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CENTRE LTD-WOMEN'STEC-ENGLISH

 UNITED KINGDOM

TASKOPRU ANADOLU SAĞLIK MESLEK LİSESİ

 TURKEY

Implementation period:
1 August 2013 – 31 July 2015

To learn more about the project visit
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wise teacher
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Wise Teacher - Healthy Child -
courses for teachers on
dietetics and healthy nutrition
of children and adolescents

WORKSHOP

Organic food.

Why to avoid processed food

9 Maggio 2015, h. 9.00-13.00
Corso Trieste, 30
San Cipirello (PA)

A LDV Partnership Project organized
within the frameworks of the
European Union
Lifelong Learning Programme

Agreement n: 2013– 1-PL1-LEO04-38496-2

Aims of the project

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.

Detailed aims of the project are:

- ⇒ to provide teachers from all types of schools with knowledge and practical competencies in the field of dietetics, healthy nutrition and an active lifestyle.
- ⇒ Improvement of the awareness concerning the importance of terms like dietetics, healthy nutrition and an active lifestyle of children and adolescents
- ⇒ Improvement of the level of practical knowledge concerning dietetics and health prophylaxis
- ⇒ Providing methodological training for participating teachers in order to carry out various educational activities in the field of dietetics, healthy nutrition and popularization of knowledge regarding a healthy lifestyle
- ⇒ Exchange and transfer of good practices among the partner countries
- ⇒ Diversity of partners' educational offer (e-course, e-publication)
- ⇒ Establishment of international collaboration



Workshop

Throughout history, food systems, and thus human diets, have been and are shaped by climate, terrain, seasons, location, culture, and technology.

The food system is continually evolving. All the tools our bodies need to function optimally and efficiently (read: produce and utilize energy) can be found in foods.

The purpose of food is to nourish you. With today's food supply, what we eat can either take us in the direction of health or away from it.

This course will focus on the knowledge about food processing and discuss some of the essential questions.

OBJECTIVES

- To provide teachers from all types of schools more information and knowledge about the Organic food.
- Learn, through examples, why and how foods are processed;
- Consider the impact of organic food on the health and wellbeing of peoples.

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Themes

Theory

- Why are foods processed?
- What is organic food?
- The benefits of organic food
- Do 'organic' and 'natural' mean the same thing?
- Locally Grown Fruits and Vegetables

Practice

- Video on you tube
- Discussions directed on the question and answer of participants.
- Answers to common questions of the participants

TARGET GROUP

Teachers from all types of school

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