

BLUE ZONE PROJECT

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1. FAMILY PLAN

5 items

5) TRAVEL

To travel with our families when we can, to spend time with them and also to share new experiences with them. This can also help to bring the family closer together.



2. SCHOOL PLAN

5 items

2) HEALTHIER OPTIONS IN THE CAFETERIA

Instead of so many processed foods, more fruits or healthy yummy snacks. So the students are more likely to eat better.



4) DON'T SEND SO MANY TASKS

We believe that students' lives would be enhanced if teachers did not set so much homework because it generates stress and it takes us a lot of time. We understand that they have to send homework to practice what is given in class, but think about all the subjects we have.





3.

TOWN PLAN

5 items



1) ENCOURAGE ECO-FRIENDLY METHODS

To generate less pollution in the world.

One method can be to low the prices of electric cars since it will help to the environment nad in addition to put more electric cars charges around the town.



2) AFTER SCHOOL SPORTS

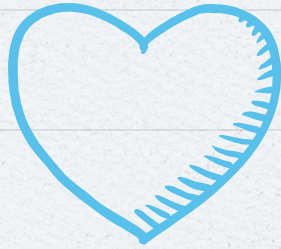
Encourage kids to do after school activities to stay active and release stress after classes. Specially sports so they become fit.



4) VEGETABLE GARDENS

Build more gardens like in schools, so that we can move more naturally and we can also generate less plastic because when we cultivate, we will not need to pack the products and they will be much more natural than the ones in the market that will have many additives also.





THE END!

We really hope you liked it