



Erasmus project **Food for Thought** 2021-2023

2nd Junior High School of
Kalamata / Porto mobility
09/05 - 13/05/2022



Workout at school

•On Monday, April 4, 2022, we had an interesting workout with our PE teacher, Mr. Dimitris Danakas. We were shown a number of physical exercises which can be performed when we want to refresh our bodies and feel better.



Jerusalema choreography

•On Friday, April 8, 2022, the two Erasmus teams of our school joined forces and learned a Jerusalema choreography. This dance is based on a song by South African DJ and record producer Master KG and is attributed to a group of his friends from Angola.



Meeting with nutritionist

•On Saturday, April 9, 2022, members of our team had a meeting with the nutritionist Mrs. Sofie Kosteas. During our meeting, Mrs. Kosteas offered valuable information and tips about achieving a healthy diet in adolescence.



Healthy diet list

Following the instructions of the nutritionist, we created a diet list with healthy options, specially tailored to the needs of a teenager.



Breakfast

milk

cereals

whole grain bread with butter
and marmalade/honey

boiled egg

toast with cheese and ham/turkey

Morning snack

cereal bar

sandwich with
cheese and
ham/turkey

whole grain
bread with
olive oil and
cheese

a handful of
unsalted nuts

unsalted
crackers

whole
grain/oat
biscuits

Lunch

roasted/grilled fish

boiled veal with potatoes and vegetables

beans/peas/lentils/spinach

beef steak with fries

brown rice with salmon

chicken fillet with salad

Greek salad (tomatoes, onion, olives and olive oil)

whole wheat pasta with sauce and grated cheese

Afternoon snack

fruit or fruit
salad with
seasonal
fruit

yoghurt
with fruit
and honey

fresh
orange
juice

Dinner

homemade pizza/burger/cheese pie

whole grain bread with olive oil and cheese

sandwich with olive oil, lettuce and cheese

omelet with eggs, mushrooms, parsley, spinach and tomatoes

what is left over from lunch

What to eat or drink rarely (once or twice a week)

A red rectangular box with rounded corners, containing a white rounded rectangle with the text "red meat (pork, beef)".

red meat
(pork,
beef)

A red rectangular box with rounded corners, containing a white rounded rectangle with the text "refined grains".

refined
grains

A red rectangular box with rounded corners, containing a white rounded rectangle with the text "fizzy drinks".

fizzy
drinks

A red rectangular box with rounded corners, containing a white rounded rectangle with the text "sweets".

sweets

What to avoid eating or drinking



And never forget to drink ...

... 8 glasses of water every day!

Healthy snacking day

•A healthy snacking event was organized at school on Friday, April 15, 2022. The team members offered their first-grade schoolmates healthy traditional snacks and asked their opinion about what they tasted.





Healthy snacking quiz

- During the first week of May, we answered a questionnaire about our snacking habits. It turned out that most of us belong to the average category – although we know what is bad, we can't resist a burger and a cola from time to time!

And above all ...

- We worked together, got to know each other more and had fun.
- Erasmus = learning + fun





The Porto team

Students

George Lagios

Valesia Marouli

Vasiliki Papamichail

Antonia Stavropoulou

Alesia Zela

Teachers

Nikos Lagios

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