

# We are what we eat

## A healthy mind in a healthy body

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### Topics

- Food: healthy diet / junk food
- Routines: healthy habits / Addictions: smoking, alcohol, drugs abuse
- Sport and physical activity
- Free time activities & hobbies
- Local products & diet

- 1) Every group analyse their routines in relation with their topic
- 2) They find out about their topic
- 3) Prepare a presentation of their topic
- 4) Design a questionnaire about the topic
- 5) Talk on skype to present their topic and conclusions to the rest of countries
- 6) Record a video of their presentation
- 7) The other groups answer the questionnaire
- 8) Completing the journal (Student-Administrators)
- 9) Answer the forum questions
- 10) Creation of a game with the questions in questionnaire
- 11) Project dissemination and evaluation

### Description

"A healthy mind in a healthy body" Students from Slovakia, Poland and Spain find out about their habits related to food, eating and physical activity. What's going on with national healthy recipes and habits of cooking? Do we usually make a healthy choice of food at a reasonable price? Junk food or healthy food? That's the question.

### About the project

The theme of the project concerns healthy habits related to the food problems of youth, their wrong eating habits and the lack of physical activities. Students from Slovakia, Poland, and Spain will be aware this is a global problem in nowadays society by comparing their habits. Their preference for "junk food" rather than local, home-made products make teenagers eat meals with high fat and glucose content, as fizzy drinks, leading to obesity. This influence leads to the loss of awareness of national healthy food recipes, which used to be prepared by their ancestors, and habits of cooking proper food.

Another priority is to emphasize on healthcare and ensure a healthy choice of food. It is necessary to be familiarized with healthy foodstuff, which provide good nutrition for reasonable price. Trying to change students' eating habits and motivate them to consumption of fruit, vegetables and dairy products: "A healthy mind in a healthy body".

## Aims

- Encouraging the use of modern foreign languages as a real tool of communication, exchanging information about healthy lifestyle.
- To promote healthy lifestyle and physical activity among teenagers and their families.
- Developing and promoting innovative teaching methods and materials improving students' IT skills.
- Helping adolescents to acquire basic life skills for active European citizenship.

## Work Process

Topics:

-Food: healthy diet / junk food

-Routines: healthy habits / Addictions: smoking, alcohol, drugs abuse

-Sport and physical activity

-Free time activities & hobbies

-Local products & diet Students will use the Twinspace and tools as Project Diary and Forums to keep their work updated.

First they prepare their introductions for the other teams. They will give a short description of their hobbies and way of life.

They introduce on a videoconference and talk about themselves

After research, they will prepare a presentation handling the information they get. They will have to show their habits and traditions of their own region and countries, as well as typical products, dishes etc. from Poland, Slovakia and Spain.

Then they make a questionnaire to be answered by every school.

The teams choose some questions to create a game “Who wants to be a health-millionaire?” and they play on a videoconference

The project finishes, after some dissemination activities, with the evaluation of the project by students.

## Expected Results

We will share all of our working outputs on Twinspace.

We will get:

- Some presentations with pictures or videos of our cities, schools and students.
- Presentations of traditions, food, typical dishes and habits in every country.
- Presentations with information about the different topics.
- Quizzes: Questionnaires about healthy habits and food.
- The game “*Who wants to be a health-millionaire?*”

We look for the students' improvement in the use of English as a means of real communication, using ITCs and research and investigations skills.

Students will use the target language for oral and written communication. They will also have to read the other teams work and listening and interact with their correspondents from other countries.

## TOPIC SEARCH

TOPIC	KEY POINTS
Food: healthy diet / junk food	<ul style="list-style-type: none"><li>- Healthy local products (pyramid food chain)</li><li>- Healthy ways of cooking</li><li>- Junk food effects</li><li>- Amount</li><li>- Money spent on it</li></ul>
Routines: healthy habits / Addictions: smoking, alcohol, drugs abuse	<ul style="list-style-type: none"><li>- Sleeping hours</li><li>- Physical activity</li><li>- Bad habits</li><li>- Consequences</li></ul>
Sport and physical activity	<ul style="list-style-type: none"><li>- What sport</li><li>- Time</li><li>- Relation to age</li></ul>
Free time activities & hobbies	<ul style="list-style-type: none"><li>- Activities and age</li><li>- Relationship with people</li><li>- Mood effect</li></ul>
Local products & diet	<ul style="list-style-type: none"><li>- Local products</li><li>- Home-made food</li><li>- Eating out</li><li>- Consequences</li></ul>

Software

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Europe2017

## PLANNING

Session / Date	Activity	Twinspace
1 <sup>st</sup> Session 13 <sup>th</sup> - 17 <sup>th</sup> Nov	<ul style="list-style-type: none"> <li>• Project Presentation</li> <li>• Platform presentation</li> <li>• Groups prepare introducing themselves, their school and their cities.</li> <li>• Introduction of group members:               <ul style="list-style-type: none"> <li>-Name /age</li> <li>-City / region</li> <li>-Studies -School</li> <li>-Hobbies: -Music -Sport</li> </ul> </li> </ul>	Place their presentation: photos videos pdf flashcards  Project journal Timeline Answer the forum questions
2 <sup>nd</sup> Session 20 <sup>th</sup> - 24 <sup>th</sup> Nov	<ul style="list-style-type: none"> <li>• Topic research:                How often                Money spent on it                Time consuming activity                Good/bad consequences</li> </ul>	photos videos pdf flashcards Diary filling
3 <sup>rd</sup> Session 20 <sup>th</sup> – 24 <sup>th</sup> Nov	<ul style="list-style-type: none"> <li>• Presentation preparation and research</li> <li>• Presentation about their topic</li> </ul>	Project journal Timeline Answer the forum questions
4 <sup>th</sup> Session 27 <sup>th</sup> – 1 <sup>st</sup> Dec	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> Skype session                Introductions and Topic presentation                Asking questions and answer other partners' questions.                Meeting together of groups and answering the questions                - Why do you like this topic?</li> </ul>	Diary Video of session development Project journal
5 <sup>th</sup> Session 4 <sup>th</sup> – 8 <sup>th</sup> Dec	<ul style="list-style-type: none"> <li>• Questionnaires elaboration</li> <li>• Fulfilment of questionnaires of the different groups during this week</li> </ul>	Diary Copy of questionnaires Project journal
6 <sup>th</sup> Session 11 <sup>th</sup> – 15 <sup>th</sup> Dec	2 <sup>nd</sup> Skype session Conclusions of questionnaires about healthy/unhealthy habits	Conclusions Video of session development Project journal
7 <sup>th</sup> Session 18 <sup>th</sup> – 22 <sup>nd</sup> Dec	<ul style="list-style-type: none"> <li>• Skype session:                Christmas Traditions and food                Saying goodbye: singing a typical song</li> </ul>	Video/Photos Project journal
8 <sup>th</sup> Session 8 <sup>th</sup> to 12 <sup>th</sup> - Jan	<ul style="list-style-type: none"> <li>• L</li> <li>• Project evaluation</li> </ul>	

9 <sup>th</sup> Session 15 <sup>th</sup> to 19 <sup>th</sup> - Jan	<ul style="list-style-type: none"><li>• Skype session: hobbies and activities for the weekend</li></ul>	
10 <sup>th</sup> Session 5 <sup>th</sup> to 9 <sup>th</sup> Feb	<ul style="list-style-type: none"><li>• Skype session 4<sup>th</sup>: Our contest</li></ul>	