



- HEALTHY STEPS TO A BETTER FUTURE -

STUDENTS & TEACHERS PROGRAM “Virtual mobility”

Alicante, 23rd - 26th March 2021

Strategic Partnership for School Education

2018-1-PL01-KA229-050642_2

4th Learning/ Teaching /Training virtual meeting – Alicante, Spain

Tuesday, 23rd March

9:15 - 10,50am. **Virtual Welcome & Presentation of delegations.** [Video meeting](#)

- **International Cooperative Teams** : Creating the name of the groups : Each group of ten students will create a name and a possible logo for the activities. They must write their group names in the three Cooperative Tasks they are going to do along the week. They also can use the [logo](#) of our project to add into their documents. Remember to select some members of the teams to save the documents when you finish them.

- [NAMES of the GROUPS](#)

Links video-meetings :

- GROUP 1: [Meet group 1](#)
- GROUP 2: [Meet group 2](#)
- GROUP 3: [Meet group 3](#)
- GROUP 4: [Meet group 4](#)
- GROUP 5: [Meet group 5](#)

11:30h - 13:00h Food Pyramid. - International Cooperative Task 1 - *The students will use this digital collaborative tool [CANVA](#) and work on a complete food pyramid representing an optimal number of servings to be eaten each day from each of the basic food groups. Healthy eating is nothing but getting the correct information about the eating habits such as nutrients, protein, fat, carbohydrates, vitamins and minerals to maintain a healthy life. The pyramid will be created in a similar way to this previous activity.*

- A) **[PREVIOUS ACTIVITY](#)** (WHILE SHARING WORK) When finish click on CHECK YOUR ANSWERS.
- B) **COLLABORATIVE CANVA WORK:** *All the members in the group will write their emails on the meet chat and the Spanish delegation will share the CANVA work with all of them. Once, the participants have received the invitation in their mailbox, they must register in the application and they can start the work. in a collaborative way. Remember to keep the download of the result when you finish as a png. or pdf.*

14:30 pm Talk by the professional nutritionist **Esther García Serna.** **Masterclass** about healthy habits. ([video](#)) If you have any questions or doubts you can mail to Esther in this address: nutreteagusto@gmail.com She will be very happy to answer your questions. Just write in the subject of the email "Healthy steps to a better future" and Colegio Inmaculada-Jesuitas.

Wednesday, 24th March

9:30 am - 10:50 am Workshops about "Decalogue of Healthy habits" - International Cooperative Task 2 -

Prepare a presentation with your favourite 10 healthy steps. The students must agree on the 10 essential healthy habits to be aware of appropriate daily routines for the human body and create a poster. This is how they will form the **poster** of the decalogue of healthy steps. They can use any of these CANVA templates.

[CANVA POSTER SAMPLES](#)

Remember to keep the download of the result when you finish as a png. or pdf.

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14:30 pm: Alicante city virtual tour. Watch and read these useful websites about our city. ENJOY Alicante from a distance. And if you come any time, visit us please!

[Alicante, a virtual Trip](#)
[A WALK THROUGH ALICANTE](#)

Thursday, 25th March

9:30 am - 10'50 am: International Cultural & Healthy QUIZ.

You will receive here in the program the link for the ONLINE QUIZ some time before the start.

QUIZ link: [Click on here](#)

Instructions. If you are at school, you can participate with more students in your classes, like us. We are doing this QUIZ all together 5th and 6th grade (200 students approx.). For this, the students have to form groups of four to answer the questions in these [answers sheets](#) and the teachers will correct them after each round and write the results on this [classification sheet](#). The groups with the best punctuation at the end of the last round will be the winners. There will be 5 rounds. After each round we'll leave 5-10 minutes for telling the right answers and checking.

If the students are confined at home, they can answer the QUIZ on their own.

11:30 am - 13:00 Weekly shopping list. - International Cooperative Task 3 -

In this activity, our students have to elaborate a weekly shopping list according to the nutrients seen in the food pyramid for the daily international menu they have to create.. *Imagine you are living with five different people for our nationalities. What foods should you buy and keep in your fridge to be able to prepare your healthy weekly international menu?*

They write their lists on a [CANVA PRESENTATION TEMPLATE](#) OR ON [A DAILY SHOPPING LIST TEMPLATE](#) and they will add pictures of the food included and the names of the food of every day of the week, from Monday to Sunday.. Remember to add some food specific from all countries and to *keep the download of the result when you finish as a png. or pdf.*

- GROUP 1: [Meet group 1](#)
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14:30 am Liveworksheets Practice on these interactive activities. When you finish click on CHECK YOUR ANSWERS. [Activity 1](#) - [Activity 2](#) - [Activity 3](#)

17:30 to 18:30 pm: **Students & Teachers virtual DINNER.** The video meeting links are these:

- GROUP 1: [Meet group 1](#)
- GROUP 2: [Meet group 2](#)
- GROUP 3: [Meet group 3](#)
- GROUP 4: [Meet group 4](#)
- GROUP 5: [Meet group 5](#)

International DINNER: Be ready with your dinner for answering the questions all the participants will ask. Each participant will talk about their plates. So prepare the vocabulary you are going to use (ingredients, food, way of cooking, etc...) and a short speech. We'll do a round of questions (***What are you having for dinner today?***) . One

member of the **SPANISH team will start** the round of questions in each group and in a similar way as we did yesterday, he/she will ask any other member in the group in order to share our dinners. We wish to taste all these delicious plates any time in the future!

Friday, 26th March

9:30 am: Prepare this [PADLET](#) with the work done during the week for the farewell in the afternoon. Finish and organize your activities. You must download your results. Students who have their works saved must upload them here with the name of the group. There must be 5 food pyramids, 5 shopping lists, and 5 decalogues of healthy steps. We'll see the results in the afternoon. Each student can work on their own to complete the document.

14:30 - 16:00 pm: [Video meeting](#) Presentation of the summary of activities carried out during the week , delivery of certificates and farewell.

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