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**ISTITUTO COMPRENSIVO "D'ALESSANDRO-VOCINO"  
SAN NICANDRO GARGANICO – FOGGIA**

**ERASMUS + KA229 "We are European, We are Equal"**

**3RD SHORT-TERM EXCHANGE OF GROUP OF PUPILS - #EQUAL IN ITALY**

24<sup>th</sup> February – 1<sup>st</sup> March 2020

**PRESENTATION OF THE ACTIVITY**

Teacher's Name	Maria Montemitro
Title of activity	Healthy living comes from healthy eating
The activity is relevant to	-Teach the importance of healthy and proper nutrition. -Introduce students to the organic characteristics of food
Methodology of activity	-Creation of a culinary workshop to involve students in food preparation.
The aim of activity	-Discover a link between nutrition and physical and mental health -Introduce children to the care of their body through food -Learn about typical Italian dishes and their preparation
Short description of activity	The students select the ingredients for the preparation of a full menu, from a starter to a dessert, using bread: a poor ingredient that can become something special.
Pre-mobility material	-Research of information about bread and dishes to be made: preparation of everything needed for the laboratory  <a href="https://tastessence.com/types-of-bread">https://tastessence.com/types-of-bread</a>
Post-mobility requirements	-Written considerations, evaluation, comments on the laboratory activities carried out - answer a questionnaire about the activity
Anything else to add	-The students will personalize the dishes with creativity and imagination