

**Healthy habits around us**

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| Description of the Project | The sustainability of the planet depend on a large amount of elements that all Human beings should pay attention to. We are quickly spending all the resources from Earth, and the future is in danger. However, most of the times, we are spending those resources in a wrong way, leading to diseases.  With this project, we want to make our students to pay attention to their habits, in order to promote a healthy and sustainable future.  As the project is going to be conducted in English, students will get better knowledge of English language. Moreover they will learn new ICT tools and will be able to use them. The project is planned to last for School Year 2019-2020 |
| Partner | Italy, Portugal, Turkey, Ukraine |
| Language | English |
| Subjects | Primary school subjects |
| Tools | TwinSpace, email, forum,chat, videos, websites,Skype, Google.doc, Tagul, Isuu, Stepmap,Google.map, Adobe Spark,Thinglink, tricider |
| Age of the Students/Target Group | From 7 to 10 |
| Objectives | * To understand the concept of healthy food and to adopt a healthy lifestyle; * to identify daily aspects that can lead to a more sustainable future; * to communication with peers and to improve language skills in English; * to share some experiences; * to promote the inclusion of all pupils; * to discover daily life, traditions, cultures of students from different countries with a real interest and great motivation; * to socialize making international friends; * to exercise an active citizenship beyond national borders; * to promote students’ creativity; * to improve civic and social skills. |
| Work Process | * Introduction of the participants; * presentation of the involved schools; * creation of the Logo; * analyses of eating habits; * analyses of sports habits; * celebration of important dates of the school year; * group work about sustainable and healthy food; * healthy and sustainable breakfast at school.   Pupils will also work in mixed group from different countries.  The project will start in October and will stop in middle June. |
| Expected results | Tangible   * eTwinning corner at school * Dissemination on the websites of the schools * Knowledge of uses and customs of the countries involved * Public TwinSpace     Non-Tangible   * Better eating habits * Improving the lifestyle, in what concerns health * Improvement of all skills |
| Impact | * To increase the number of students that follow an healthy diet; * to reduce the number of snack with sugar at school; * to reduce the number of imported food that students eat at school; * better relations between students; * better personal knowledge; * increase of students’ self-esteem. |