



# FOOD FOR THOUGHT

Portugal

9-14.05.2022

## Healthy snacking events at our school



- The youngest pupils of our school took part in culinary workshops with their form teachers.
- They prepared healthy smoothies, fruit salads and fit sandwiches to promote healthy lifestyle and our project FOOD FOR THOUGHT.





# Healthy fruit smoothies

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## HEALTHY FRUIT SMOOTHIES AND SHAKES





# Fit sandwiches

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## FIT SANDWICHES





# Fruit salads and fruit shashliks

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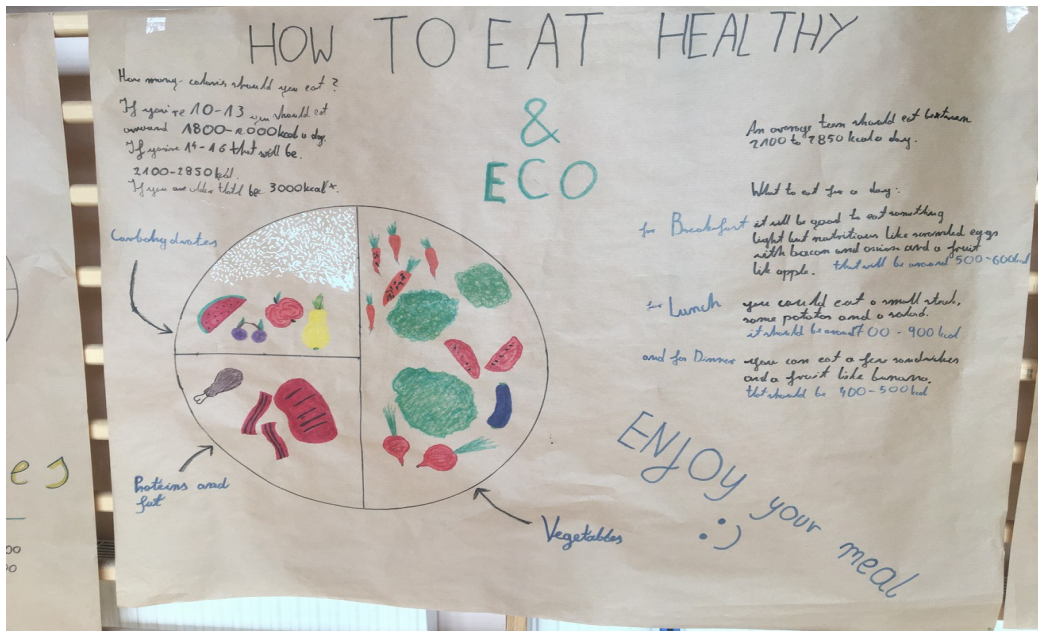
The older students prepared one-day menu for teenagers. We had a lecture with our biology teacher on a healthy diet. We also had a display of our menus in our gym so everyone could see them.













# Dance workshops

On 29th April we celebrated the International Dance Day.

Our PE teachers prepared workshops presenting international dances.

We had a chance to try Irish, Turkish, Greek, Belgian dances.

It was a great contrintution to our project FOOD FOR THOUGHT.



## DANCE WORKSHOPS









# Preparing choreography for PORTO mobility

Our Erasmus + team prepared  
choreography for our mobility in  
Porto.



# CLIL lesson

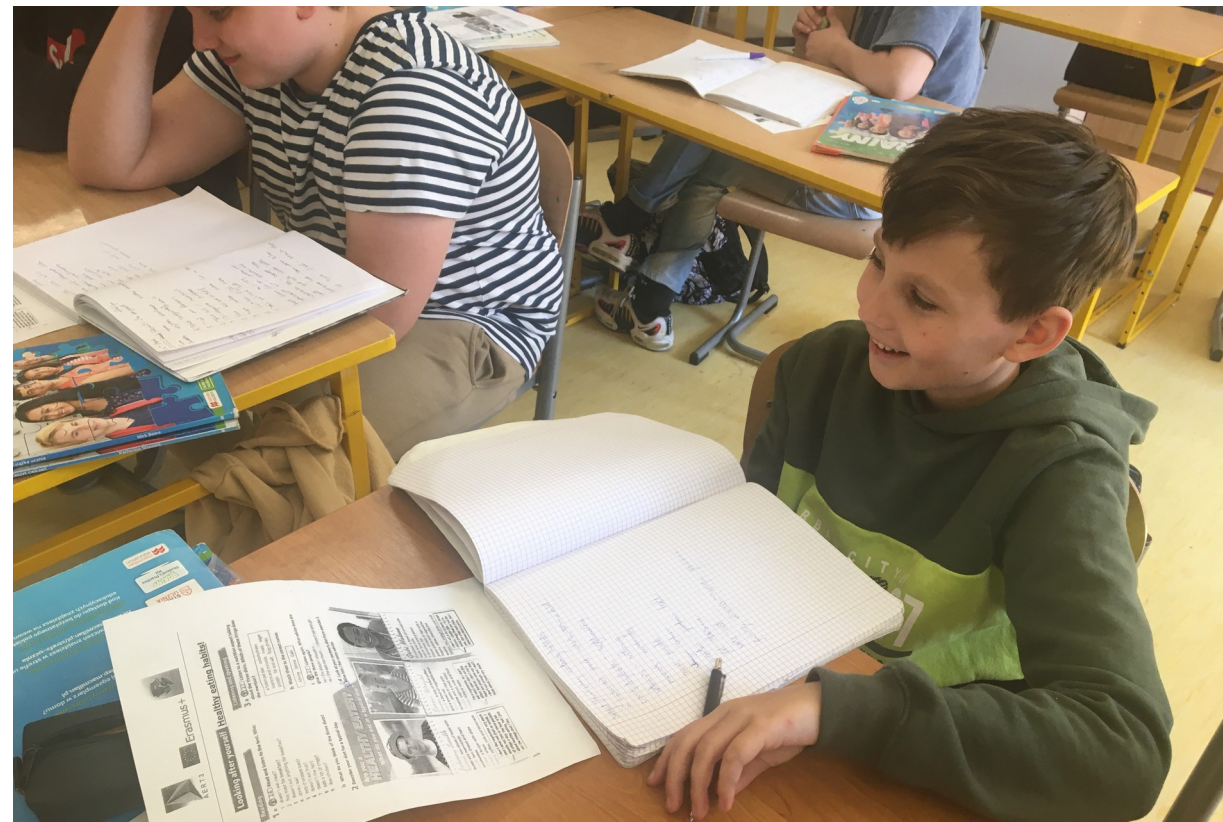
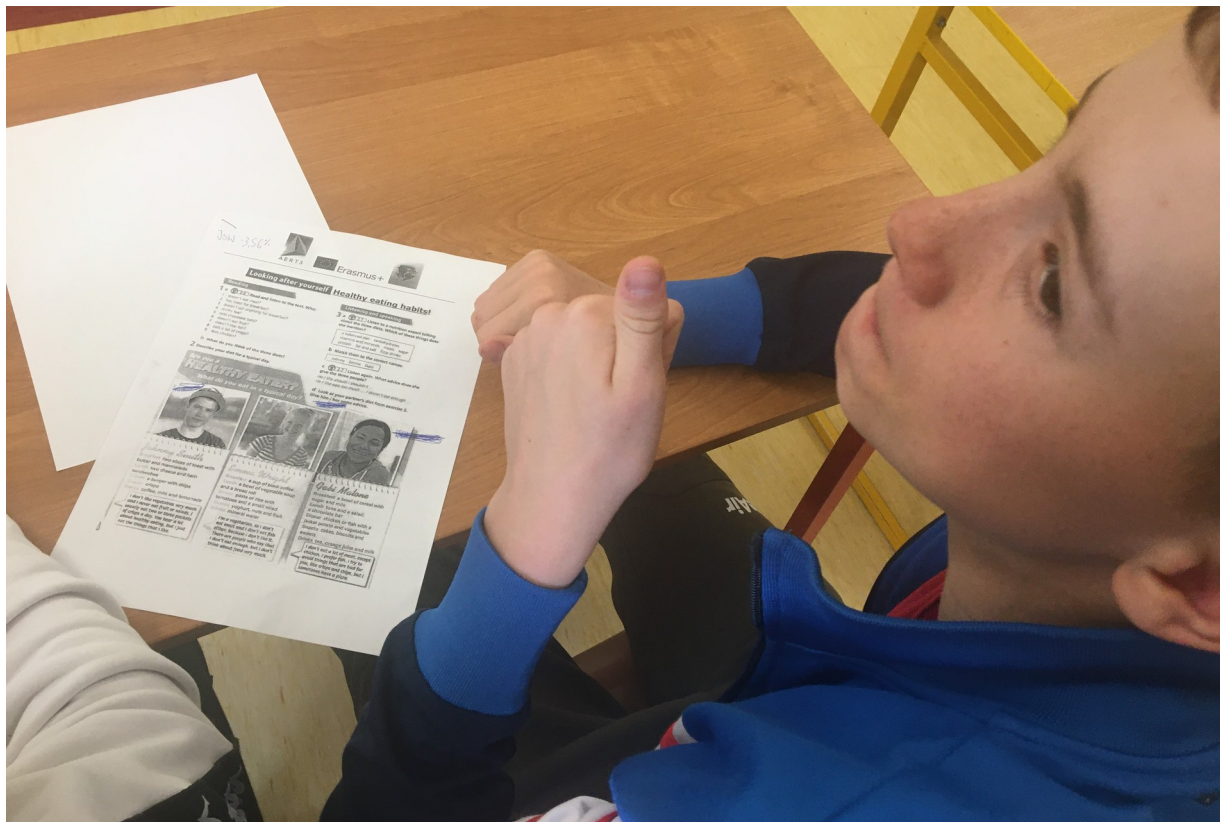
Clil lesson has been conducted on our English lessons.

We have talked about healthy and balanced diet.

We have also made one day well balanced menu for teenagers.

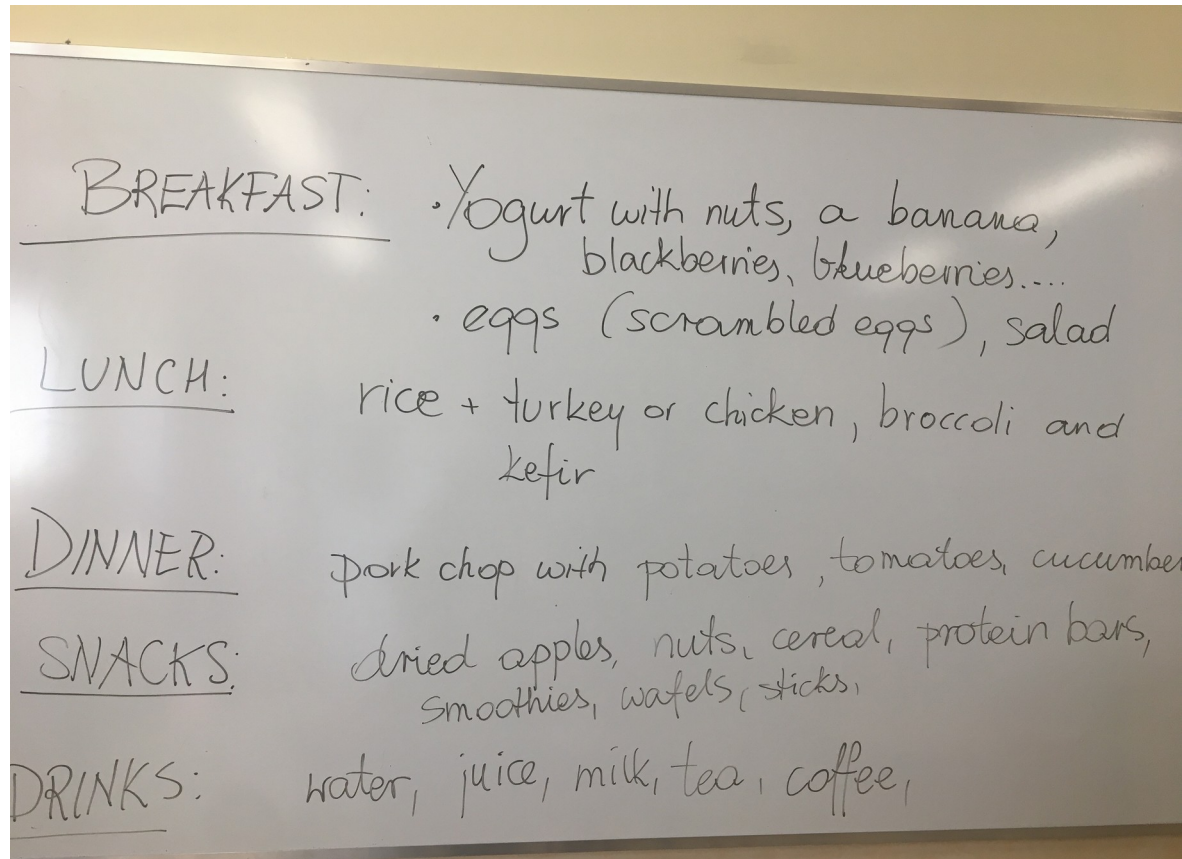


# CLIL LESSON





# CLIL LESSON









# Healthy menu for teenagers

- Firstly we need to start from teenagers' energy demand (which is really important)

## TEENAGERS

Daily Req.	BOYS	GIRLS
ENERGY REQUIREMENTS	2900 KiloCal	2,270 KiloCal
MEAT,POULTRTY,EGG,FISH	1 SERVING	1 SERVINGS
CARBOHYDRATES	5 - 11 SERVINGS	5 - 11 SERVINGS
VEGETABLES & LEGUMES	4 SERVINGS	4 SERVINGS
MILK & DAIRIES	3 SERVINGS	3 SERVINGS
FRUITS	3 SERVINGS	3 SERVINGS
CALCIUM	1,050 - 1300 mg	1,050 – 1300 mg
IRON	8 - 11 mg	8 – 15 MG





- Breakfast: scrambled eggs with tomatoes and cucumbers
- Lunch: baked chicken with potatoes and zucchini
- Dinner: pancakes with blueberries and strawberries

Day 1





## Day 2

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- Breakfast: yogurt with oat flakes and blueberries
  - Lunch: cooked vegetables with rice and roast chicken
- Dinner: toast with avocado



A wooden breakfast tray is set on a white, wrinkled fabric background. The tray contains a stack of three triangular toasts on a brown plate, topped with jam. Next to it is a small brown bowl of jam with a silver spoon. A cup of coffee with a brown lid sits on a dark brown saucer with a silver spoon. A whole yellow banana lies on the tray, and a small glass of orange juice is at the bottom. The text 'Day 3' is overlaid in white on the right side of the tray.

# Day 3

Breakfast: toasts and bananas

Lunch: baked porkchop with rice and coleslav

Dinner: omelette with tomatoes





# Day 4

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- Breakfast: yogurt with strawberries
- Lunch: lentil and tomato soup
- Dinner: pancakes with blueberries

# Day 5

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- Breakfast: sandwiches with avocado and scrambled eggs
- Lunch: tuna with rice
- Dinner: zucchini salad with feta and tomatoes





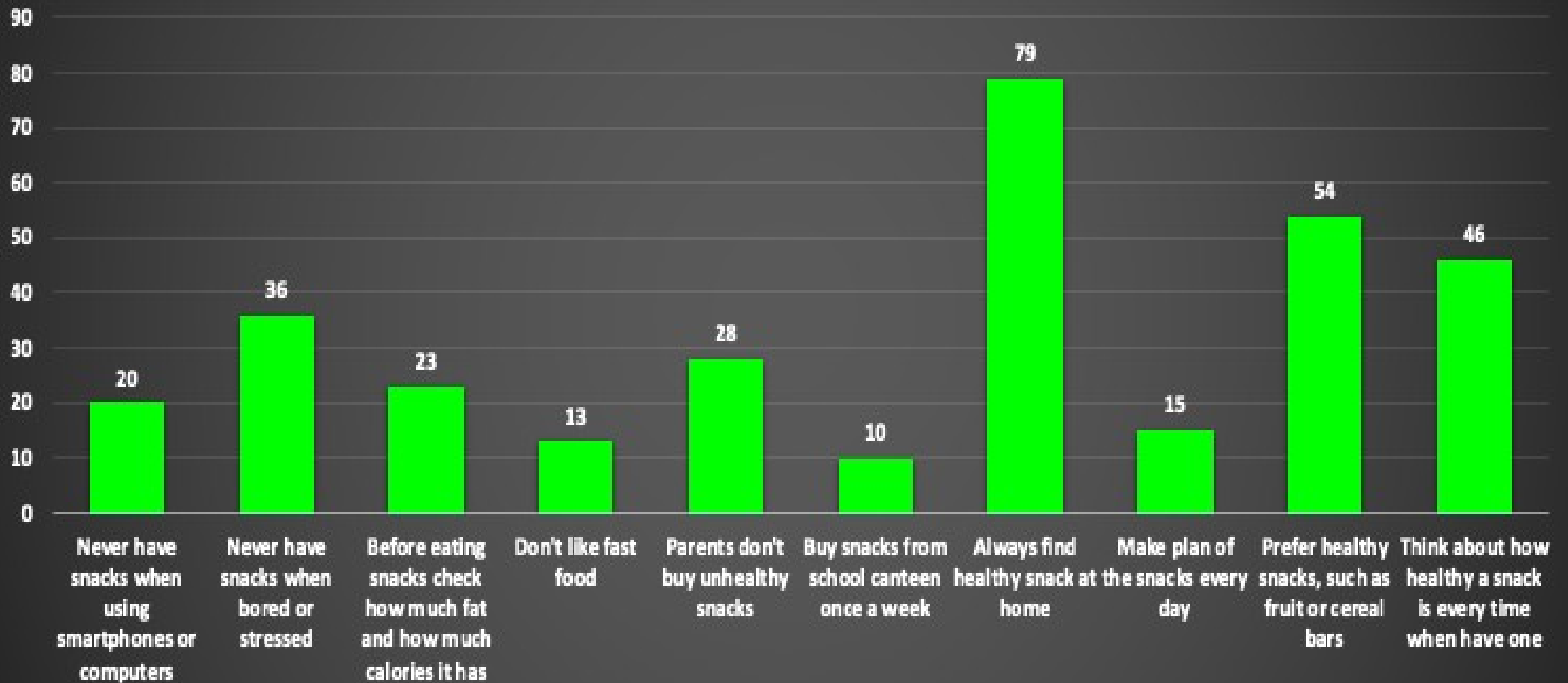
# Healthy snacking quiz results

A healthy snacking quiz was carried out at our school among students aged 12-15. Thirty- nine students were surveyed.

The quiz dealt with the questions about eating healthy food and snacks.

Here are the results of the quiz according to the questions asked in the quiz:

## Results in %







# From the survey we have found out that:

Over 50% of  
surveyed students  
need a change in  
their eating habits

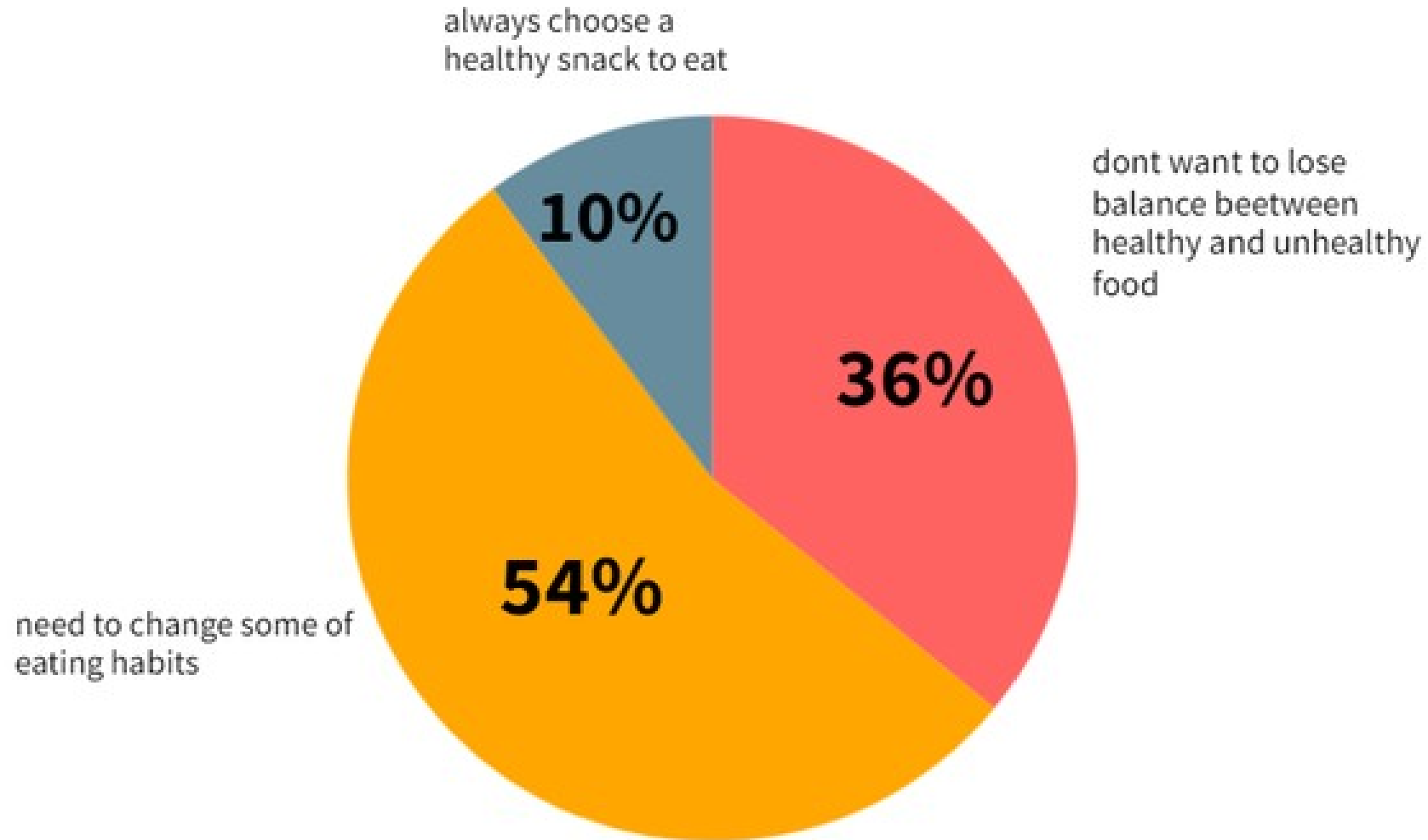
10% always choose  
healthy snacks

36% is in the middle,  
they keep the  
balance between  
healthy and  
unhealthy food

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# The results of the quiz:



# What should we do to have a balanced diet?



EAT MORE VITAMINS



EAT BREAKFAST



EAT FIVE MEALS A DAY



EAT FRUIT, VEGETABLES AND SALADS





We shouldn't:

Eat	eat too much fried food
Eat	eat too much sugar
Eat	eat too much unhealthy, salty and full of fat snack
Drink	drink fizzy drinks