



Wise Teacher-Healthy Child- Courses for teachers on dietetics and healthy nutrition of children and adolescents

Newsletter N°3
February 2015



WITH.CH



WOMEN'STEC

THE PROJECT

WITH.CH is an European project carried on in several countries: Poland, Italy, Turkey, Romania, Spain and United Kingdom. The key objective of the project is to provide teachers from all types of schools with knowledge and practical competencies in the field of dietetics, healthy nutrition and an active lifestyle.

WITH.CH PROJECT MEETING N.4

The fourth partner meeting was held in Malaga (Spain) on 24-28 November 2014 with representatives of all the partners. During the meeting, the partners discussed:

- Presentation and discussion of proposed HEALTHY LIFESTYLE and ACTIVE LIFESTYLE curricula;
- Schedule for activities for workshops and thematic course, identification participants;
- Course and workshop duration, themes and other requirements;
- Presentation of Course Structure proposal.

The partners have decided to develop different topics for the courses.

They decided that the topics to develop for ACTIVE LIFESTYLE COURSES are: *Using modern technologies for increase the competences of students in dietetic food, healthy food, etc; Stress and health; Community involvement and Social responsibility activities (information and expressing opinions); Active involvement in the community; Hobby management and impact of technology as a healthy activity; Why physical activity is important for children, how to activate them to do sport.*

About the HEALTHY LIFESTYLE COURSES, the project group decided to develop the following topics: *Organic food; Why to avoid processed food; Healthy benefits of Mediterranean Diet; Raising students' awareness about the hidden message behind the ads related to healthy nutrition; How to pursue a healthy life; Diets for a healthy lifestyle; The "hidden" sugar in food; How to prepare lunch boxes, healthy snacks, healthy sweets and other meals.*

Using modern technologies for increase the competences of students in dietetic food, healthy food, etc.

Furthermore, partners participated in two workshops called: "Olive Oil Tasting" and "Spanish Omelette Challenge".



Second year is mainly the Courses year . Our aim is to realize the Training in each country about healthy and active lifestyle with Courses on different topic

Would you like to learn more? Would you like to leave us a note?

Please visit and contact us at: with-ch.wix.com/leonardo

This project has been funded with support from the European Commission.
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