Benefits of contact with nature for children and families

Spending time in nature improves mood, reduces stress and promotes better physical and mental health.

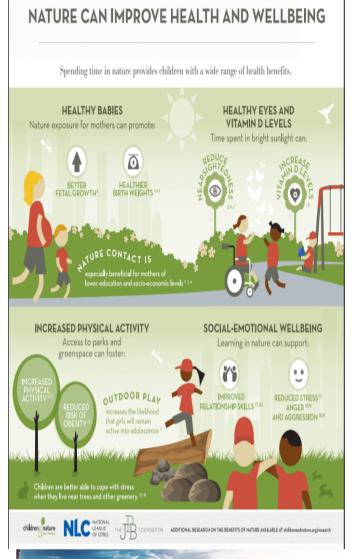
- Supports crativity & problema solving;
- Improves academic performance;
- Advanced motor skills, coordination, balance and agility;
- Reduces attention deficit disorder symptoms;
- Improves awareness & observational skills;
- Improves eyesight;
- Improves self-esteem;
- Reduces stress;
- Increases empathy;
- Improves self-discipline;
- Instills a sense of peace and calmness;
- Reduces bullying when green spaces are in schools.
 Source: https://rtectreecare.com/why-children-need-vitamin-q-celebrating-earth-day/

Children need "vitamin G" (G for "green")

"Green environments are an essential component of a healthy human habitat", Frances Ming Kuo



If we can help children to connect with nature, that's not just good for them, its great news for nature!







III° Meeting Project Erasmus+ Corvo, may 2019

Be well, teach well, learn well

Healthy food

and heath contact with nature:

benefits for children/students





Benefits of healthy food for children/ students

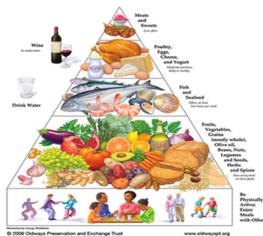
Importance of good nutrition:

- Consuming nutritious foods helps children and teens grow, develop, do well academically and feel good about themselves.
- It also helps prevent child and teen issues such as eating disorders, obesity, dental cavities and iron-deficiency anemia.

Eating healthy foods:

- Nutrient-rich foods can promote physical and mental health;
- Normal development;
- Stronger immune function;
- Better brain function;
- A healthy body weight.





Mediterranean Diet

The Mediterranean Diet is a healthy option, given the variety and consumption of products of vegetable origin, their vitamin content, and the provision of cereals and olive oil.

Preference for consumption:

Vegetables; Cereals (especially Bread); Legumes; Olive Oil as the main source of fat; Fish.

Low consumption:

Meat and meat products.

Moderate consumption:

Dairy products Preferably low fat or reduced fat, fermented milk .

Water is the drink of choice, and should be taken frequently throughout the day.

During childhood and adolescence, wine, as a component of the Mediterranean Diet, is not recommended.

The choice of local, seasonal fresh foods is recommended, and they will be almost free from industrial processing.

Cooked meals should be uncomplicated (grilled, roasted, steamed, baked en papillote).

Herbs and spices add flavour, and can be used to enrich dishes.







