

LEARNING/ TEACHING/ TRAINING ACTIVITIES ONLINE MOBILITY

**INSTITUTO DE EDUCACIÓN SECUNDARIA RÍO
AGUAS**

SPAIN, MAY 09-12, 2022

PROJECT: 5 HERITAGES AND 6 INHERITORS

NR. DE REF.: 2019-1-ES01-KA229-064213_5

**PARTENER COUNTRIES: SPAIN, ROMANIA,
MACEDONIA, ITALY, TURKEY, SLOVAKIA**

MONDAY
May 9

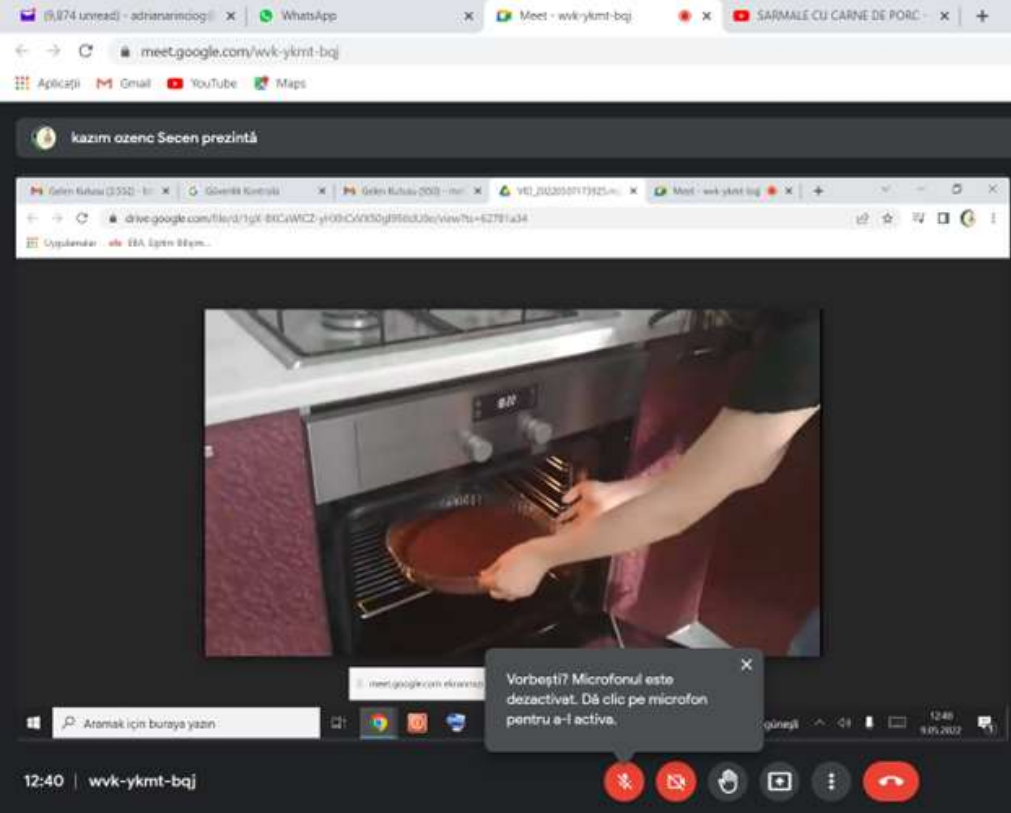
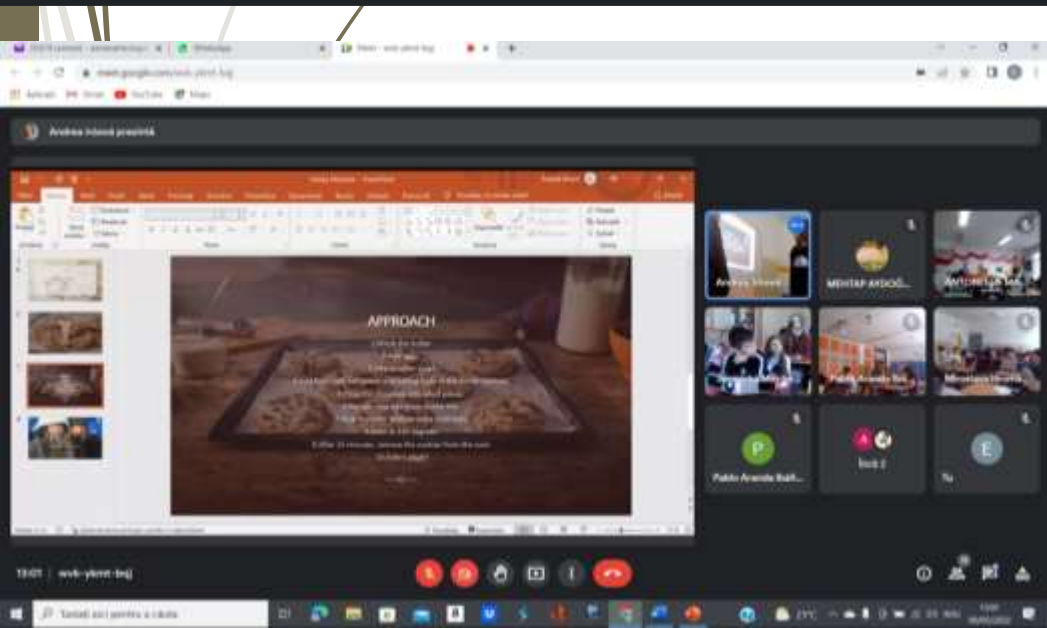
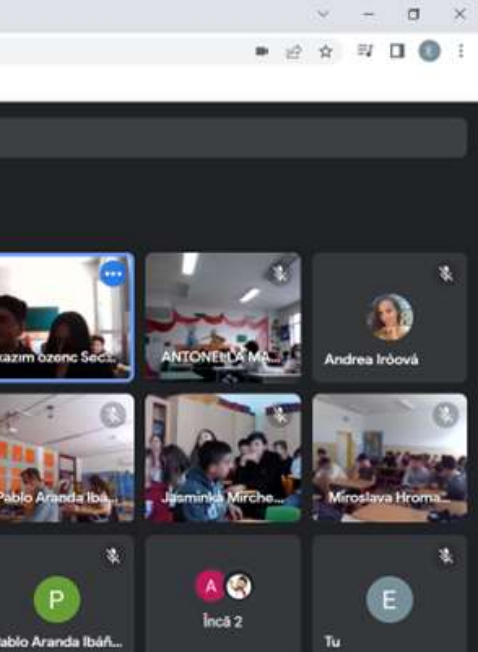
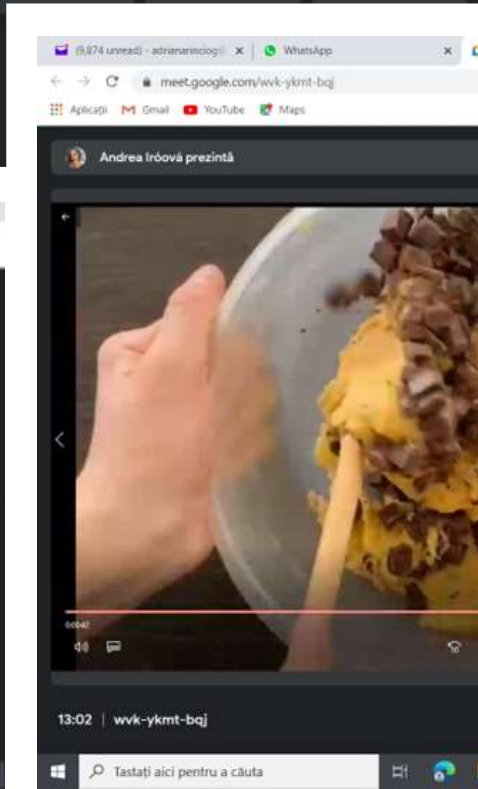
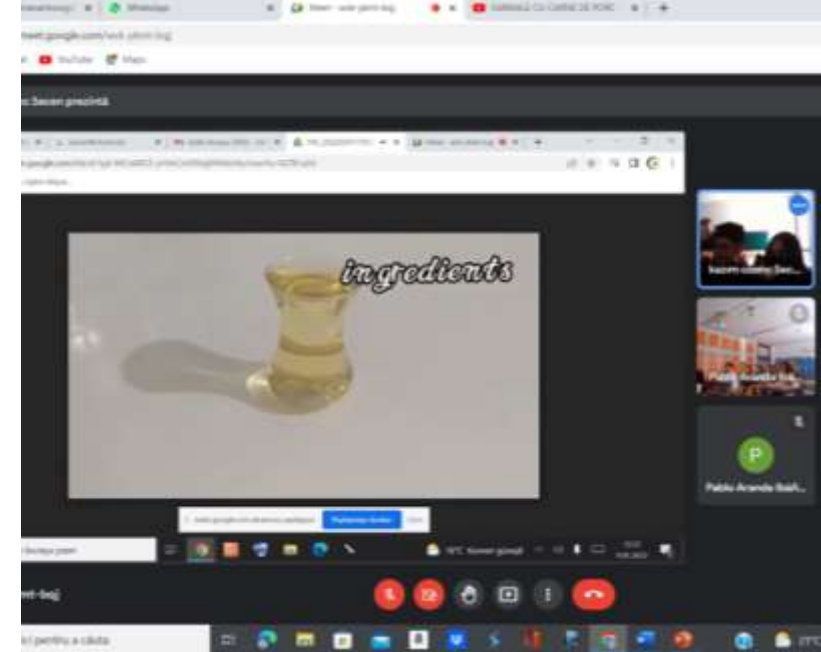
10:00 MOBILITY PRESENTATION

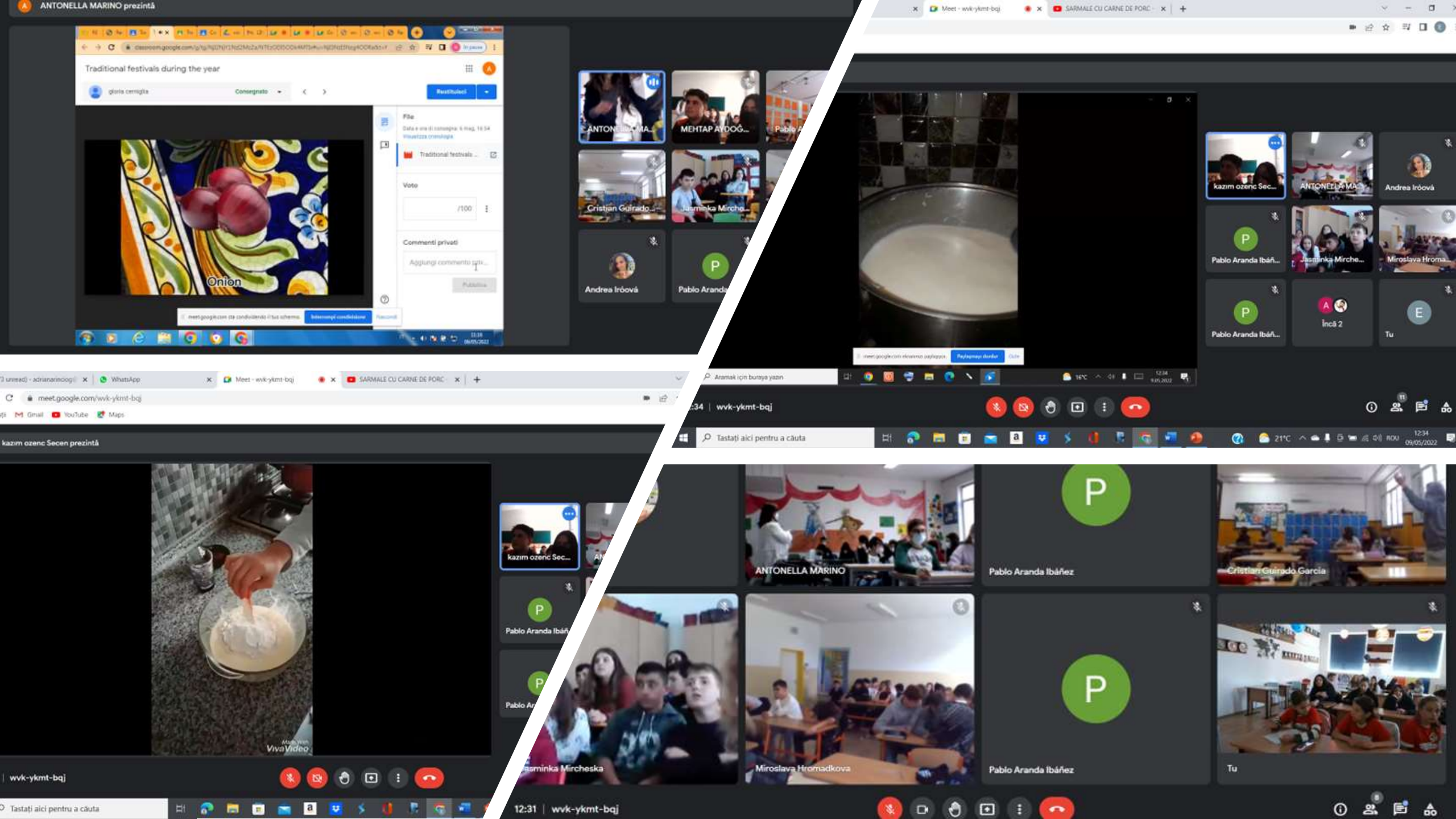
10:30 HOMEMADE TASTE

The participants cook with their families their favourite dish. They write the ingredients they need, the steps they follow to make them on a template and attach photos they took of the dish. The outcome can be the display of the templates around the school with pictures and the steps they follow to cook them.

MAY 9







TUESDAY
May 10

10:30 FOOD AND HEALTHY LIVING

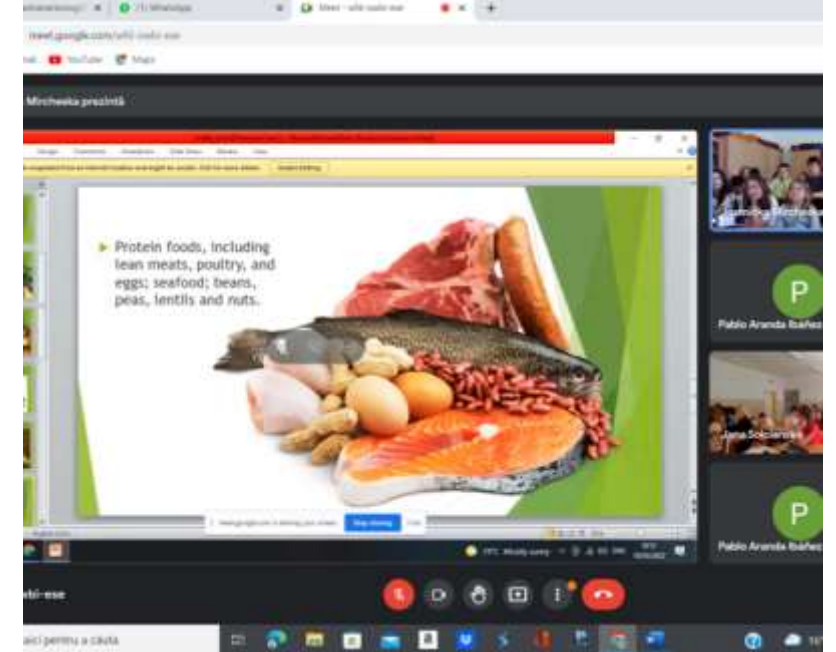
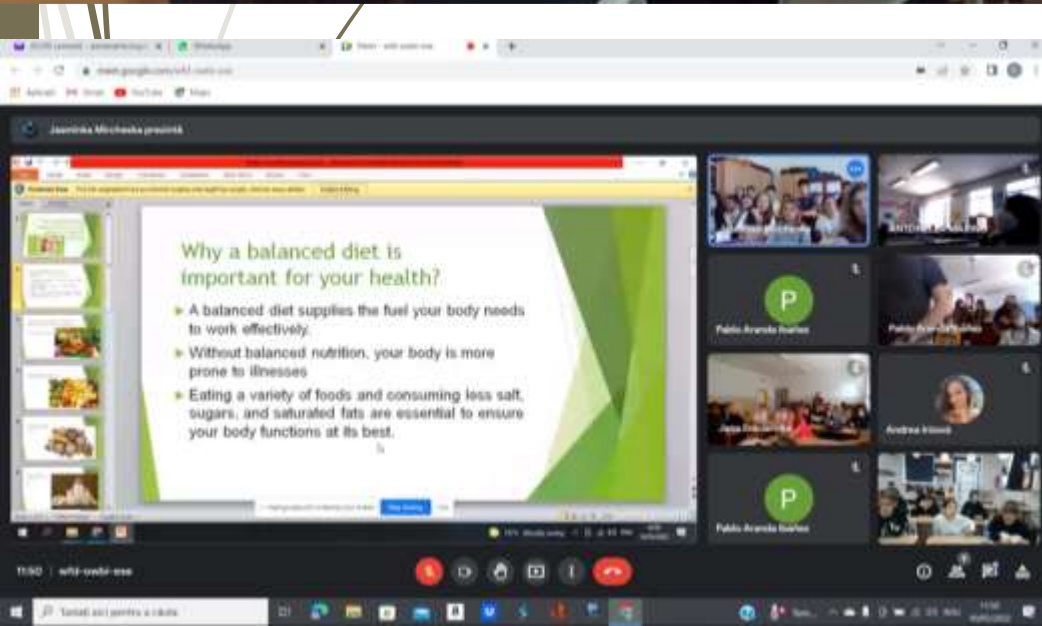
The aim of this project is to arise awareness on the importance of a balanced diet as a key aspect of a healthy lifestyle. The participants gather information on this topic and provide examples of healthy foods which are recommended.

The outcome can be lapbooks, murals, banners or videos where the students show what they learnt.



MAY 10





ERASMUS MAGGIO

TRAMONTANA CRISTINA

Consegnato

Restituito

Stay healthy

If you want to stay healthy, it is important for you to eat well and do physical exercise. «Eat well» means having a balanced diet. A diet is the food we eat. Food has three important functions in our body: it gives us energy, it helps us grow, it keeps us healthy. That is why experts say that «we are what we eat». A balanced diet is a mixture of five main food groups. The food pyramid below shows the five food groups and the nutrients they contain.

File

Data e ora di consegna: 7 mag, 12:02

Visualizza cronologia

Presentazione vta...

A fruit face dock

WhatsApp Image 2022-05...

WhatsApp Image 2022-05...

Voto

/100

Commenti privati

10/11 10/05/2022

11:55 | wfd-owbi-ese

(8,595 unread) - adrianarimoldi

meet.google.com/wfd-owbi-ese

Aplicatii Gmail YouTube Maps

Pablo Aranda Ibáñez prezintă

video Harvard plate_v2.mp4

0:14

3:08

12:07 | wfd-owbi-ese

Tastați aici pentru a căuta

ANTONELLA MA...

Pablo Aranda Ibáñez

Jana Solcianska

Pablo Aranda Ibáñez

Jana Solcianska

Ayşegül YILDIRIM

CRISTINA

Consegnato

Restituito

Stay healthy

If you want to stay healthy, it is important for you to eat well and do physical exercise. «Eat well» means having a balanced diet. A diet is the food we eat. Food has three important functions in our body: it gives us energy, it helps us grow, it keeps us healthy. That is why experts say that «we are what we eat». A balanced diet is a mixture of five main food groups. The food pyramid below shows the five food groups and the nutrients they contain.

File

Data e ora di consegna: 7 mag, 12:02

Visualizza cronologia

Presentazione vta...

A fruit face dock

WhatsApp Image 2022-05...

WhatsApp Image 2022-05...

Voto

/100

Commenti privati

10/11 10/05/2022

11:56 | wfd-owbi-ese

Tastați aici pentru a căuta

Healthy lifestyle

By Nina Fuflys & Emma Halamova

ANTONELLA MA...

Pablo Aranda Ibáñez

Jana Solcianska

Pablo Aranda Ibáñez

Jana Solcianska

Ayşegül YILDIRIM

CRISTINA

Consegnato

Restituito

Stay healthy

If you want to stay healthy, it is important for you to eat well and do physical exercise. «Eat well» means having a balanced diet. A diet is the food we eat. Food has three important functions in our body: it gives us energy, it helps us grow, it keeps us healthy. That is why experts say that «we are what we eat». A balanced diet is a mixture of five main food groups. The food pyramid below shows the five food groups and the nutrients they contain.

File

Data e ora di consegna: 7 mag, 12:02

Visualizza cronologia

Presentazione vta...

A fruit face dock

WhatsApp Image 2022-05...

WhatsApp Image 2022-05...

Voto

/100

Commenti privati

10/11 10/05/2022

Andrea Iroová

Pablo Aranda Ibáñez

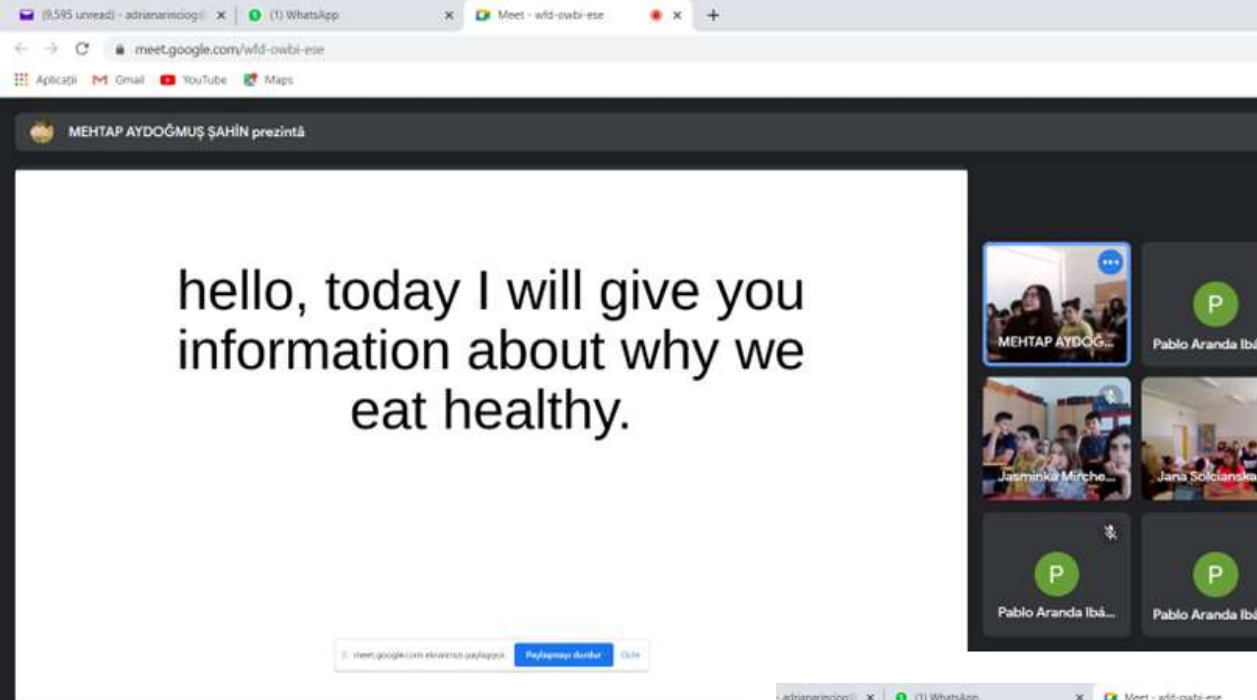
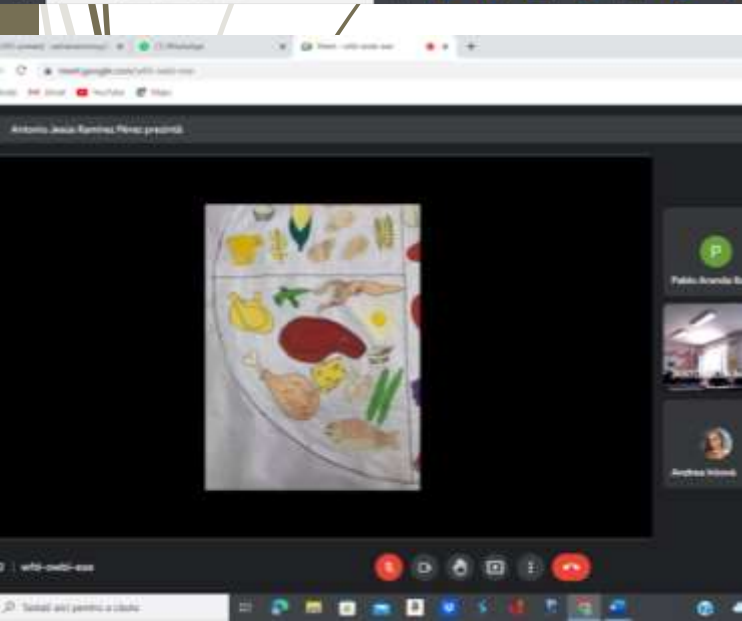
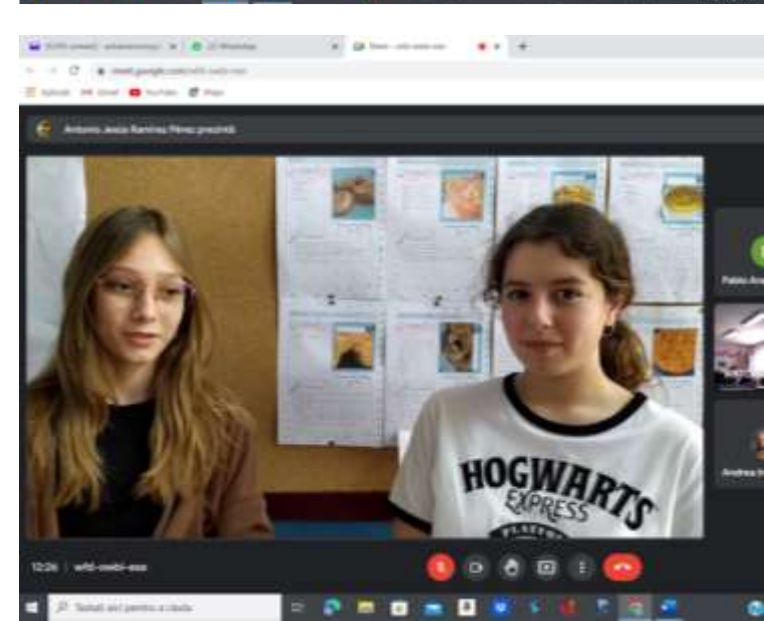
ANTONELLA MA...

Jana Solcianska

Pablo Aranda Ibáñez

Jana Solcianska

Ayşegül YILDIRIM



WEDNESDAY
May 11

10:30 LOCAL FLAVOUR

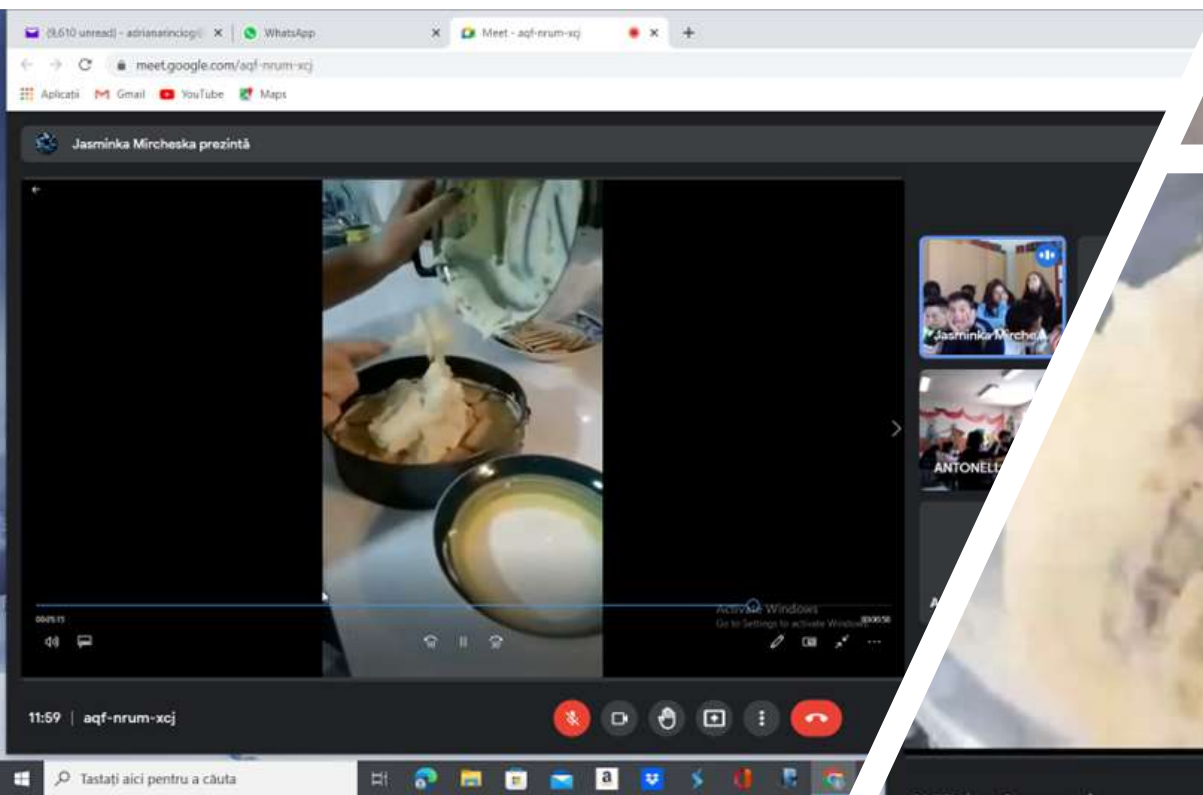
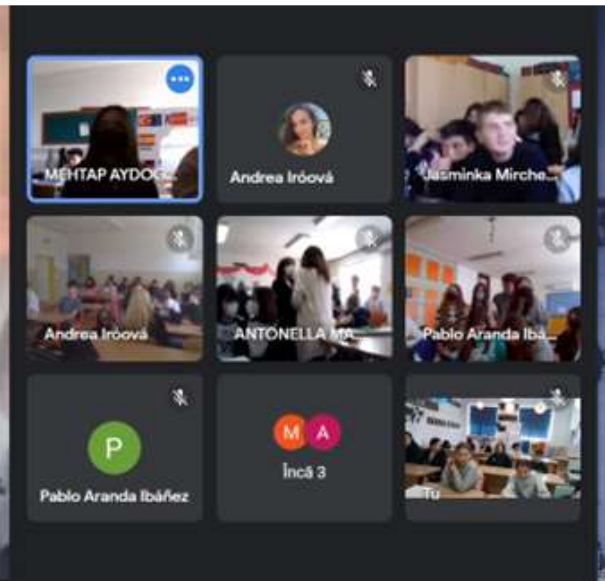
It is a hands-on activity where participants cook local recipes either at home or in school in order to show their international friends the steps to make them.
The outcome can be a video explaining how to cook these delicious local foods.

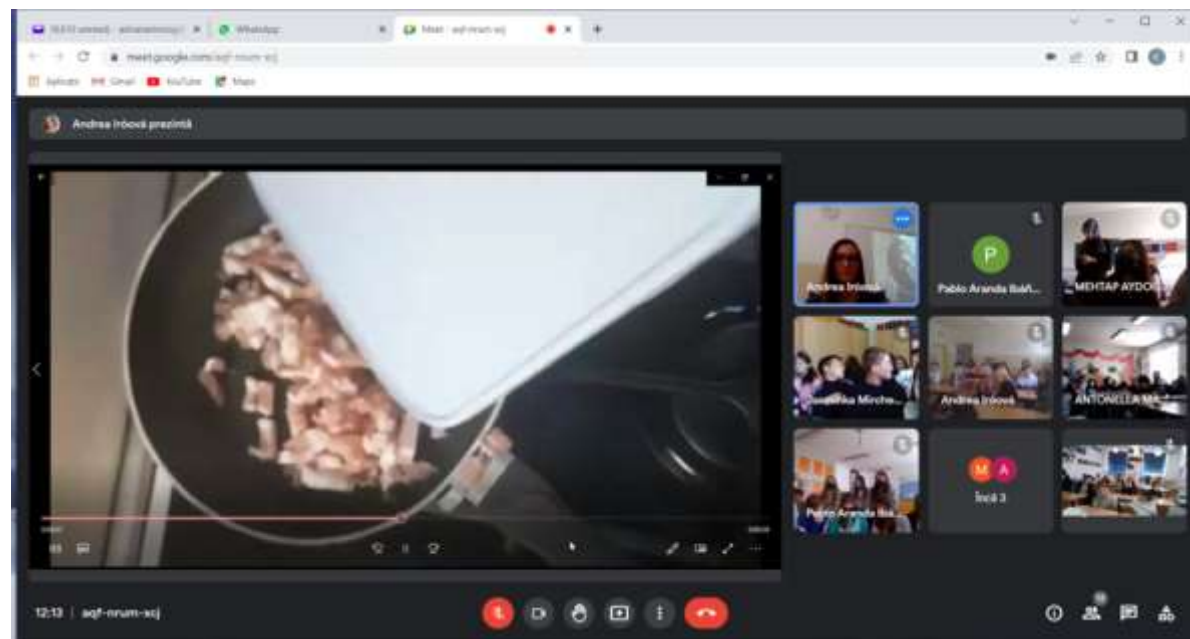
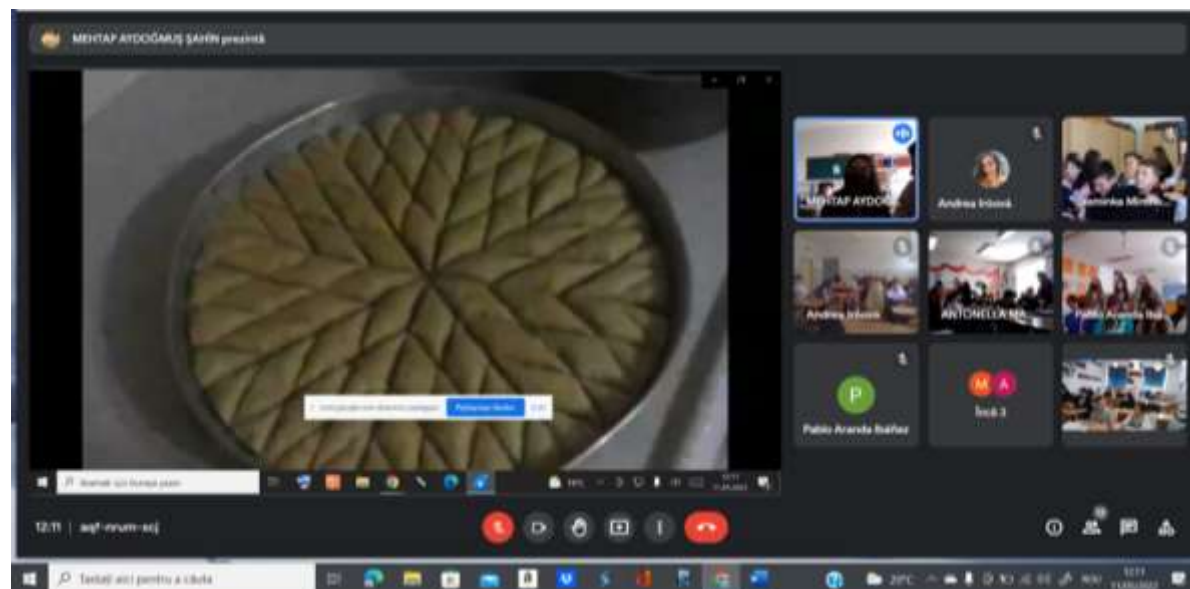
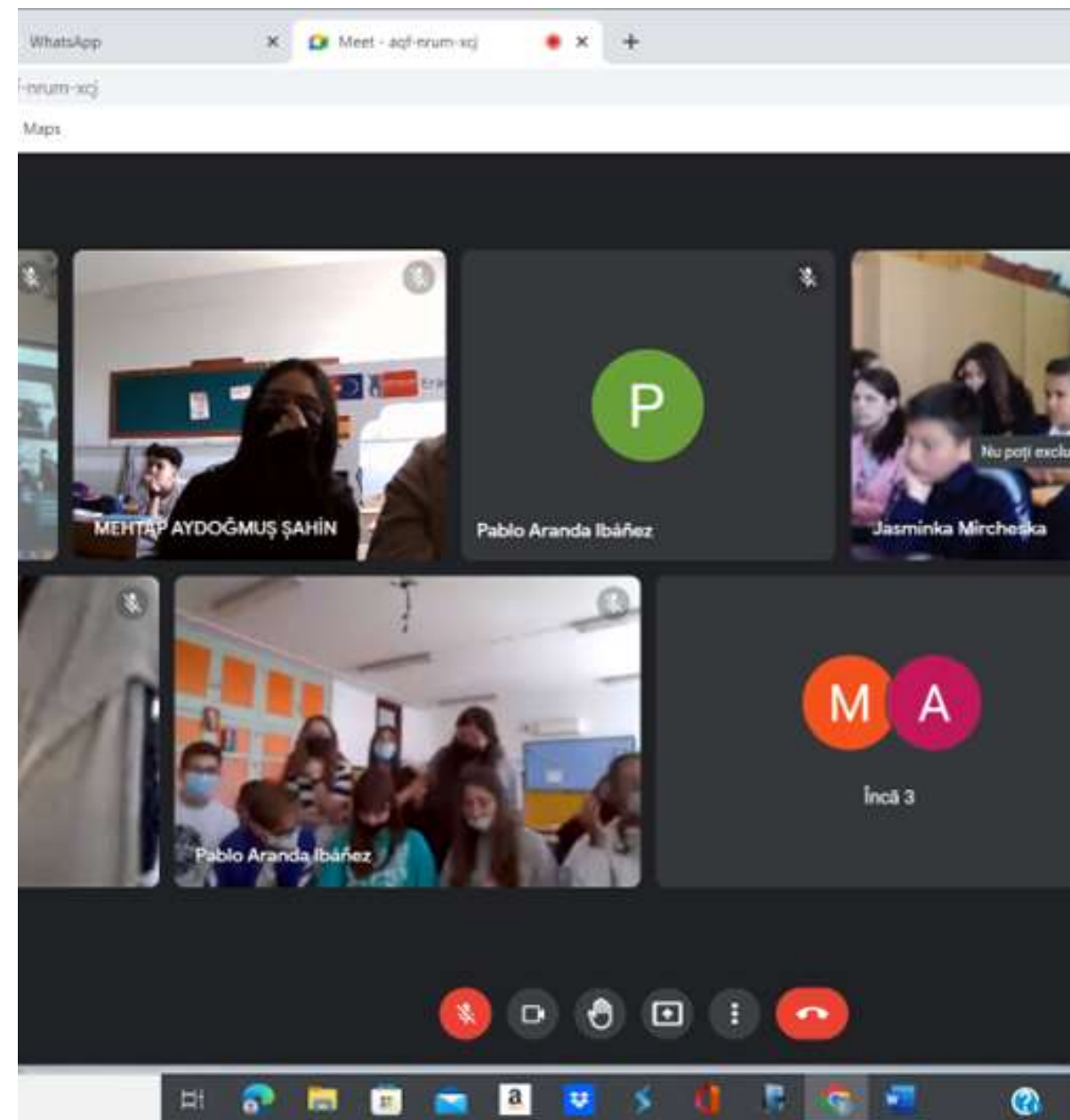
THURSDAY

10:30 FOOD AND TRADITION

MAY 11







THURSDAY
May 12

10:30 FOOD AND TRADITION

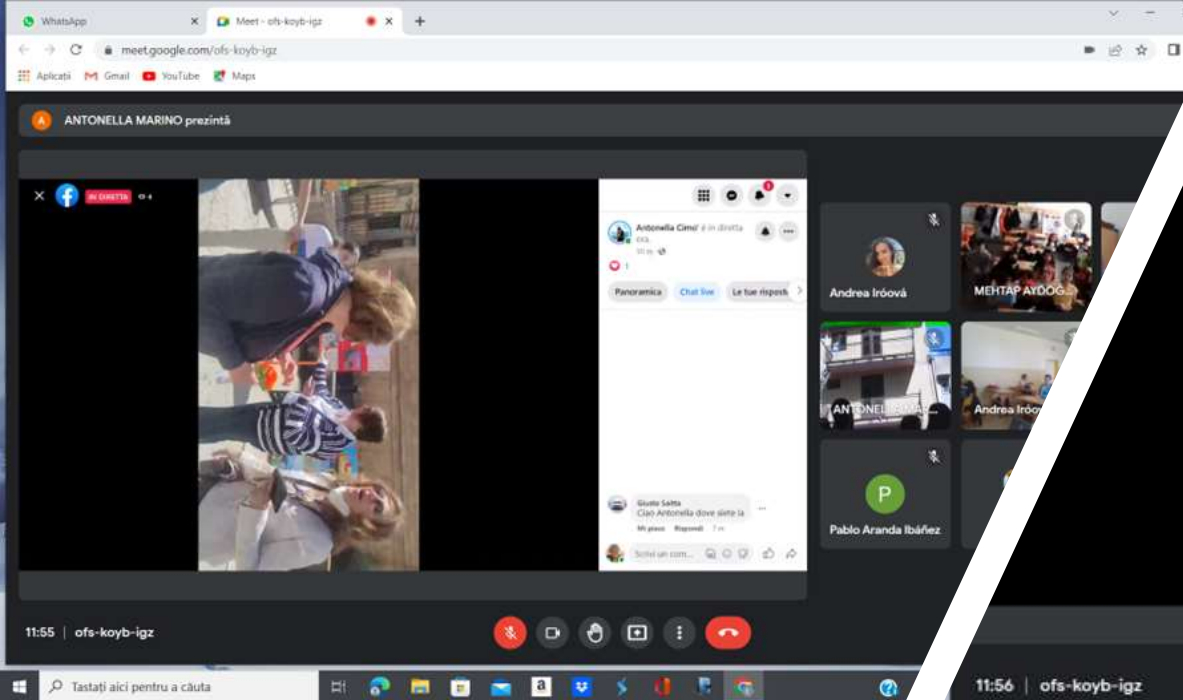
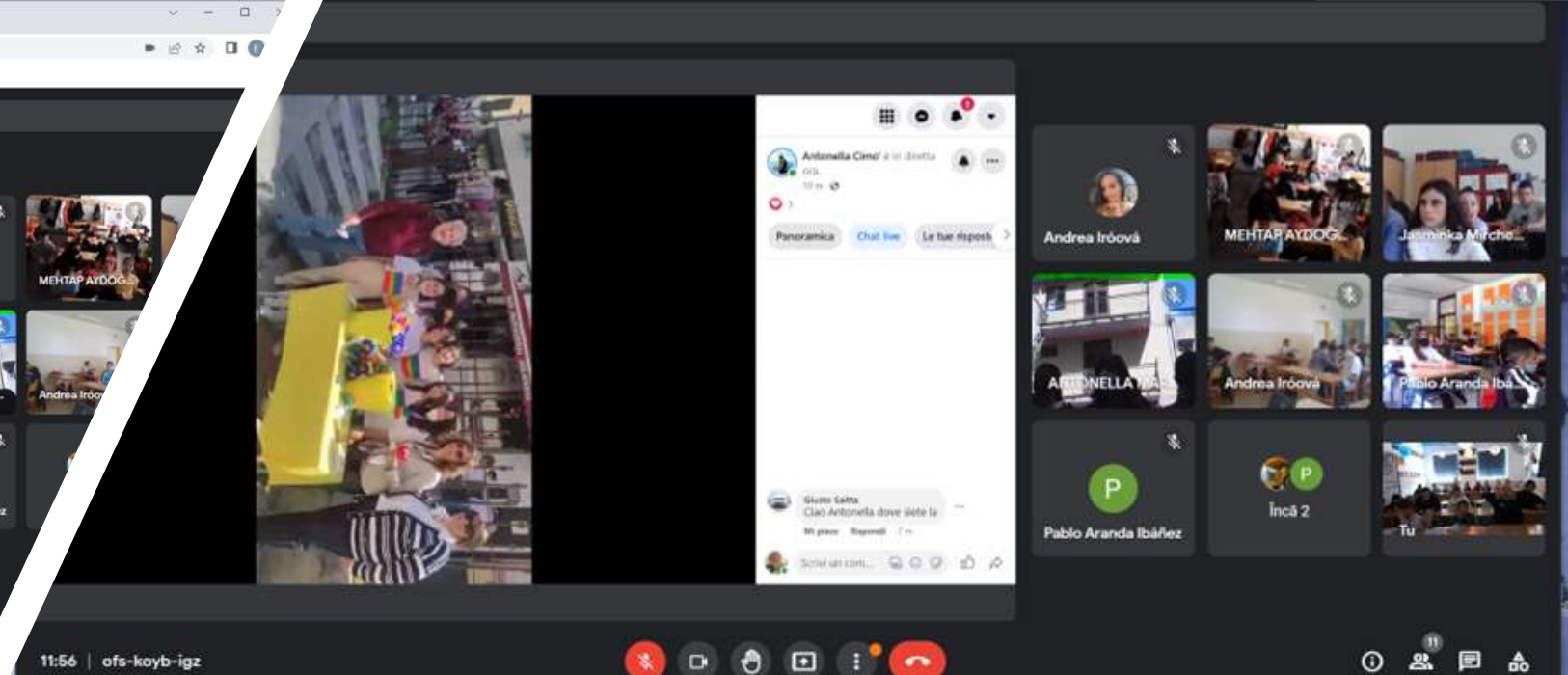
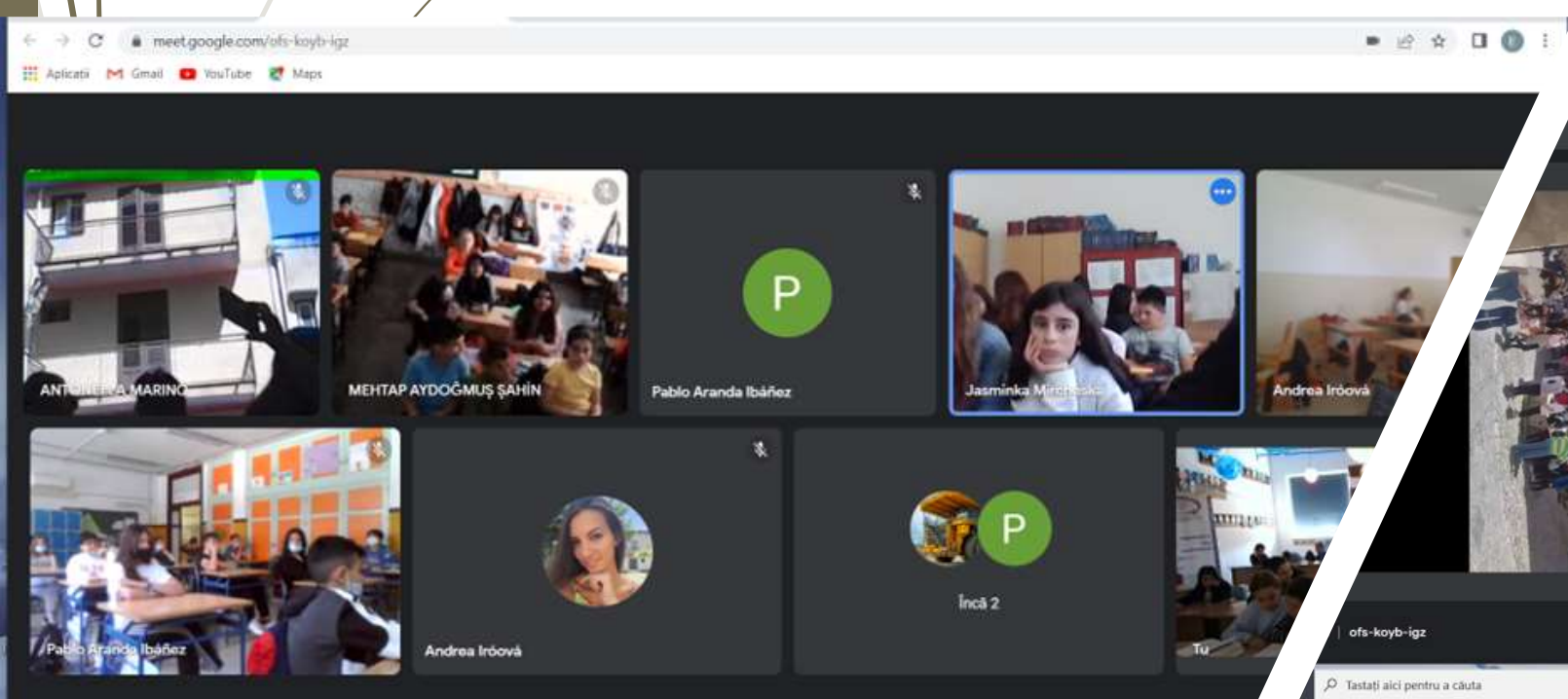
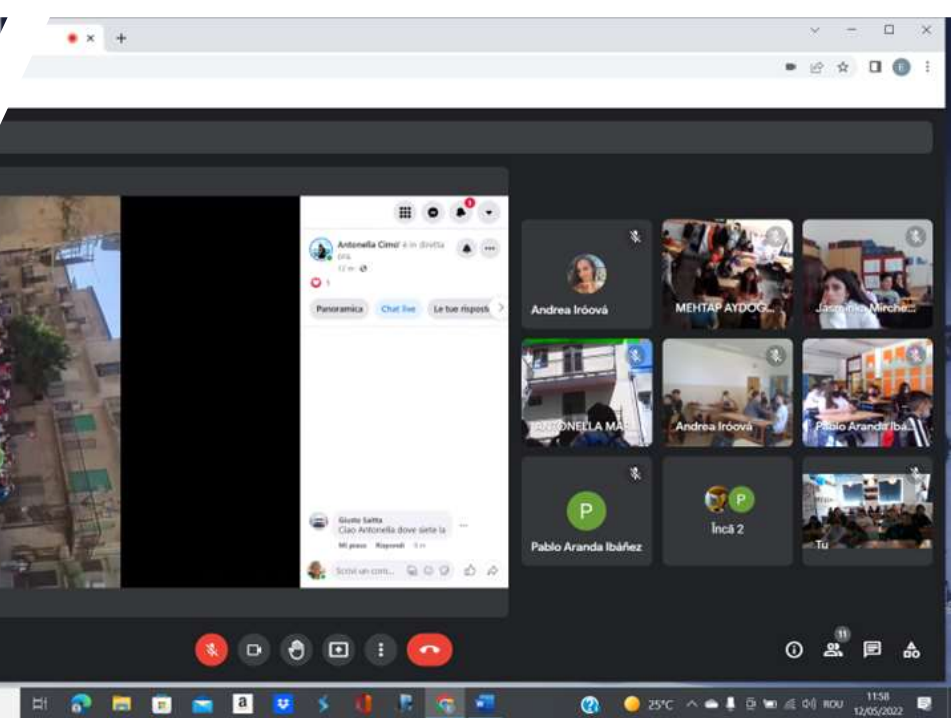
We want our students to learn what is the origin of the recipes they eat. Therefore the participants do a research to know how long people have been making local dishes or why they eat specific recipes on certain times of the year (summer, winter...) or holidays (Christmas, Ramadan, Easter...).

The outcome can be a video or slides displaying their findings.



MAY 12





meet.google.com/ofs-koyb-igz

Andrea Iróová prezintă

Traditional autumn food and traditions

- The biggest autumn attraction for which locals wait eagerly all year, is goose meat. The golden-roasted delicious meat, stewed cabbage and potato pancakes are delicacies that no one refuses. The small town of Slovensky Grob near Bratislava is a kingdom of geese.
- The autumn traditions in Slovakia belong the goose feasts, with their long tradition especially in the Small-Carpathian region. Breeding of geese and goose feasts in Slovakia have about a hundred year long tradition that is related to the southern regions of our country.



12:11 | ofs-koyb-igz

Tastați aici pentru a căuta

meet.google.com/ofs-koyb-igz

MEHTAP AYDOĞU prezintă

Aşure is made and distributed on certain dates in Turkey.



12:00 | ofs-koyb-igz

meet.google.com/ofs-koyb-igz

Andrea Iróová prezintă

Traditional spring food and traditions

Easter

- The first thing to happen at Easter is the egg hunt. Children are looking for the Easter Bunny and the hidden eggs. The eggs are decorated with different colors and patterns. The eggs are then eaten and the children are happy to see the Easter Bunny.
- The honey part is that you get the honey from the bees. The honey is then used to make the Easter cake. The cake is a round cake with a lot of honey and eggs. The cake is then eaten and the children are happy to see the Easter Bunny.



12:10 | ofs-koyb-igz

Tastați aici pentru a căuta

(1) WhatsApp x Meet - ofs-koyb-igz

meet.google.com/ofs-koyb-igz

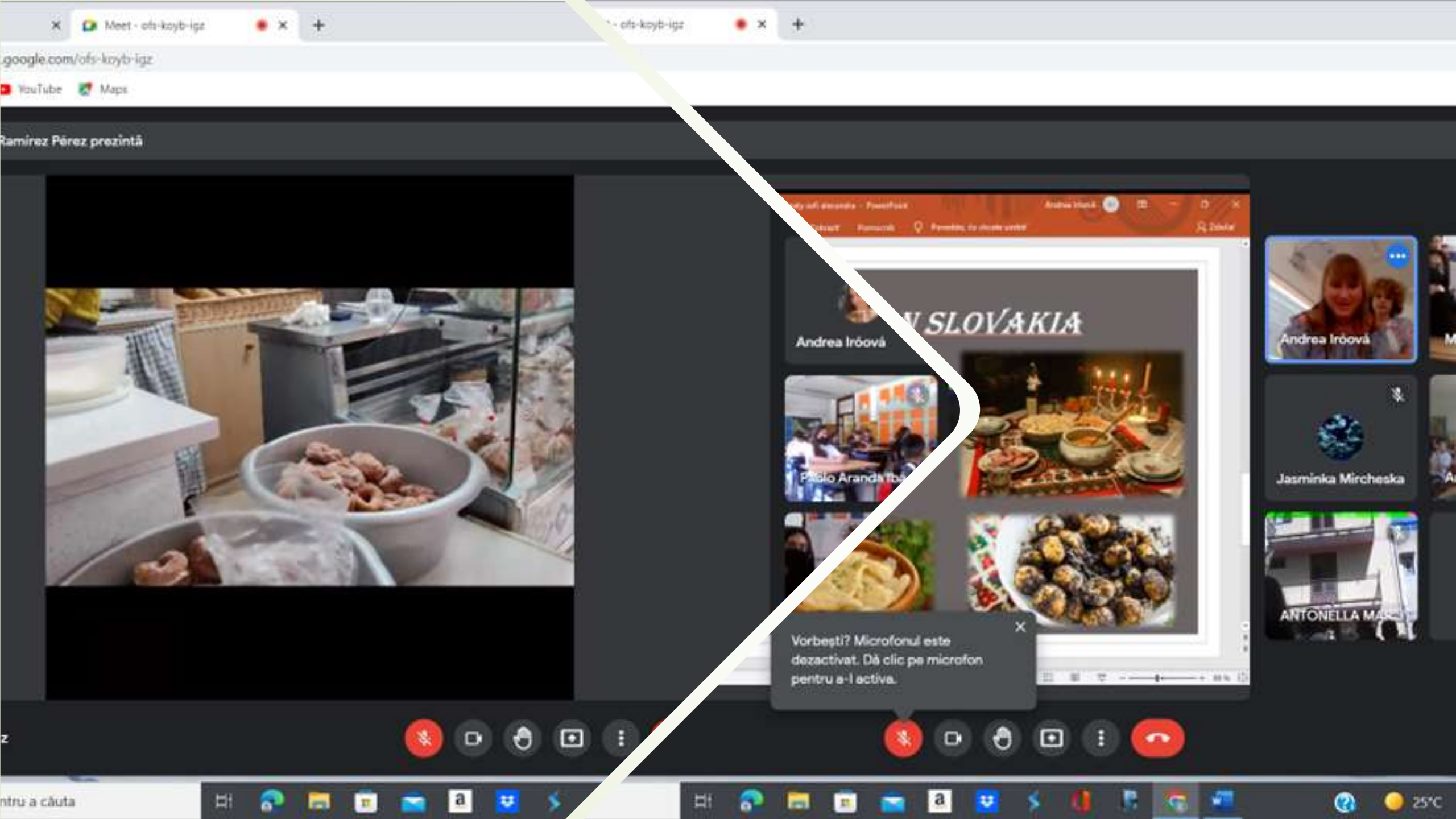
Jasminka Mircheska prezintă

Macedonian cuisine is influenced by Ottoman Turkish cuisine and shares characteristics of other Balkan cuisines.



12:00 | ofs-koyb-igz

Tastați aici pentru a căuta



Ramirez Pérez prezintă

