



**HEALTHIER BREAKFASTS, WISER  
MINDS (BREWISE)**

2018-1-ES01-KA229-050096

**STUDENTS' EVALUATION OF THE  
PROJECT**

**FEBRUARY 2021**

**Created during virtual meeting**

# PROS AND CONS OF THE PROJECT

## PROS :

- awesome trips
- meeting new people and making friendships
- learning about other cultures
- opportunity for adventure
- mind-opening experience
- learning to cooperate with unknown people
- adapting to new environment
- putting knowledge about healthy breakfast into our everyday life
- exchange of gifts that bonded us
- sightseeing

# PROS AND CONS OF THE PROJECT

## CONS :

- not seeing our new friends and missing them
- the trips didn't last long enough
- missing your family while being away
- some activities could be approached differently, different approach could be more engaging and motivating
- explanations of the activities (debate) could have been better presented
- language barrier
- big age gap among students

# PROS AND CONS OF THE PROJECT

- The project has both pros and cons.
- There were some cons, but we still enjoyed our trips and found more pros to this project.
- It was a wonderful experience and we got to meet great people with amazing cultures.
- We wish to make lifelong friendships and stay in contact with them and hopefully meet them again in the future.

# BEST ACTIVITIES OF THE PROJECT

- Ice-breakers
- Physical activities and long walks,
- Cooking and making food by ourselves,
- Analysing the content of the products,
- Calculating the amount of sugar in the drinks,
- Organising the activities related to the project before and after the hosting meetings,

# BEST ACTIVITIES OF THE PROJECT

- Interactives activities while reading a map,
- Preparing 5 healthy breakfasts at school,
- Writing the magazines,
- Visiting the Health Centres, museums and famous landmarks,
- Making new friends,
- Evenings with the hosting family,
- Farewell parties.

# WORST ACTIVITIES OF THE PROJECT

All the activities planned were useful but sometimes we didn't manage to do them on time. Next time we have to be more precise and think about the time management.



# THE IMPACT OF HEALTHY BREAKFASTS CAMPAIGN

## Divulgation -

-Realization of healthy breakfasts in our school. Students from different classes joined together in the school cafeteria to make healthy recipes, provided by the different countries of the project;

-Distribution of those healthy breakfasts to several classes, so the students could have a grasp of different breakfasts from different european countries;

-Some students were responsible of posting pictures of the making process on brewise instagram;

-Display of posters all around school to promote the project.





# THE IMPACT OF HEALTHY BREAKFASTS CAMPAIGN

The 4<sup>th</sup> Healthy Breakfast

January 30

From 14.00.-15.00.

Let's eat a Rainbow Today!




**First Healthy Breakfast**  
"An apple a day keeps the doctor away"

**Dressed fruits**



Fruit gives us vitamins, fiber, water, mineral salts and healthy sugars. If we eat fruit every day we will keep our defenses high and we will be stronger. In addition, we will protect ourselves from illnesses.



Second healthy breakfast

Tuesday 30th of April  
from 11 a.m. to 11:30 a.m.

**RUN OUT OF SUGAR!**




3<sup>rd</sup> healthy breakfast


**Homeland colours**  
(with freshly squeezed lemon juice to make lemonade)

**Ingredients:**  
(white cubes)  
4 dl milk  
2 spoons honey  
4 spoons of semolina/corn semolina/polenta/quinoa (depending on the region/country)  
3 spoons of coconut flour

**(red/green cubes)**  
4dl milk  
2 spoons honey  
4 spoons of semolina/corn semolina/polenta/quinoa (depending on the region/country)  
3 spoons of coconut flour

**Colouring:** use food colourings or fruit juice that is intense enough to colour the cubes in your country flag colours or coat of arms (beetroot juice, amaranth juice, cocoa powder to get the nuances of red for some of the countries)  
\*Add any type of nuts as well (almonds, walnuts, hazelnuts, chestnuts...) to your liking

**Instructions:**  
1) Put the milk and honey to the boil and add semolina. Stir it until it cooks.  
2) Add coconut flour (and nuts) in the hot semolina. Pour into the square shaped baking tray with cake paper on the bottom.  
3) Repeat everything with the other amount of milk, honey, semolina, coconut and nuts - in this case add the colouring and/or chocolate when it cools down a bit. Pour into the tray in the same way as the white semolina.  
4) When both semolina trays are cooled down put them into the fridge for a while to cut the cubes with care.  
5) Use the cubes to make a flag or the coat of arms.  
6) Squeeze the lemons and make lemonade. Add agave syrup, honey or maple syrup to sweeten the drink, or serve unsweetened.



5<sup>th</sup> Healthy Breakfast  
"Our own recipes"



18 November 2020



# THE IMPACT OF HEALTHY BREAKFASTS CAMPAIGN

The healthy breakfast campaign was disseminated through various platforms.



Instagram



Facebook



eTwinning



Magazine



Blog



School's website

The use of online platforms promotes the campaign dissemination, as almost everyone nowadays is on those platforms.

By cooking and posting our breakfast on social media, both us and the others that see the posts gain interest on following the recipes and tasting them.

# THE IMPACT OF HEALTHY BREAKFASTS CAMPAIGN

Breakfast is the most important meal of the day, so it is really important to start the day in a healthy way!

- Making campaigns about healthy breakfasts influence people who have bad eating habits to have a healthier lifestyle.
- Despite that, there are some people who don't eat breakfast or eat unhealthy meals. Therefore, we need to create new campaigns to appeal more teenagers and explain the importance of eating healthy meals.
- We have checked that there are students who eat healthy breakfasts including tomatoes, cereals, milk, fruit. These students are a positive influence to the others.

# breakfast made by elements of our project



# HAVE WE LEARNT ABOUT BREAKFASTS?

Our journey with Erasmus started about 2 years ago and during this time we have learnt a lot about healthy breakfast.



# HAVE WE LEARNT ABOUT BREAKFASTS?

## **Among others:**

- breakfast is the most important meal of the day;
- we should eat healthy breakfast everyday;
- there are many kinds of various, traditional breakfasts in each country;
- a healthy breakfast should be rich in nutritional values

# HAVE WE LEARNT ABOUT BREAKFASTS?

- we should eat a lot of vegetables and fruits every single day
- we should drink lots of water and fresh juice instead of coffee and sweet drinks
- and last but no least there are many fun ways to broaden our knowledge about healthy breakfast

# HAVE WE LEARNT ABOUT BREAKFASTS?

Many European types of breakfast were presented to us. Our team found plenty of healthy meals, but we also found some unhealthy ones.

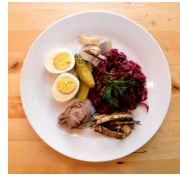
At first sight French breakfast is healthy, but it hasn't got any vegetables. English breakfast is healthier, but there is fat bacon. We think the second one is better, unless we cut the bacon.





# HAVE WE LEARNT ABOUT BREAKFASTS?

Another pair we compared are Portuguese and Croatian breakfasts. They contain meat, which is very healthy, but in proper amounts. There are also eggs and cheese, so it's good because dairy is important in a diet. Generally speaking it's ok, but we would add more vegetables. Croatian breakfast looks healthier than Portuguese.



Third, we have Polish and Latvian breakfasts. Polish breakfast is quite healthy. You can see radish, cucumber and pepper. The only minus are bread and sausages, which aren't very healthy and they are often eaten in Poland. As far as Latvian breakfast is concerned, it looks more like a lunch than breakfast. In our opinion there are too little veggies.

# HAVE WE LEARNT ABOUT BREAKFASTS?

At the end, we have Catalan breakfast. There are some tomatoes and a ham sandwich. It looks tasty, but probably it's not very healthy.



Every breakfast looks delicious and it's colourful. We like them, but to create „an ideal breakfast” we should join different products from different European breakfasts and we should always remember to be nutritious one.

# FINAL SURVEY

## - Who answered the form?

49 students and 13 teachers

answered the form. They are from  
the different countries of the project,

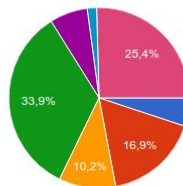
43 of them are women

and the other 19 are men.

Questionnaire: <https://forms.gle/PXxtgxJyj7YiWeiy5>

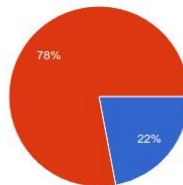
1. How old are you?

59 responses



2. Are you a teacher or a student?

59 responses



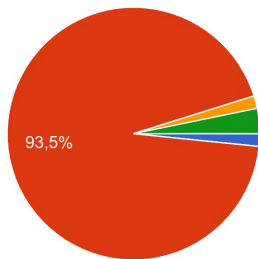
# FINAL SURVEY

In the question number 5 (Which one of the next breakfast is healthy?) 96% chose option 2, which is the correct option.

In the question number 6 (Which element is missing in the following breakfast?) half of the people who done the form (53%) answered right: Dairy products.

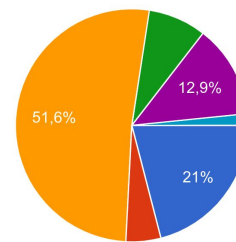
5. Which one of the next breakfast is healthy?

62 responses



6. Which element lacks on the following breakfast?

62 responses

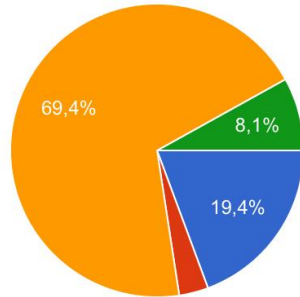


# FINAL SURVEY

In this breakfast, fruit was missing, because we had carbohydrates in the bread and dairy products with the cheese. Coffee is not necessary to have a healthy breakfast. 70% answered right.

7. Which element lacks on the following breakfast?

62 responses



- Proteins
- Dairy products
- Fruits
- Coffee

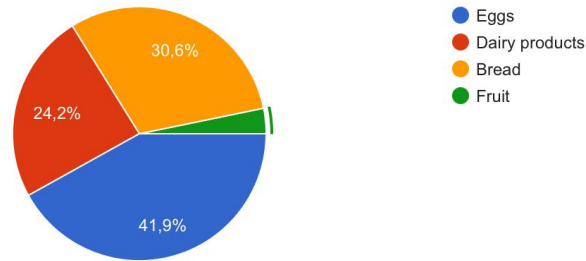


# FINAL SURVEY

Even though a lot of the students put that carbohydrates and dairy products are not necessary, the correct answer was that eggs are not necessary to have a healthy breakfast. We have to eat carbohydrates, fruits and dairy products.

8. Which one of the next food categories is not needed in a healthy breakfast?

62 responses



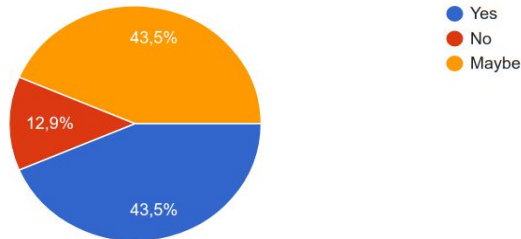
# FINAL SURVEY

In question number 9, we can see that most of us think that this project has changed the way we prepare our breakfasts.

The same happens with question number 10. 56,5% of us have said that the project has had an impact other students outside the leading teams and 30,6% have said that the impact was absolute.

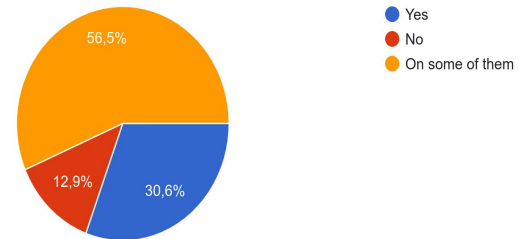
9. The project has changed the way you do your breakfast?

62 responses



10. Do you think that the project has had an impact on the other students of your school?

62 responses

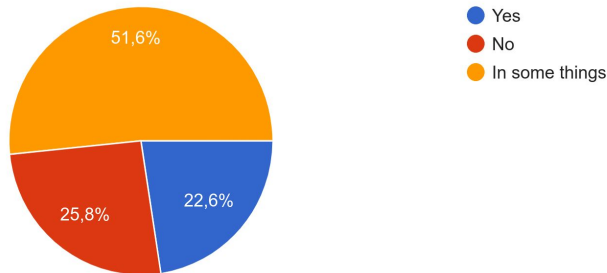


# FINAL SURVEY

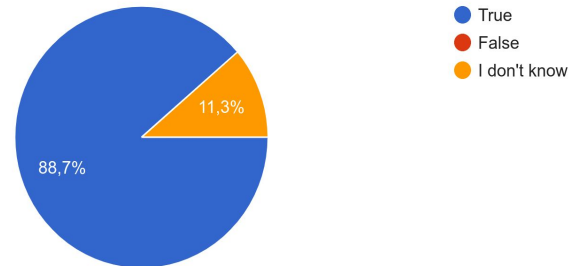
In question number 11 (parents way for preparing breakfast) we can see that there's a change, but not at all, because we have a 25,8% who don't agree.

In question number 12 (healthy breakfast helps us) we can say that the most of us agree that healthy breakfasts have impacted on us.

11. Has the project improved the way your family prepares their breakfast?  
62 responses



12. Is it true that having a healthy breakfast will help you be more productive during the day?  
62 responses



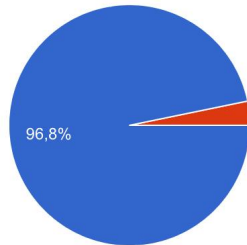


# FINAL SURVEY

We can consider that we all met new people thanks to this project and we are very thankful for this.

13. Have you met new people thanks to this project?

62 responses

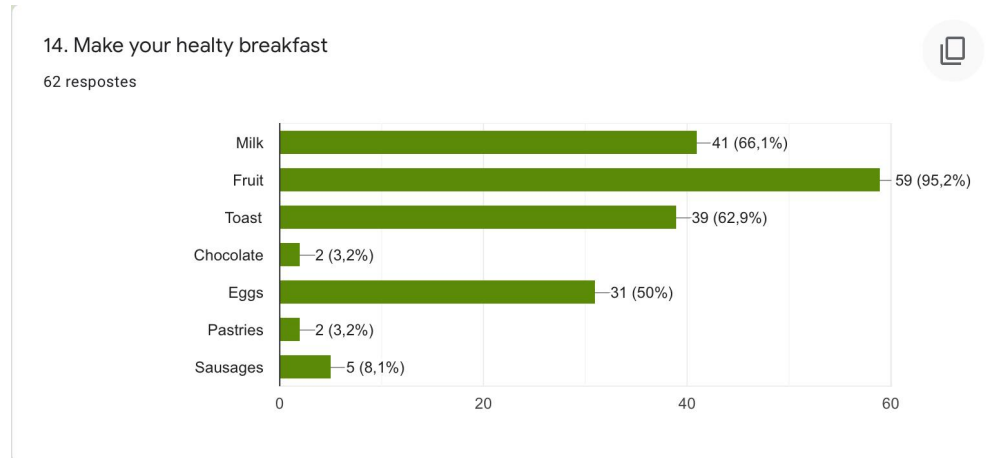


● Yes  
● No



# FINAL SURVEY

To have a healthy breakfast we need carbohydrates, fruit and dairy products. Most of us have this clear but some have said that to their breakfast they would add pastries and chocolate, which are not healthy.



# FINAL SURVEY

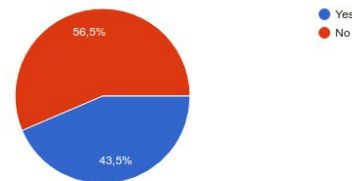
## - Learnings about the project:

In this form 35 students said that they aren't in contact with students of the other countries.

57 students learned new words of different languages and 5 of those didn't learn any new word.

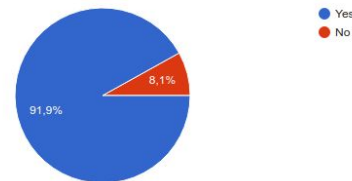
15. Are you still in touch with the family that hosted you?

62 responses



16. Have you learned new words in other languages?

62 responses



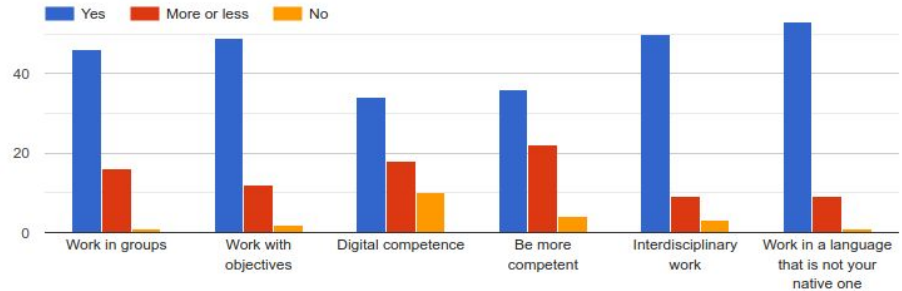
# FINAL SURVEY

- Improves:

The majority of the students wouldn't change anything about the project. All the people are very happy about that.

The majority of the students think that they have improved their skills during the project.

18. Which of the following items have you improved in this project?



# FINAL SURVEY

- **Enjoys:**

The activity that the students enjoyed the most was the exchange.

Finally, 71% of the students liked being part of the lead team of Brewise.

