes students have prepared a memory game using healthy nutrition and sports terms. Students really like to eat Nutella, which however is not a very healthy snack. This is why they were presented with and prepared a Nutella substitutes that taste like Nutella, but are more nutritious and can be eaten daily.

**2° Circolo Didattico Don Saverio Valerio, Puglia, Italy**

Conversations about healthy food and food that are good for the environment, chromotherapy, Experience "An healthy snack", Analyze healthy lunch and vegetarian menu, Create a pyramid about food groups, Watch a video about a canteen in English school, Activities about traditional British food, Write a short essay about healthy food, Create the daily diary of children eating habits, Make a survey about the habit food using google modules, Journey to discover legumes: Reading of a traditional story from Gravina "The Lentil Queen", Conversation about healthy food and food that are sustainable for the environment: the legumes, Sowing legumes' seeds and gardening activities, Analyze a healthy dinner and a vegetarian menu with typical legumes of our region, Cooking competition in the school "Vegetarian pizza with cicerchie cream", Write a booklet about the legumes, the good food and their nutrients, the recipe of the "Vegetarian pizza with cicerchie cream" and the label of the cream in the jar, Sport activities indoor and outdoor in Primary and in Kindergarten schools: Practice sports in the gym and outside with group games and/or using the equipment, to show the importance of doing sports or physical activity for our health and wellness, Use of football sport platform "Giococalciano" with some quiz and digital games, Take part in competition and workshop about sport and wellness on the platform "Tutti in campo a tavola e nella vita" with games and some quiz.

**Baki Gündüz İlkokulu, Istanbul, Turkey**

Baki GÜNDÜZ Primary School participated the Romania Virtual Mobility with the fourth grade students. 18 students filled up a diary about eating habits and physical activities during a month. To learn more about their eating habits and sedentary time a questionnaire was applied all the students who filled up the diary. The results were surprising; they don't like eating fish, meat or vegetables but they like eating junk food. They don't drink enough milk and fruit juice. They spend more than 3 hours on tv, computer, tablet...etc in a day. They like running, walking, cycling and playing football during a day.

Conclusion: The students should eat more fish, meat and vegetables. They should limit the screen time. Three of the students did their diaries presentation with videos and ppt.

Some of the fourth grade students prepared healthy breakfast plates for virtual Mobility. Some of the fourth grade students prepared healthy dishes or soups. Some of the fourth grade students prepared healthy drinks. Some of the fourth grade students did paintings about the consequences of sedentary life as a workshop and the pictures were exhibited in the school corridors. Some of the students participated physical activities and outdoor games played in the school garden. Some of the fourth graders painted healthy eating pyramids and learnt about food groups.

The students enjoyed the project activities and they learnt a lot of new things. They really liked being the part of the project. 46 students and 18 teachers worked together for this virtual mobility.

**"Nicolae Titulescu" Middle School, Caracal, Romania**

The students and teachers from "Nicolae Titulescu" Middle School did different activities for the virtual mobility:

-18 students kept diaries for a month and wrote down information about eating habits, physical activities, sports and sedentary life. Most of them have three main meals and two snacks per day, but they spend too many hours on the phone or computer. They

drink water most of the times, they practise sports and do other physical activities. These activities are especially outdoor.

- the 4<sup>th</sup> grade students and the preparatory grade students did physical activities with their PE teachers (sports and exercises)
- the preparatory grade A students had an Art activity to recognise fruit and vegetable. They painted them and said riddles for each one.
- the preparatory grade B prepared the activity "Meeting with a nutritionist". Dr Daniela Cîrju told them about the Pyramid of nutrition, about fruit vegetables, vitamins, benefits of eating healthy and doing sports/physical activity, effects of being overweight or obese, diseases caused by obesity.
- the 6<sup>th</sup> grade students and the 3<sup>rd</sup> grade students had projects "Healthy breakfast"
- the 8<sup>th</sup> grade students searched for information about "Obesity – causes and effects on short, medium and long term", in general, and in our school, in particular.
- the preparatory grade students and the 6<sup>th</sup> grade students cooked traditional Easter dishes
- the 8<sup>th</sup> grade students and the 6<sup>th</sup> grade students did some outdoor activities: planting trees, hiking, walking, cycling.
- Some students took part in their training sessions (basketball, karate, swimming)

**IES Arjé, Chauchina, Spain**

Students recorded the school and the most typical locations in the town and made a presentation

## HEALTHY DIET

The students discussed about their favourite dishes and selected some healthy ones to cook by themselves. They cooked them at home and recorded the process and the recipes

## SPORT

We made some recordings of PE lessons. Students thought about the sports they liked and also recovered some traditional street games and brought them to PE lessons. We also had some workshops about modern and "flamenco" dancing and yoga.

## HABITS

Students filled in a diary about eating and exercise habits. In the end they compared their diaries and took out some conclusions

In the classroom they showed their work to their partners and exposed the conclusions of their diaries. For the VM we selected the students attending the video conferences depending on the things they had previously worked; cooking, exercise or diaries.

