



ERASMUS+ HIGHWAY TO HEALTH: Example of sustainable activities and impact.

○ The fourth ring: Healthy food

Promoting healthy food at school

Objective: The main objective of the fourth ring is to promote healthy food at school.

Age target: 13-15 year old students

This is a step-by-step guide to the activity:

1. Students reflecting the food at school:

The students of each of the participating countries work with presentations and videos related to food at their own schools.

In these presentations students reflect on their eating habits and they also analyse the food that is served at school.

They write down aspects related to healthy food that are missing from the school canteen service.

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THINGS THAT SHOULD BE IN THE BAR

Some people can only eat gluten free things, that's the reason why there should be products that adapt to that consequences.

Also, we think that it would be a good idea that we would be able to buy fruits, because we're conscious some students prefer eating healthy food.



◀ 15 of 21 ▶

Food and school presentation INS Antoni Pous

53 views



2. Sharing the information: Some students travel to Germany. In the Kassel meeting the students share the presentations with the different eating habits in each country. They also work together in presentations about healthy food.



3. Getting to know a mensa service: The visitors come to know about the mensa service in Germany – which has received several awards. Both teachers and students participate hands-on in the mensa service, thus getting to know the inner workings of the school canteen.





4. Getting to know more about food.

The students took part in different workshops – using free learning competences - and visited an organic farm. They were able to know about the organic farming methods and were also aware of the effects of agriculture and farming on climate change.





5. Back home, project impact: When the students came back from the German meeting our schools started to suffer the consequences of Covid-19. Students and teachers stayed at home and it was difficult to get an impact on this aspect.

The course 2020-21 has brought changes at schools. At INS Antoni Pous the canteen service is no longer working for safety reasons – mostly for concerns about large groups of students mixing indoors.

The students participating in the Erasmus decided to create a canteen service outdoors, in the school playground. They had the guidance and supervision from teachers. They followed a food handling course and used all their experience working in the Erasmus project to promote healthy food in their canteen service.



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viatgedefinaldecuurs_ Segurament us preguntàveu quins al·lèrgens portaven els entrepans, així que aquí teniu la resposta! Informeu-vos per la vostra seguretat

4 days ago · See Translation



Social inclusion: The topic is relevant for everyone; therefore we made sure that all students could participate in the workshops and activities.

European heritage and dimension:

Students were aware of food and diet as part of our heritage. They were also aware of the different eating habits in every country.

Students were aware of the global effects of what we eat on the environment