



TO THE TEACHERS

Dear teachers,

Physical activity and *Nutrition* are the primary objectives of health promotion campaigns aimed at preventing or reducing overweight in children and adolescents. Schools seem to be the optimal setting for implementation of health education initiatives, as they allow reaching almost 100% of school-aged children and offering constant contact with them. Lifestyle interventions have been promoted in many schools to teach children the basic topics of



healthy nutrition and encourage them to be physically active.

We are proposing an *educational project* addressed to schools aiming to promote wellbeing of children. Our approach keeps into consideration the basic characteristics of a healthy diet, always accompanied by a regular physical activity.



FOOD QUALITY FOR SUSTAINABILITY AND HEALTH

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A *multi-sensorial approach* to food is planned for the first two years of school, through specific experiential activities.

For the third to fifth year children, we propose some labs on food groups, the importance of water, fruit, vegetables and fiber daily consumption, the need for variety in food choice, and the importance of having five meals every day. The food pyramid will give some tips about the right frequency of consumption of the different food groups.

The importance of a regular physical activity will also be underlined, through examples of different games and sports that children could play.

This educational program explains how the right food choices positively impact on health, but also on the environment and on our planet.

This approach is characterized by a *constant recreational aspect*, allowing children to put into practice what they have learned with their classmates, parents and teachers.

This program is also planned for teachers and for parents, who can help to consolidate what children have learned at school.

EDUCATIONAL PAPERS INDEX:

6-8 years

- ***“Taste education”***. Children learn how to approach food using their five senses;
- ***“Water... My best friend!”***. Children learn the importance of water for the human body, the diverse water content in foods and the importance of drinking water during the day.

9-11 years

- ***“It is better if... there is more variety!”***. Children learn the importance of varying the type of fruit and vegetables, the importance of the five colors of fruit and vegetables and the importance of consuming five portions per day of fruit and vegetables.
- ***“I eat healthy if... I have five meals a day!”***. The main concepts of the previous themes are recalled before discussing about the importance of taking five meals per day.

12-14 years

- ***“It is better if... I eat more fiber!”***. Children learn about the best the food sources of dietary fiber and the importance of dietary fiber for human health.
- ***“It is better if... I respect the planet!”***. Children learn about the Mediterranean diet, the foods at each step of the food pyramid, and how frequently they should be consumed, the meaning of the “upside-down environmental pyramid” and the environmental impact of foods.

EDUCATIONAL GAMES:

We propose specific games and activities designed to facilitate the “learning through playing” approach, improving the understanding of each nutrition theme.

The proposed activities may be played in the classroom or at home with parents, brothers and sisters, or friends.

SCHOOL MEAL QUALITY:

In addition to the educational path, we are also proposing recipes and tips for the canteen staff aiming to improve children eating habits. Since children consume at least a meal everyday in the school canteen, it is paramount to improve school meals. In such a way, students can learn how to eat better starting from the school canteen. New menus will be proposed, using the same ingredients that are already available but creating new plates that will be nutritionally balanced and prepared taking into account children preferences.

Moreover, some graphical posters on the basic concepts related to nutrition and diet will also be proposed. With this approach, children will have a constant support towards healthy dietary habits.