



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 Kostea. During our meeting, Mrs. Kostea 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)

red meat (pork, beef)

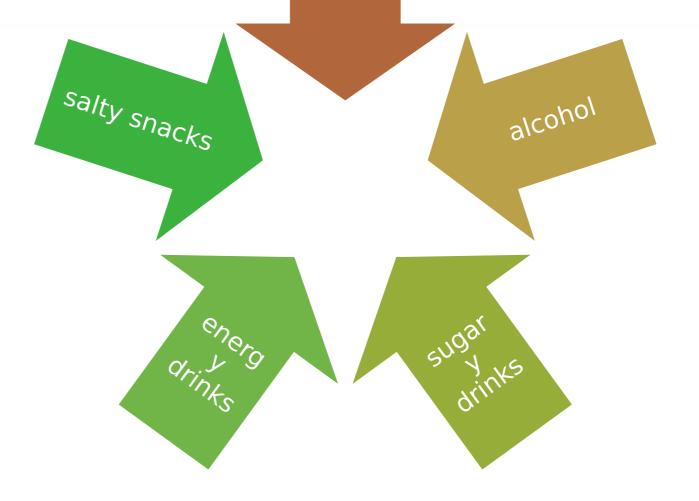
refined grains

fizzy drinks

sweets

coffee

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

Eleni Stravakou