



DESIGN BOARD
Unit eTwinning

“A healthy diet to live better”

PROJECT PRESENTATION

"A healthy diet to live better" is an interdisciplinary project based on the relationship between food and sport. Proper nutrition makes us better athletes but above all it makes us feel good and healthy. Food is the fuel for our body and is essential to grow, have health and strength. Children in today's society spend most of the day stationary in front of the television or computer, often consuming many snacks rich in calories that are not disposed of by movement. These attitudes produce an incidence of overweight that, over the years, can turn into obesity. It is important, from early childhood, to develop correct behaviors regarding nutrition and movement in order to promote adequate physical development and to implement the prevention of problems such as obesity and related diseases.

OBJECTIVES AND AIMS

Objectives:

allow children to take a journey to learn how nutrition is linked to the culture of a country and bring children closer to the discovery of new flavors.

Purpose:

recognize foods by distinguishing between vegetables, fruits, meat, pasta, dairy products; understand some simple concepts regarding the nutritional value of foods; learn to relate food with an actual need for nutrition and not with moods or emotions; develop appropriate behaviors regarding proper nutrition, know how to recognize errors in the field of nutrition; know how to avoid food waste and make a sustainable shopping.

CURRICULAR AND CROSS-CURRICULAR INTEGRATION

The project is aimed at kindergarten and primary school pupils. The realization of the project is divided into various complementary and interconnected paths.

Let's start from experiences of direct observation of food. We also promote scientific experiences and laboratories, appropriately organized.

At the same time we activate linguistic, manipulative, expressive activities, which have food as protagonists.

The educational itinerary has as its fundamental purpose to convey to children the enthusiasm towards one of the oldest and most refined human activities: the preparation of food, coming out of the forced schematism of "it is good / bad for health", to place itself in a broader perspective that offers the opportunity to activate really positive behaviors:

- live food with pleasure and discovery;
- re-evaluate the culture of the territory with the discovery of food traditions;
- enhance the intercultural dimension of food.

WORKING PROCEDURE

Once the project has been created, the forum will be opened in the TwinSpace to welcome proposals and suggestions from colleagues who join the activities. A first meeting will be organized for the presentation of the partners and the project.

The frequency of meetings with partners will be monthly.

Students will actively participate in the TwinSpace and meetings will be held between the various classes.

Calendar of activities:

September:

- compilation of the TwinSpace pages related to the partner section;
- meetings to define together the tasks of each one.
- preparation of the project logo;
- preparation of an introductory video to present the project to partners and parents;
- collection of releases for photos and videos
- initial questionnaires (teachers – students – families)
- first day of autumn

October:

- we know the foods (the labels)
- where the food comes from
- water, a precious commodity
- seasonal fruits and vegetables
- World Day against Obesity
- World Food Day

November:

- the food pyramid (nutrients)
- nutrition and sport
- lunch at school
- World Kindness Day

December:

- stories and songs about food
- drafting of histograms on the common eating habits of the pupils
- calendar with the typical recipes of the various partner nations of the project
- first day of winter

final phase:

- final questionnaires (teachers – students – families)
- final paper

COMMUNICATION AND COLLABORATION

The lessons will be structured as much as possible in presence, introducing sensory laboratories
Through the use of the LIM we will see videos on the preparation and preservation of some foods.

We will study the seasonality of the products

Laboratory activities aimed at creating materials to be uploaded to the TwinSpace.

Video conferencing, exchange of materials

INVOLVEMENT OF THE SCHOOL AND THE LOCAL COMMUNITY

Due to the COVID emergency it will not be possible to involve people outside the school in the presence, but it will be possible to make videoconference meetings with experts in the field. Surely the project requires the active participation of parents in the research of some materials and in the preparation of some recipes.

EXPECTED RESULTS, EVALUATION, DOCUMENTATION AND DISSEMINATION

The evaluation tools provided will be, in addition to traditional checks, the involvement, commitment and objectives achieved by children;

In addition, there are forms of satisfaction and self-assessment by students
Reflection on the difficulties encountered, on the strengths and weaknesses of the project.

The dissemination of project data will be made:

Making public parts of the TwinSpace

Using the project sheet and applying for the project to the Certificate of Quality

Publishing the results and the link to the TwinSpace on the websites of the schools

Creation of an eTwinning Corner at school

Presentation of the results to the Interclass Council, during a school event

Publication on the school's website

USE OF ICT TOOLS

The tools of the TwinSpace will be joined by Pearltrees for the most in-depth collection of the works of all the partners.

Children will have a padlet at their disposal where they can communicate with other classmates and where they can write their emotions about the project.

Interactive educational games will be organized with the 2.0 tools

All works will be collected in films or other multimedia material.

With regard to the photos and / or videos of the students, it is expected that the parents sign the release.

STRUCTURE OF THE TWinspace

Organizzazione del TwinSpace:

- Organizzazione del progetto (pagina pubblica)

Design Card

Working Plan

Netiquette

Online Meetings

Communication Channels

e-Safety and Copyright

Integration into the curriculum

Teacher Task Distribution

- - partner presentation page
- - page for each activity
- - page for all the technological tools used
- - questionnaire page
- - Page for dissemination activities
- - Page for the final paper

