Report form 3-4-5

Eco-Active Project: Healthy Food

1. A healthy breakfast.

We started the opening of this project by offering the children a healthy breakfast at school. This includes the following: brown bread, cheese, egg, tomatoes, corn flakes, meats such as bread spreads, milk, yoghurt, crackers and low-sugar gingerbread.

2. A circle discussion about healthy food. The questions for this include:

- What is healthy food?

- Why is a breakfast in the morning so important?

- Why do we have to eat enough fruit and vegetables?

- Where does fruit and vegetables come from?

- What is the disk of 5?

- What is unhealthy food and what is in it?

3. Excursion to the vegetable garden "The full life" in Vortum-Mullem.

Here the children get to know how the vegetables grow. They are allowed to harvest the vegetables on the land and to wash and cut the ingredients for the soup: carrots, leeks, beetroot, parsley and the like.

Finally, they can eat the soup.

4. Healthy cooking workshops:

Parents take care of the workshops. The parents tell something about their recipe and what is needed for it. The children can help to make the dish and finally they can eat it.

5. Creative activity:

The children make bread or fruit from vegetables. This is shown on the play-leath and can be taken home after the project has ended.