

HEALTHY WORKSHOPS



ERASMUS+ PROJECT NUMBER: 2018-1-ES01-KA229-050096
HEALTHIER BREAKFASTS, WISER MINDS (BREWISSE)

MATERIAL CREATED BY STUDENTS OF:

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Last version: February 2020

WORKSHOP LESSON PLAN

TITTLE	Healthy traditional breakfast
COUNTRY	Croatia
MAIN SUBJECT	Healthy eating
DURATION	20'
HOW MANY STUDENTS?	10-35
WHERE?	In the classroom
MATERIAL	PPT presentation, large sheets of paper (A3), felted pens, traditional breakfast ingredients (Croatia had corn porridge, prosciutto slices, chicory drinks with milk)
KEY COMPETENCES / LEARNING AIMS	Presentation skills, foreign language skills (English language), group management skills/ cooperation, creativity, communication and critical thinking aims

DEVELOPEMENT OF THE ACTIVITY

- 1) The students presenting talk about traditional diet of a country with the specific aim at breakfast. (2 min)
- 2) Using PPT they show the reasons why people of a country eat certain kind of food. (3 min)
- 3) Students are put in groups (according to the teams) and given sheets of paper and felted pens. They have 5 minutes to draw and label the ingredients of a healthy breakfast of their country. Everything is done in English. (5 min)
- 4) Students of other countries present their country's traditional breakfast. (5 min)
- 5) Everybody briefly discusses on the cross-reference of healthy and traditional features in their country's breakfast. (5 min)



HEALTHIER BREAKFAST FOR WISER MINDS

ERASMUS+

Traditional Croatian healthy breakfast

-there are more options for traditional breakfasts across the country based on which part of Croatia you are in



Rijeka

- Rijeka is a town on the coast of Croatia
- it is a harbour and an industrial town with about 129 000 citizens



- a traditional breakfast from Rijeka would be corn porridge with mik or yogurt, and coffee made from chicory since before there wasn't a coffee plant in Rijeka
- it would also contain some Istrian prosciutto, olives and asparagus



WORKSHOP LESSON PLAN

TITTLE	Food and human body
COUNTRY	Croatia
MAIN SUBJECT	Healthy eating habits
DURATION	20'
HOW MANY STUDENTS?	10-35
WHERE?	In the classroom
MATERIAL	Memory cards (previously prepared), PPT presentation, Kahoot quiz, mobile phones, WI-Fi connection
KEY COMPETENCES / LEARNING AIMS	Foreign language, management, presentation, organization competences/communication, creativity, collaboration, critical thinking aim

DEVELOPEMENT OF THE ACTIVITY

- 1) The students presenting (using PPT) talk about the connection between human organs and food. They explain the nutrients and how shape of food is sometimes connected to the shape of the organ. (5 min)
- 2) Students are put in groups (the group is of mixed kind) and given memory cards. They have 5 minutes to play memory game (matching the food and the human organ) thus revising the information given in the PPT presentations. (5 min)
- 3) Students stay in the same groups and on their mobile phone play the Kahoot quiz. (7 min)
- 4) Everybody briefly comments on the results and winner gets the memory card set. (2 min)

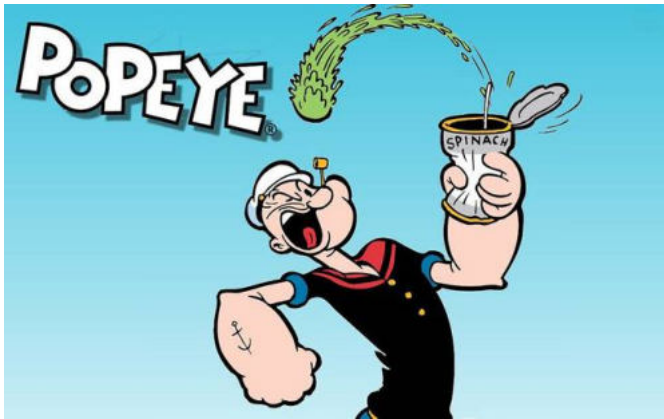


HEALTHIER BREAKFAST FOR WISER MINDS

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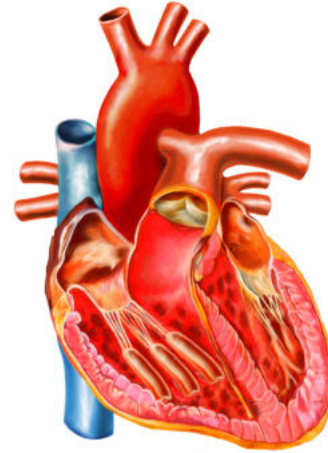
Food and the human body

- there are many foods that benefit certain organs in your body
- spinach-muscles
- pepper-immune system



Match the foods with the body parts that they're good for

-tomato-heart



-walnut-brain



-carrot-eyes



-grapes-lungs



-ginseng-blood vessels



-grapefruit-breasts



-mushrooms-ears



-beans-kidneys



-celery-bones



-ginger-stomach



FOOD AND BODY

MADE BY MARÍA, ASHA, MARINA, ANNA AND BERNAT

BODY



FIRST



Are food and
our body
related?



Yes, they
are related.



There is many food
that benefits
certain organs in
our body.



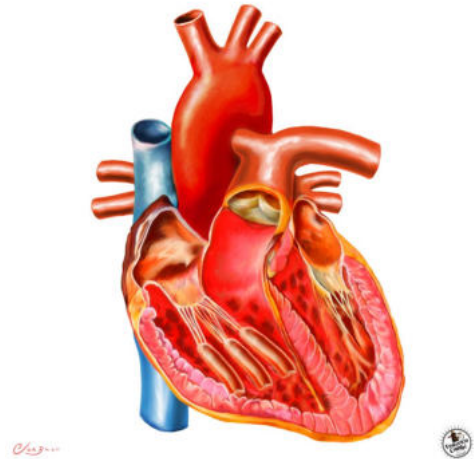
Spinach is good for
the muscles.



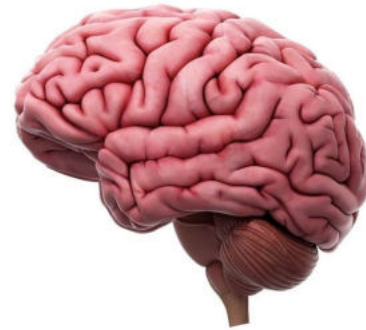
Peppers are good
for immune system.



Tomato is good for
the heart.



Walnuts are good
for the brain.



Carrots are good for
the eyes.



Grapes are good for
the lungs.



Ginsengs are good
for the blood
vessels.



Grapefruit is good
for the breasts.



Mushrooms are
good for the ears.



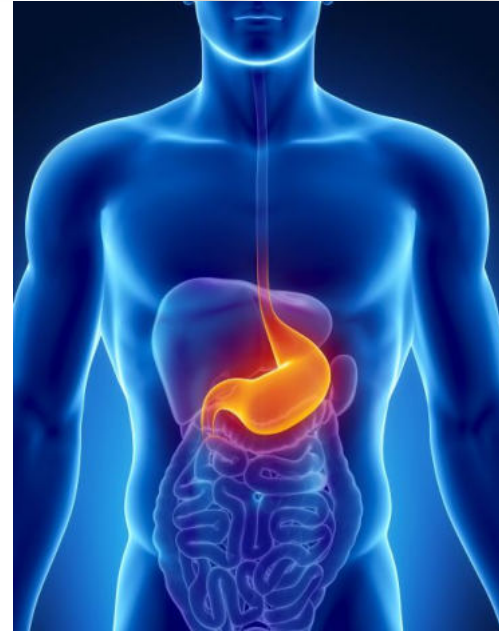
Beans are good for
the kidneys.



Celery is good for
the bones.



Ginger is good for
the stomach.



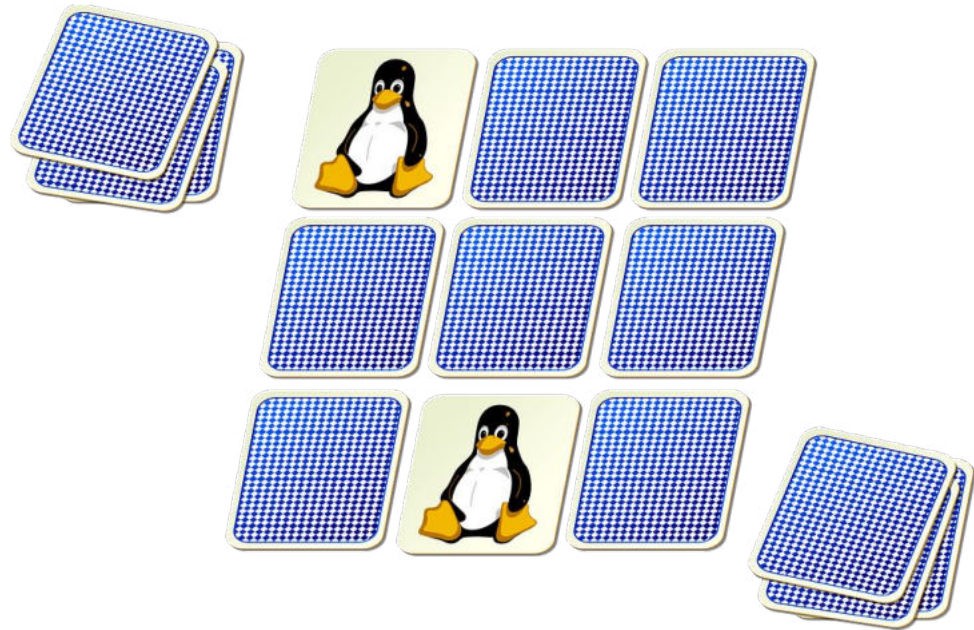
And now it's
time to play
some games.



Kahoot

Kahoot!

Memory



Evaluation

What do you think
about today's activity?



THE END



Breakfast Basics

You probably heard it from your own parents: Breakfast is the most important meal of the day. But now you're the one saying it — to your sleepy, frazzled, grumpy kids, who insist "I'm not hungry" as you try to get everyone fed and moving in the morning.

Even if you eat a healthy morning meal every day, it can be tough to get kids fueled up in time for school, childcare, or a day of play. But it's important to try. Here's how to make breakfast more appealing for everyone.



Why Bother With Breakfast?

Breakfast is a great way to give the body the refueling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities — two great ways to help maintain a healthy weight.

Skipping breakfast can make kids feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal.

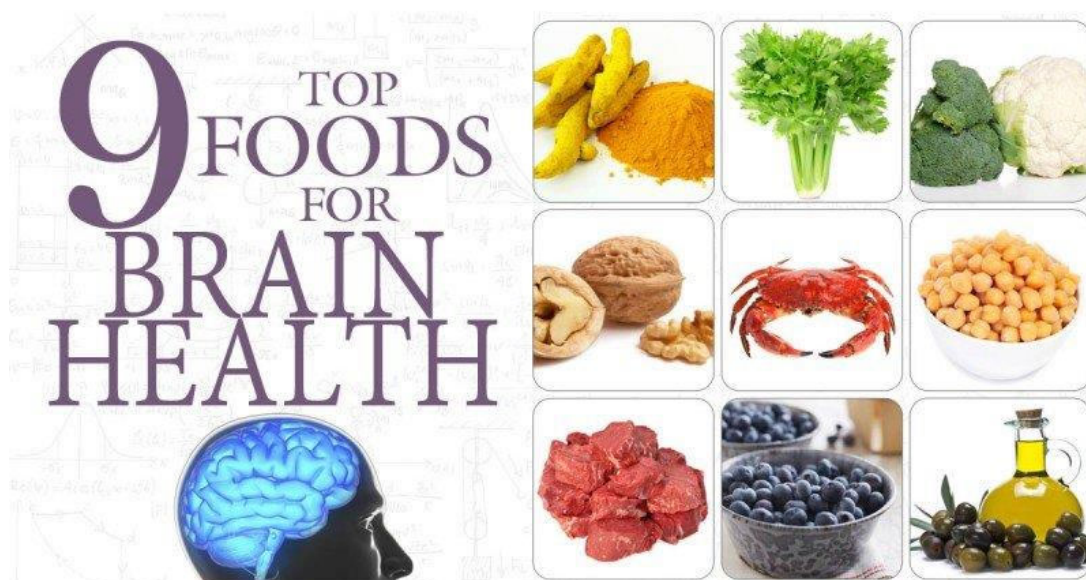
Breakfast also can help keep kids' weight in check. Breakfast kick-starts the body's metabolism, the process by which the body converts the fuel in food to energy. And when the metabolism gets moving, the body starts burning calories.

Also, people who don't eat breakfast often consume more calories throughout the day and are more likely to be overweight. That's because someone who skips breakfast is likely to get famished before lunchtime and snack on high-calorie foods or overeat at lunch.

Breakfast Brain Power

It's important for kids to have breakfast every day, but *what* they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kids' attention span, concentration, and memory — which they need to learn in school.

Kids who eat breakfast are more likely to get fiber, calcium, and other important nutrients. They also tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.



Making Breakfast Happen

It would be great to serve whole-grain waffles, fresh fruit, and low-fat milk each morning. But it can be difficult to make a healthy breakfast happen when you're rushing to get yourself and the kids ready in the morning and juggling the general household chaos.

So try these practical suggestions to ensure that — even in a rush — your kids get a good breakfast before they're out the door:

- stock your kitchen with healthy breakfast options
- prepare as much as you can the night before (gets dishes and utensils ready, cut up fruit, etc.)
- get everyone up 10 minutes earlier
- let kids help plan and prepare breakfast
- have grab-and-go alternatives (fresh fruit; individual boxes or baggies of whole-grain, low-sugar cereal; yogurt or smoothies; trail mix) on days when there is little or no time to eat

If kids aren't hungry first thing in the morning, be sure to pack a breakfast that they can eat a little later on the bus or between classes. Fresh fruit, cereal, nuts, or half a peanut butter and banana sandwich are nutritious, easy to make, and easy for kids to take along.

You also may want to check out the breakfasts available at school or daycare. Some offer breakfasts and provide them for free or at reduced prices for families with limited incomes. If your kids eat breakfast outside the home, talk with them about how to make healthy selections.

What **not** to serve for breakfast is important too. Sure, toaster pastries and some breakfast bars are portable, easy, and appealing to kids. But many have no more nutritional value than a candy bar and are high in sugar and calories. Read the nutrition labels carefully before you toss these breakfast bars and pastries into your shopping cart.



Breakfast Ideas to Try

The morning meal doesn't have to be all about traditional breakfast items. You can mix it up to include different foods, even the leftovers from last night's dinner, and still provide the nutrients and energy kids need for the day.

Try to serve a balanced breakfast that includes some carbohydrates, protein, and fiber. Carbs are a good source of immediate energy for the body. Energy from protein tends to kick in after the carbs are used up. Fiber helps provide a feeling of fullness and, therefore, discourages overeating. And when combined with healthy drinks, fiber helps move food through the digestive system, preventing constipation and lowering cholesterol.

Good sources of these nutrients include:

- **carbohydrates:** whole-grain cereals, brown rice, whole-grain breads and muffins, fruits, vegetables
- **protein:** low-fat or nonfat dairy products, lean meats, eggs, nuts (including nut butters), seeds, and cooked dried beans
- **fiber:** whole-grain breads, waffles, and cereals; brown rice, bran, and other grains; fruits, vegetables, beans, and nuts

Here are some ideas for healthy breakfasts to try:

- whole-grain cereal with low-fat milk topped with fruit
- whole-grain waffles topped with peanut butter or ricotta cheese and fruit
- whole-wheat pita stuffed with sliced hard-cooked eggs
- hot cereal topped with nuts or fruit sprinkled with cinnamon, nutmeg, allspice, or cloves
- half a whole-grain bagel topped with peanut butter and fresh fruit (banana or apple wedges) and low-fat milk
- breakfast smoothie (low-fat milk or yogurt, fruit, and teaspoon of bran, whirled in a blender)
- vegetable omelet with whole-wheat toast
- bran muffin and berries
- sliced cucumbers and hummus in a whole-wheat pita
- lean turkey and tomato on a toasted English muffin
- heated leftover rice with chopped apples, nuts, and cinnamon
- low-fat cream cheese and fresh fruit, such as sliced strawberries, on whole-grain bread or half a whole-grain bagel
- shredded cheese on a whole-wheat tortilla, folded in half and microwaved for 20 seconds and topped with salsa

And don't forget how important your good example is. Let your kids see you making time to enjoy breakfast every day. Even if you just wash down some whole-wheat toast and a banana with a glass of juice or milk, you're showing how important it is to face the day only after refueling your brain and body with a healthy morning meal.

Source: <https://kidshealth.org/en/parents/breakfast.html>

Reviewed by: [Mary L. Gavin, MD](#)

WORKSHOP LESSON PLAN

TITLE	Break the Fast
COUNTRY	Poland
MAIN SUBJECT	This lesson helps young people understand the importance of eating a healthy breakfast every day.
DURATION	45min
HOW MANY STUDENTS?	max.25
WHERE?	In the classroom
MATERIAL	Teacher can use pictures or prepare a presentation, but it's mainly discussion. Creating a poster: crayons, paper or computers to make digital posters
KEY COMPETENCES / LEARNING AIMS	<ul style="list-style-type: none"> * Communicate in a foreign language * Get aware of the importance of healthy breakfast * Get aware of what makes a healthy breakfast * Sharing opinions, team work,

DEVELOPEMENT OF THE ACTIVITY

Before facilitating this lesson, you may want to review the following information about breakfast habits for young people. These facts can be shared with the youth during your discussions.

- Studies show that kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities which helps in maintaining a healthy body weight.
- Kids will often skip breakfast, which makes them feel tired, restless, and irritable.
- Breakfast gives the body the refueling it needs for the day ahead after going without food for 8 to 12 hours during sleep.
- *What* they eat in the morning is important too. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may enhance their attention span, concentration, and memory — which they need to learn in school.



Introduction

1. *Ask the youth, what does the word “breakfast” mean?*
Break = to separate or divide.
Fast = a period of time without food.
Breakfast means to break the fast.
2. *How many hours does your body normally fast from suppertime to breakfast? How about from breakfast to lunch?*
3. *Why is “breaking” your fast by eating in the morning so important?* Young people can share ideas and brainstorm why it is important. Possible answers include: less tired, less likely to overeat later in day, more likely to choose healthful foods, think more clearly, perform better at school and extra-curricular activities.
4. Explain to the youth that our bodies were not designed to go from suppertime to lunch the next day without eating so our brain and body go into what is referred to as a “starvation mode”. This is where your brain and body starts to conserve energy as a natural mechanism to protect you from starvation, which may leave you feeling more tired, irritable, less able to concentrate, and overall sluggish.

Breakfast Recommendations for Young People

1. *Ask the youth for some reasons why young people don’t eat breakfast.* Possible answers include: want to sleep more, not enough time, nothing to eat at home, not hungry that early in the morning, takes too long to prepare, don’t like typical breakfast foods.
2. *Ask the youth for some solutions.* Possible answers include:
 - Go to bed 15 to 30 minutes earlier.
 - Get up 15 minutes earlier or set out clothes and shower the night before.
 - Eat school breakfast.
 - Pack breakfast or a snack to eat on way to school.
 - Plan three easy quick breakfasts ahead of time.
 - Eat leftovers from last night’s dinner.
3. *Ask, what makes a healthy breakfast?* A healthful breakfast is one that has many nutrients, includes foods from different food groups (fruits, vegetables, grains, dairy, and protein). It should be low in added sugars and fats, high in vitamins and fiber.
4. Introduce the poster activity and have the youth plan and research a breakfast meal and then create a poster or PowerPoint including nutrient information. Grade his or her recommendations by breakfast completeness (at least three of the five food groups included), taste, appearance, and time it takes to prepare.
5. Assign a day to have young people present their breakfast idea to the group.



Conclusion

Breakfast is a very important meal during the day. Without breakfast our bodies don't get the jumpstart they need to operate at their fullest potential throughout the day. Encourage young people to share with their families the ideas they gained through this activity, and to work on making breakfast a routine part of their day.



Methodological material

Cooking Lesson

Devoted time: 40 minutes x 2 (1 block-lesson)

Main topic: Healthy Breakfast and Snacks – Necessity of Every Kid and Teenager

Steps of the lesson:

1. Beginning of the lesson. Getting ready for the work. Take the necessary products, wash them, peel them, if necessary. The students take the needed utensils, dishes and get ready to make the meals.
 - a. Objectives:
 - i. Find out what is a healthy food
 - ii. Learn the nutrients
 - iii. Watch the video about healthy food
 - iv. Learn about the healthy eating pyramid, make it
 - v. Revise all the names of the mealtimes
 - vi. Find out why breakfast is the most important mealtime
 - vii. Analyse our breakfasts
 - viii. Find recipes of healthy breakfasts and snacks
 - ix. To get ready for a presentation.
2. The main part of the lesson. Making (cooking) different dishes following the recipe. (The students work in pairs; each pair makes a different dish)
3. Laying the table and degustation.
4. The final part of the lesson. Evaluation of the work
5. Washing the dishes and cleaning the working place.

List of the Dishes

1. Baked Banana Chips
2. Fruit Salad
3. Energy Boosting Snacks
4. Oat Flake Cookies
5. Smoothie
6. Salad “Lust”
7. Cold Soup
8. Hot Banana Toasts with Honey
9. Breakfast Tortilla

Recepies of the Dishes

Baked Banana Chips

Ingredients

- 3-4 ripe bananas
- 1-2 lemons, squeezed

- 1) **Preheat the oven to 175-200°F/80-95°C.** The low temperature allows a dehydrating effect as opposed to a real baking effect. Prepare a baking sheet by lining with parchment paper or a silicone sheet.
- 2) **Remove the banana peel.** Slice the bananas into thin slices. Make sure they're all fairly much the same slice width, to ensure even cooking.
- 3) **Arrange the slices across the baking sheet.** Arrange in a single layer and do not allow the slices to touch.
- 4) **Drizzle the freshly squeezed lemon juice over the top of all the banana slices.** This helps to hold back natural blackening and adds a slight tang.
- 5) **Place the sheet in the oven.** Bake for an hour to an hour and three quarters. Test after an hour to see if you like the consistency; if not, continue baking. Baking times may vary depending on the thickness of the slices.
- 6) **Remove from the oven.** Set aside to cool. Most likely the banana chips will be soft and oozing but in cooling, they'll harden up.



Fruit Salad

Ingredients:

2 apples
2 pears
1 banana
2 kiwis
grapes
nuts
500ml yoghurt

Preparing:

Wash the fruits, peel them. Cut into small pieces. Put everything in the bowl. Mill the nuts, put into the bowl. Mix everything, add the yoghurt. Put into nice dishes. Enjoy!



Energy Boosting Snack

(for 10 persons)

Ingredients:

Dried fruits (plums, raisins, cranberries) – 400 g

Seeds (of pumpkins, sunflowers) – 100g

Hazelnuts – 100g

Preparing:

Mill the dried fruits. Add the flakes of the oats and mash everything. Put into a squared dish. Leave in the fridge for 30 min. Cut into pieces and wrap into paper.

Keep the snacks in the fridge no longer than for 1 week.



Oat Flake Cookies

Ingredients:

Oat flakes- 500g

Butter – 5-g

Eggs – 4

A pinch of salt

Sugar

Baking powder

Vanilla Nuts, dried fruits, seeds

Flour – 5g

Preparing:

Add all the dry ingredients (flour, salt, sugar, baking powder, vanilla) to the oat flakes. Then add eggs and stir everything. Add the dried fruits, nuts, seeds and stir. Make small cookies, put on the baking pan (covered with baking sheet). Bake for 25 min in 180°.



Smoothie

Ingredients:

1 banana
Milk – 200ml
Sunflower seeds - 1 table spoon
Raisins - 1 table spoons
Linseeds – 1 tea spoon

Preparing:

1. Take the banana and peel it.
2. Grind the sunflower seeds
3. Slice the peeled banana, put it to the sunflower seeds.
4. Add grinded linseeds and pour the milk.
5. Blend all the products
6. Pour the smoothie into the glass and add the raisins.



Salad “Lust”

Ingredients:

Raisins – 1 glass (soaked in the water)
3 bananas
3 apples
1 orange
Sunflower seeds
Fruit yoghurt – 0,5l

Preparing:

Cut the apples, bananas, orange
Add yoghurt, raisins and sunflower seeds.



Cold Soup

Ingredients:

Marinated beets (grated) – 1 l

2 fresh cucumbers

5 boiled eggs

Kefir – 3 l

Scallion

Dills

Salt

Black grinded peppers



Preparing:

Put the beets in the pot. Pour the kefir. Add the scallion, dills and cucumbers. Add the boiled eggs.

Hot Banana Toasts with Honey

Ingredients:

2 bananas

4 slices of your favourite bread

Honey – 1 tea spoon

Preparing:

Toast the slices of the bread. **Arrange the slices of bananas across the toast.** Add honey on the top.



Breakfast Tortilla

Ingredients (for 1 person):

1 mandarin or 1 small orange

Wholemeal tortilla

1 Cocoa powder – 1 tea spoon

Greek Yoghurt – 1 tea spoon

1 ripe banana

Fresh berries (raspberries, blueberries, blackberries etc.) – a handful

Seeds (sunflower, pumpkin) – 1 tea spoon

Preparing

Cut the mandarin or orange in half. Squeeze juice from it.

Pour the cacao powder in a small jar, add half of the squeezed juice, close the jar and shake it well. Pour the yoghurt into it, close and shake again. Spread the mixture on the tortilla.

Put the peeled banana on the tortilla, squeeze it and spread it on the whole surface of the tortilla. Put on the tortilla the fresh berries and seeds as a decoration.

Cut the tortilla in slices and enjoy it, make a wrap of each slice before eating.



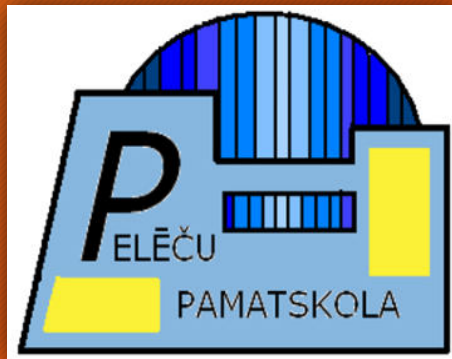
Healthy Eating Pyramid





Erasmus+

This project is funded by the European Union.



healthier breakfast, wiser minds/ERASMUS+

Healthy mind in a Healthy Body

Author: The Team of Erasmus+ project
“Healthier Breakfast, Wiser Minds”



POSTER



- The title: *Health above Wealth*
- Time: *15 minutes*
- Write down the *name of your school*
- Make up the *name of your team*. Write it on the poster.
- Short *1 minute presentation* about your poster.
- No points will be given. Enjoy the activity!

Intellectual Workshop



Breakfast around the world	Idioms (human body)	Riddles	Assorted fruits and vegetables
<u>Question No 1</u>	<u>Question No 1</u>	<u>Question No 1</u>	<u>Question No 1</u>
<u>Question No 2</u>	<u>Question No 2</u>	<u>Question No 2</u>	<u>Question No 2</u>
<u>Question No 3</u>	<u>Question No 3</u>	<u>Question No 3</u>	<u>Question No 3</u>
<u>Question No 4</u>	<u>Question No 4</u>	<u>Question No 4</u>	<u>Question No 4</u>
<u>Question No 5</u>	<u>Question No 5</u>	<u>Question No 5</u>	<u>Question No 5</u>
<u>Question No 6</u>	<u>Question No 6</u>	<u>Question No 6</u>	<u>Question No 6</u>



In what country you could enjoy this kind of breakfast?



Steamed rice and fish, miso soup, tofu whey, umeboshi

A Little Help



Geisha - an important part of culture in this country



Japan



So rich breakfast is served in what country?



Cheese, tomatoes, black olives, bread with honey, soujouk (dry, cured sausage), pastirma (cured beef), eggs, sweet black tea.



The flag of this country



Turkey



To try karjalanpiirakka for breakfast, visit...



Cereal, eggs, breads, cold meats, cheeses, yoghurt, fruit, pudding or mashed potatoes.



karjalanpiirakka (pie made with rye and rice)





Erasmus+

This project is funded by the European Union.

This country is the official hometown of Santa Claus



healthier | smarter | more ERASMUS+



Erasmus+

This project is funded by the European Union.

Finland



healthier breakfast, more minds ERASMUS+

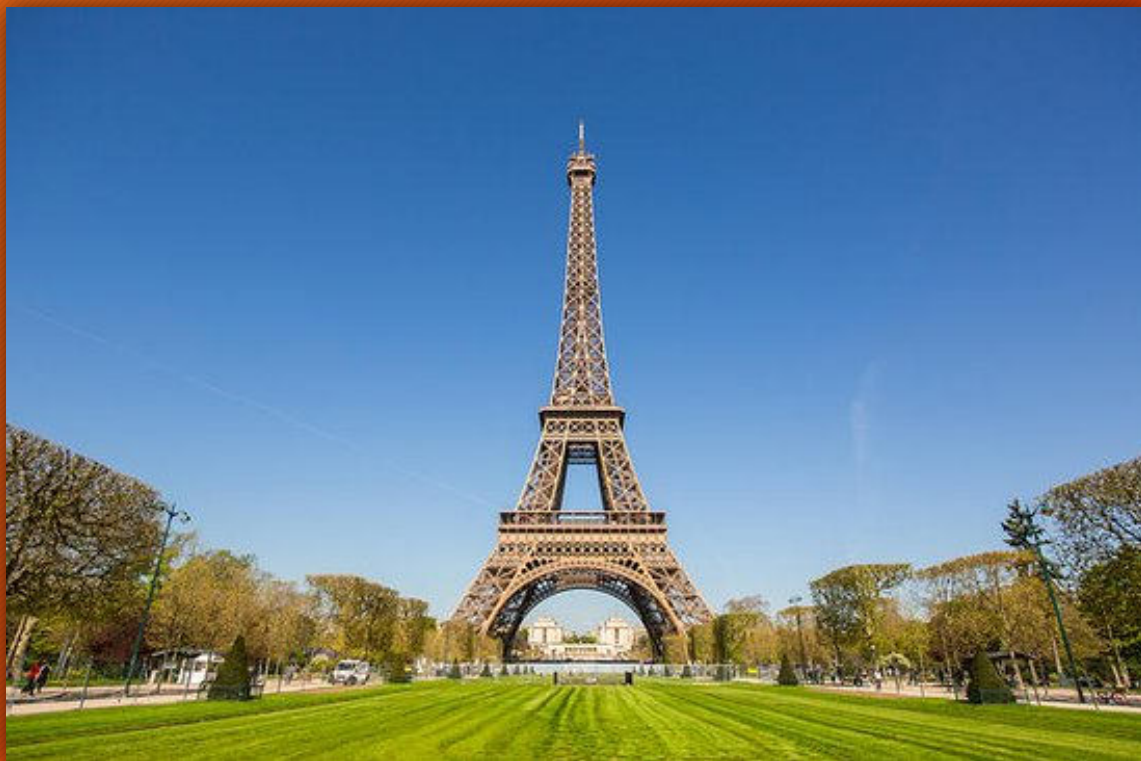
Sweet Breakfast is eaten in this country.



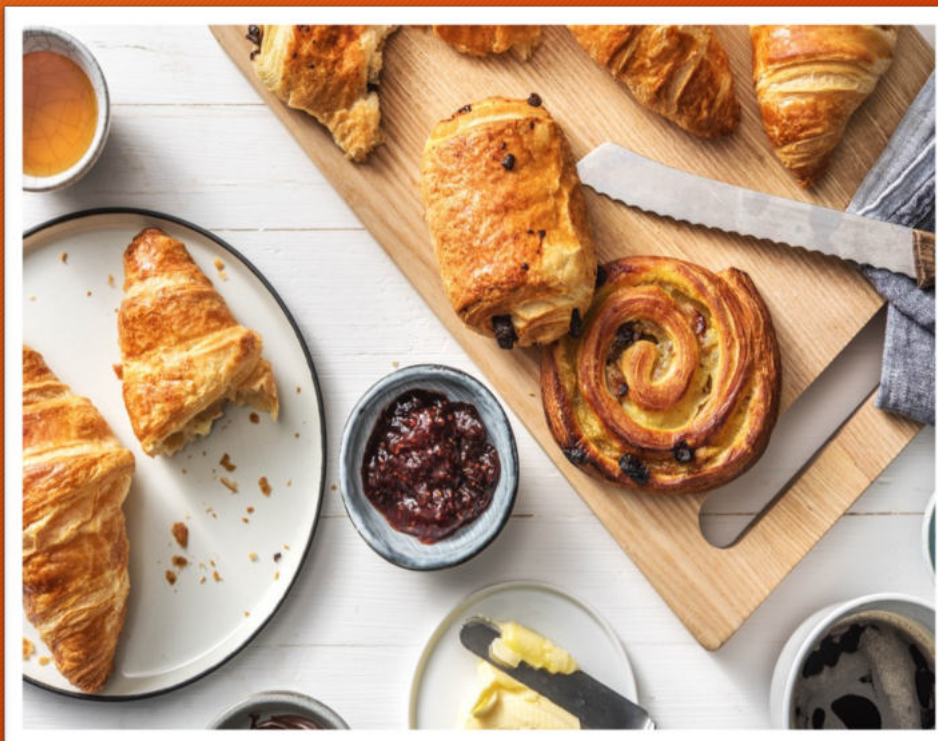
Flaky croissants studded with salted butter, crusty baguettes with honey or jam, pastries galore, and coffee. Lots of coffee.



Enjoy the croissant and admire the Eiffel Tower



France



Lazy weekend breakfast



Omelettes, scrambles, and benedicts, pancakes. Piled high with fruit, yoghurt, nuts, seeds, and maple syrup.



The country in all its beauty



USA





One of the healthiest breakfast



Hafragrautur (an oatmeal porridge), is cooked in water or milk before being sprinkled with brown sugar, raisins.



Country of geysers and Northern lights



Iceland



Put in the correct part of the body.

Part of the body	Explanation	Example
break a	Wish a good-luck	Today's the big game, eh? Break a



You know it!



Leg

Part of the body	Explanation	Example
break a leg	Wish a good-luck	Today's the big game, eh? Break a leg!



Put in the correct part of the body.



Part of the body	Explanation	Example
cold	Feel nervous just before a big event	My sister didn't get cold, until she put her wedding gown on.



A little hint



Feet



Part of the body	Explanation	Example
cold feet	Feel nervous just before a big event	My sister didn't get cold feet , until she put her wedding gown on.



Put in the correct part of the body.

Part of the body	Explanation	Example
have one's in the clouds	Be unaware or unrealistic about something	Amy has her in the clouds if she thinks she'll pass her exams without studying.



It's clear now, isn't it?



Head

Part of the body	Explanation	Example
have one's head in the clouds	Be unaware or unrealistic about something	Amy has her head in the clouds if she thinks she'll pass her exams without studying.



Put in the correct part of the body.

Part of the body	Explanation	Example
keep your up	Try to stay happy and think positively	Keep yourup! You will meet someone better.



A little help



Chin

Part of the body	Explanation	Example
keep your chin up	Try to stay happy and think positively	Keep your chin up! You will meet someone better.



Put in the correct part of the body.

Part of the body	Explanation	Example
keep an ... on	Take care of, watch in order to protect	I'll keep an On the dinner while you're on the phone.



So...



Eye

Part of the body	Explanation	Example
keep an eye on	Take care of, watch in order to protect	I'll keep an eye on the dinner while you're on the phone.



Put in the correct part of the body.

Part of the body	Explanation	Example
Cry your ... out	Cry very hard	I cried my out when my best friend moved away.



Do you know this organ?



Heart

Part of the body	Explanation	Example
Cry your heart out	Cry very hard	I cried my heart out when my best friend moved away.





Riddle No 1

Tom asked his grandma how old she was. She said this:
“I have 6 children, and there are 4 years between each one and the next. I had my first child when I was 19. Now the youngest one is 19 herself.”
How old is Tom’s grandma?





Tom asked his grandma how old she was. She said this:
“I have 6 children, and there are 4 years between each one and the next. I had my first child when I was 19. Now the youngest one is 19 herself.”
How old is Tom’s grandma?

She is 58



Riddle No 2

How can you make 1000 by
arranging eight 8's using only
adding operation?

A



How can you make 1000 by
arranging eight 8's using only
adding operation?

$$888+88+8+8+8=1000$$





Riddle No 3

I am the first on earth, second
on heaven. I appear twice in a
week, never in a month, but
once in a year. What am I?



I am the first on earth, second
on heaven. I appear twice in a
week, never in a month, but
once in a year. What am I?

Letter E



Riddle No 4

Three eyes have I, all in a row;
when the red one opens,
no one can go. What am I?

A





Three eyes have I, all in
a row; when the red one
opens, no one can go.

What am I?

Traffic lights



Riddle No 5

What four days in a week
start with the letter T ?

A



What four days in a
week start with the
letter T ?

Today, Tomorrow, Tuesday, Thursday



Riddle No 6

A pizza weighs ten pounds plus half of its own weight. How much does pizza weigh?





A pizza weighs ten pounds plus half of its own weight. How much does pizza weigh?

15 pounds.

10 pounds + half of 10 pounds = 15 pounds



1. What fruit was given as a present for Christmas in England a century ago?



1. What fruit was given as a present for Christmas in England a century ago?



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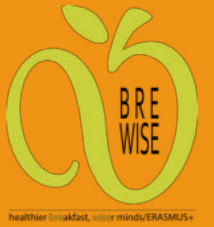
2. Put the words in order to make a saying:



away the day keeps
an apple a doctor



The right answer is:



away the day keeps
an apple a doctor

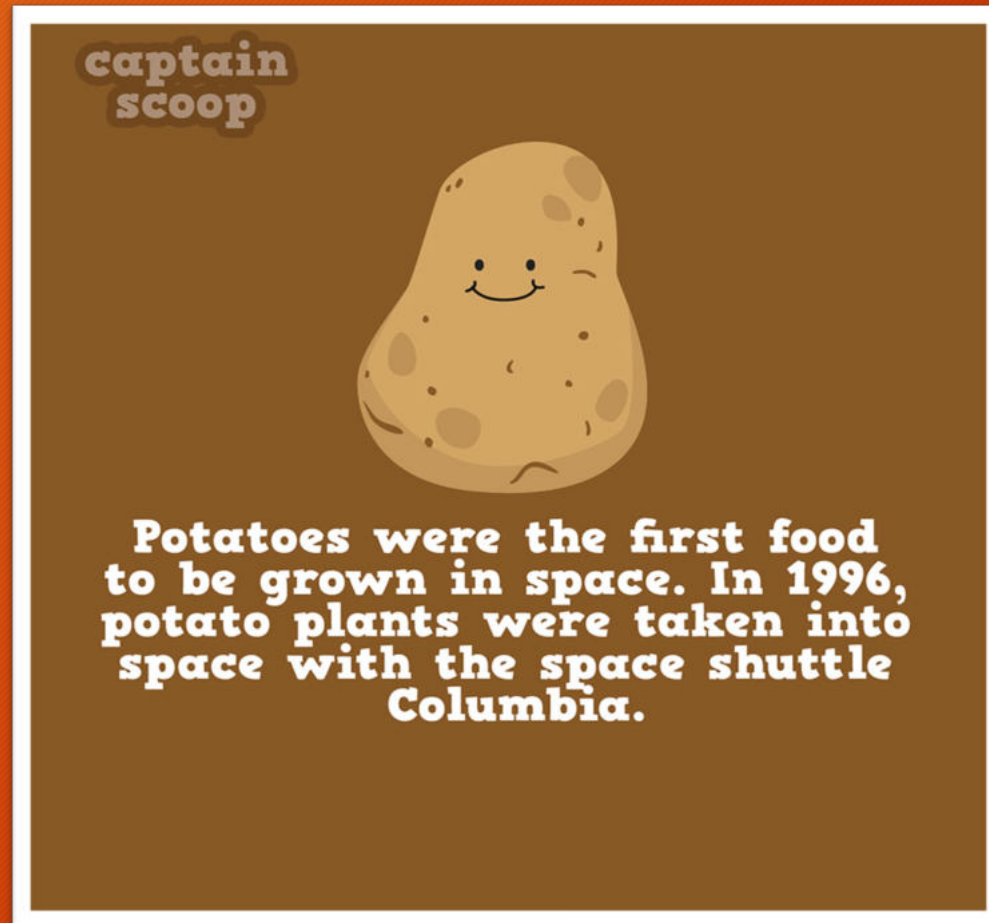


An apple a day keeps the doctor away.

3. The first vegetable that was grown in space



3. The first vegetable that was grown in space



4. The smelliest fruit in the world

It can smell like a combination
of rotten eggs, sweaty socks,
wet garbage



4.The smelliest fruit in the world



D U R I A N



5. The city of Chicago is named after this vegetable.

“Chicagaoua” was the Indian
word for wild



5. The city of Chicago is named after this vegetable.



The city of Chicago is named after garlic. 'Chicagaoua' was the Indian word for wild garlic.



GARLIC



6. What kind of fruit is the only one with seeds on the outside?

There are 200 seeds in an average fruit.



6. What kind of fruit is the only one with seeds on the outside?

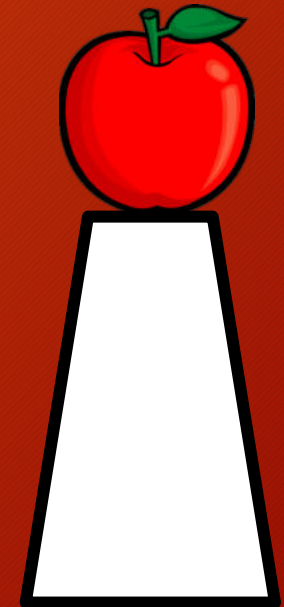


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Build a Tower

- Build the highest tower
- Put the apple on it
- Make a group selfie with the tower in the background
 - Send it to our teacher Jolanta Macenko (on Facebook)
- You have 8 minutes.
- The highest tower will get 15 points
- Be creative!



Sportive Activities

Be energetic, active, optimistic and fast!!!

Good luck!



Class number 1



CONTENTS

Nutrients and food: types of nutrients and its functions; Mediterranean Diet and promotion of a healthier life style

Objetives and Goals

To understand the importance of healthy Food Habits and its influence in Human Body balance.

Learning goals:

- 1 Tell the difference between nutrients and food.
- 2 Summarize Nutrient's functions in the Human Body.
- 3 Tell the difference between organic and inorganic Nutrients.
- 4 Establish a relation of cause/effect between a healthy diet and the preventing of Modern Society Diseases (obesity, cardiovascular diseases, cancer)
- 5 Recognize the importance of Promoting Healthy Food Habits through the Mediterranean Diet.

Summary

Nutrients and Food.
Nutrients and their functions: water, minerals, vitamins, proteins, fats.
Mediterranean Diet and promotion of healthy food Habits.

Learning Material

PowerPoint
«Alimentação».
Anex 1

Strategies and activities

Discussion based on a PowerPoint Presentation

Evaluation

Quality and relevance of the interventions.
Interest and motivation.
Cooperation.

Homework

Notes:

Class number 2

CONTENTS		
Mediterranean Diet and Health Promotion .		
Objetives:		Learning Goals:
To understand the importance of a healthy choice of food and its influence in Human Body balance.		To recognize the importance of the Mediterranean Diet in the Promotion of a healthier life.
Summary		Learning Material PPT Anex 2 Worksheet Anex 3
Worksheet: «Os portugueses comem bem?». (Do Portuguese eat well?)		
Estratégias e atividades		
Powerpoint Presentation. Worksheet. (done in pairs) Debate about Portuguese Food Habits.		
Evaluation		Homework
Quality of the interventions. Interest and Motivation. Peer work.		
Notes:		

Class number 3

CONTENTS

Determination of the presence of simple and complex sugars in different kinds of food.

Objetives

To understand the importance of having healthy food habits and making a wise choice of the food we eat.

Learning Goals

Test the presence of different nutrients in different kinds of food.

Summary

Lab activity: «Research about sugars in Nutrients».

Learning Material:

Instruction Sheet
«Pesquisa de glúcidos em nutrientes».

Anex 4

Strategies and activities:

Activity performed in the Science Lab..

Pear Work (groups of 3/ 4 students)

Lab Material

Evaluation

Autonomy, attention and accuracy in performing the practical activity.

Responsibility and cooperation.

Quality of oral interventions in the presentation of Process and results of the research.

TPC

Notes

WORKSHOP LESSON PLAN

TITTLE	Sweet=mc2
COUNTRY	Spain
MAIN SUBJECT	Sugar in industrial juices and other beverages
DURATION	40 minutes
HOW MANY STUDENTS?	20 -25
WHERE?	In a normal classroom
MATERIAL	2 cans of redbull, 2 cans of coke, 2 cans of Fanta, 2 bottles of individual chocolate and milk drink, 2 individual bottles of liquid yogurt, 2 individual bottles or briks of fruit juice, 2 individual ecological fruit juice, 200 sugar cubes. And then 2 liquidizers, glasses, knives for all the students in the workshop, 3 pineapples, 10 mangos and 20 oranges.
KEY COMPETENCES / LEARNING AIMS	<ul style="list-style-type: none"> • Communicate in a foreign language • Get aware of the composition of industrial drinks • Get aware of the quantity of sugar we need per day and the quantity that we really eat. • Work in a team (take decisions, produce a home-made fruit juice together)

DEVELOPEMENT OF THE ACTIVITY

1. Students show the quantity of sugar a baby, a child/teenager and an adult need per day (see Power pont in padlet) in small dishes with the sugar cubes.
2. Students spread the other students in two groups and give them the beverages and 100 sugar cubes. Students ask each team to put the quantity of sugar cubes they think each drink contains beside the product (10 minutes).
3. Once students' teams have finished, lead students give the correct answers.
4. A question should be asked: Is then an industrial fruit juice healthy? Why? Other students give their opinion.
5. Lead students explain the difference between added sugar and fructose (sugar from fruits) and the consequences in our body.
6. The workshop finishes with the elaboration of a natural juice with pineapples, mangos and oranges. Students peel and cut the fruits and then they liquidize them.
7. All students taste the home-made non sugar added juice.



SUGAR IN

Raúl Benegas, Sofía Téllez, Paula Vigo, Sara Delmás,

Diego Borrero, Julián E. Duadi

DRINKS

azúcar: consumo máximo diario recomendado

consumo mínimo recomendado: 0 terrones. 1 terrón = 4 gramos. Fuente: OMS



bebés
0 terrones



niños
4 terrones



adultos
6 terrones



niños

consumo diario de azúcar
fuentes: OMS, ANIBES, AESAN

máx. recomendado
4 terrones/día



consumo actual
22 terrones/día



2017



FRUCTOSE AND ADDED SUGARS

There are two types of sugar:

- Natural sugar = the one of fruits
- Added sugar: the one of the industrial drinks



FRUCTOSE

Fructose = sugars of fruits

Is good for our health, and it provides: many nutrients and vitamins, fiber, micronutrients with antioxidant function and good phytonutrients for the organism.



ADDED SUGARS

Soft drinks contain sugars that are added industrially to flavor and create addiction.

This drinks do not satisfy our hunger, because without fiber and complex carbohydrates it is very difficult.







Sugerencia de presentación. Ver detalle en sinAzucar.org



Sugerencia de presentación. Ver detalle en sinAzucar.org



Sugerencia de presentación. Ver detalle en sinAzucar.org

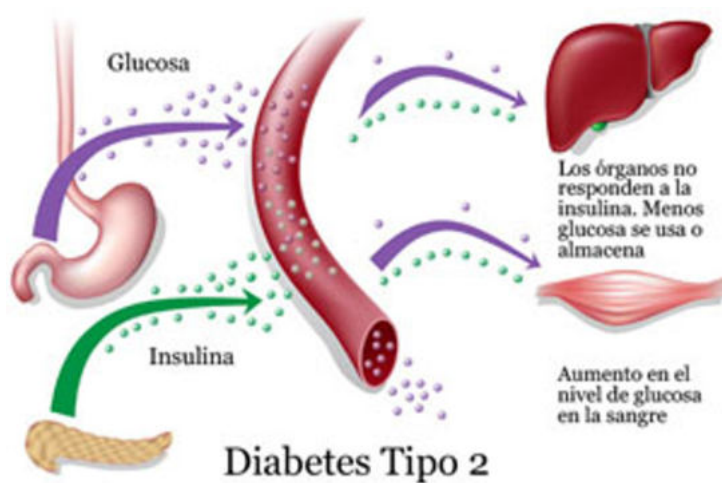




EXTRA INFORMATION

Do you know that...

Do you know that people who consume sugary drinks regularly - 1 to 2 cans a day or more - have a 26% greater risk of developing type 2 diabetes than people who rarely have such drinks.



EXPERIMENTS



The first experiment is for check if it's true that light coke has less sugar than the normal one, or is false.

For that we are going to heat the substances to extract the water and leave inside the pan all the sugar that have the two different samples.

(normal Coca-cola)



(zero Coca-cola)



In the second one, we want that the people try to guess how many spoonfuls are the quantity of sugar in a fruit and in a classic Coca-Cola.

They'll have to put the quantity of sugar that they think is the correct of the fruit in one bowl and in another the Coca-Cola.



WORKSHOP LESSON PLAN

TITTLE	Guess what!
COUNTRY	Spain
MAIN SUBJECT	Characteristics of some vegetables
DURATION	30 minutes
HOW MANY STUDENTS?	20 -25
WHERE?	In a normal classroom
MATERIAL	<ul style="list-style-type: none"> knives, glasses, 2 electric mixers, 1 bottle of water, 1 k tomatoes, 1 green pepper, 1 garlic, 1 cucumber, 2 spoons of olive oil, 4 spoons of vinegar, bread, salt, 1 onion. A cardboard divided in healthy and unhealthy products with some food with Velcro. Some labels with the nutrients of the gazpacho products and drawings of the gazpacho products
KEY COMPETENCES / LEARNING AIMS	<ul style="list-style-type: none"> Communicate in a foreign language Work in a team (take decisions, produce a home-made fruit juice together) Proprieties of food Cultural heritage

DEVELOPEMENT OF THE ACTIVITY

- Students are divided in different groups and lead students give them some pictures of healthy and unhealthy food.
- Students stand up and stick pictures in the big cardboard chart (Velcro) that it's in the blackboard. While they are sticking products, lead students explain why are they healthy or not.
- Then, lead students show other students drawings of the ingredients of "gazpacho" (a typical summer appetizer in Spain) and ask them to match with the labels that show the nutrients of these vegetables.
- Finally, students prepare gazpacho for everyone and taste it.



THE IMPORTANCE OF A GOOD BREAKFAST

THE MOST IMPORTANT MEAL OF THE DAY IS BREAKFAST.



IT'S NOT TRUE THAT MISSING BREAKFAST HELPS YOU TO LOSE WEIGHT

OUR WORKSHOP

By: Ayah Sajid, Gerard Campuzano,
Jana Peláez, Anna Galisteo, Marc
López and Elisa Castellsagué



GAZPACHO



$\frac{1}{2}$ KILO OF RIPE TOMATO



$\frac{1}{2}$ GREEN PEPPER



1 CLOVE GARLIC



$\frac{1}{2}$ CUCUMBER



DECILITER OF OLIVE OIL



FOUR TABLESPOONS OF WINE VINEGAR



ONE SLIDE OF WHITE BREAD



FINE SALT



HALF AN ONION



TOMATO



The tomato has 18 kcal per 100 g and 95% of its weight is water. It doesn't have a lot of fiber (1,8%) but its seeds, pulp and peel are enough to favour the intestinal transit. It has vitamin C, E and A (which are antioxidant), they all three prevent the degeneration of the tissues, the premature ageing and they help the immune system.

ONION



The onion has 38 kcal per 100 g and 89% of its weight is water. It is rich in carbohydrates and fiber, it barely has proteins or fats. It has a lot of vitamin C, potassium, calcium and phosphorus. The onion is cardio-healthy, diuretic, prebiotic, digestive, antioxidant, antidiabetic, anticarcinogen and antiseptic.

GREEN PEPPER



The green pepper has 19, 68 kcal per 100 g. It is very rich in vitamin C and A but it also has a vitamin very unusual in fruits and vegetables, vitamin E. The pepper is very digestive, aphrodisiac, analgesic and it helps with skin problems.

OLIVE OIL



It consists mainly of oleic acid (up to 83%), with smaller amounts of other fatty acids including linoleic acid (up to 21%) and palmitic acid (up to 20%). The olive oil prevents cardiovascular diseases, facilitates the digestive function, augments the longevity, contributes to correct bone mineralization and much more!

CLOVE GARLIC



The clove garlic has 120 kcal per 100 g and 65% of its weight is water. It is very rich in vitamins and minerals. The onion improves the circulation of the blood, it is good for the liver, it reduces the levels of cholesterol and it benefits the digestive system.

CUCUMBER



Cucumber is a vegetable that contains lots of water. It has 11'73 kcal for every 100 grams. Among the vitamins that stand out most are folic acid and vitamin C. The same happens with minerals. Potassium, phosphorus and calcium are the most remarkable. Contributing in less magnesium, iron and zinc. Likewise, with the skin they have a higher nutritional content such as fiber and vitamin A.

PREPARATION OF THE GAZPACHO

- Wash the tomatoes, the green pepper and the cucumber and let drip.
- Peel and chop the tomatoes, the cucumber, the onion and the garlic. We remove the seeds of the pepper and chop.
- We incorporate the chopped ingredients together with the bread to a glass of blender.
- We crush until we get a creamy texture and that no piece of vegetables is left. The time will depend on the power of the blender.
- Add oil, vinegar and salt and beat for 5 more seconds. Depending on the amount of water contained in the vegetables and the bread we have used, we will need to add some more water.
- If desired, add cold water and mix well. There should be a liquid cream texture.
- Check the point of salt and vinegar, if necessary, rectify to taste.
- We mix the mixture and serve.



THANKS FOR YOUR
ATTENTION!!



healthier **breakfast**, **wiser** minds/ERASMUS+
  @brewise2018



Healthy food



Unhealthy food

Vitamin A

Vitamin B

Vitamin C

Vitamin E

Water

Fiber



WORKSHOP LESSON PLAN

TITLE	LET'S PLAY WITH HEALTHY AND UNHEALTHY PRODUCTS!
MAIN SUBJECT	Best products for a healthy breakfast
DURATION	60 minutes
HOW MANY STUDENTS?	25 (students aged 5-6)
WHERE?	Playground and classroom
MATERIAL	<ul style="list-style-type: none"> • Paper and pencil • Images of healthy and unhealthy products • Big cardboard food pyramid • Images for memory game (pear, banana, chocolate, cake, strawberries, chips, lollypops, cupcake, kiwi, peach, Nutella, apple) • Fruits: bananas, apples, pears • Pyramid: https://www.alicia.cat/uploads/news/docs/PIRAMIDE%20CAT.%20CAS.%20ANG-1.pdf
KEY COMPETENCES / LEARNING AIMS	<ul style="list-style-type: none"> • Communicate in a foreign language • Get aware of healthy and unhealthy products • Learn the stages of the food pyramid • Work in a team (take decisions, produce a fruit salad together)

DEVELOPEMENT OF THE ACTIVITY

- 1- Students will have to look for images of healthy and unhealthy products that previously will have been hidden in the playground.
- 2- When they find all the images, they have to place them in the food pyramid (previous explanation).
- 3- The most important thing is that they understand the structure of food pyramid in order to know that healthiest products are in the base.
- 4- Then, students play a memory game where they will have to do pairs with healthy and unhealthy products.
- 5- After that, students play "Pictionary" and one of the questions should be: Is it healthy or unhealthy?
- 6- Finally, students make a fruit salad in groups.









