

**Programme:** Erasmus+

**Project Title:** Food for thought-European chances and challenges

**Project Start Date:** 1.9.2017

**Project End Date:** 31.8.2019

**Participating Organizations:**

- **Gesamtschule Horst, Gelsenkirchen, Germany**
- **Střední škola sociální péče a služeb Zábřeh, Zábřeh, The Czech Republic**
- **ZESPOL SZKOL, Lubawa, Poland**

**The priority and the aim of the project:**

The aim of the project “Food for thought-European chances and challenges” is to help students to become active and responsible European citizens and to encourage them to cooperate with other countries, to exchange ideas actively and to tackle problems together. Three schools from Germany, Czech Republic and Poland will take part in the project.

On the one hand the popular topic “body awareness“ is highly motivating for our students-on the other hand they prefer an increasingly unhealthy lifestyle primarily marked by unhealthy eating habits resulting in growing numbers of obesity and diet-related illnesses. Last but not least this unhealthy lifestyle affects their achievements in school. This problem has been observed in all participating schools and it has been confirmed by various renowned studies.

Therefore we decided to tackle this problem together and make it the key focus of our project. The project wants students to actively deal with the importance of a healthy way of life for their everyday lives and create awareness as to food and its origins.

Through the joint work of the participating schools the students will soon realise that they are not merely dealing with a national but a larger

The project aims to show the students how they can take responsibility for themselves and for society by taking the role of “multipliers“: the knowledge that they will have acquired in the project they will pass on to others and this will have an impact not only on their everyday lives(including school) but also on their families, school and local community, too.

For our common project we have already set up an interactive platform (Yammer) which will display all our results and activities during the project: multilingual recipes supported by pictures and videos, documentaries, video clips about our different projects(GM food, nutritional values, ingredients and nutrients, conventional vs. Sustainable production of food), a nutritional assistant etc. But also after the project future learning groups will continuously use and add to this platform and it will grow steadily. Recipes can be tried out and followed, new recipes can be added, video clips and documentations can be incorporated into school lessons.

Moreover, our project will be innovative in that we will provide all contents on different levels of difficulty thus realising inclusive education and learning. Furthermore, we will create and illustrate a cook book with step-by-step instructions to sensitise students for healthy eating in an illustrative manner, write diet plans, visit an organic farm and the conventional meat factory to look at

differences, advantages and disadvantages of such ways of food production, a nutritionist and a professional cook will be invited, and there will be projects on the ingredients and nutritional values in our food and their impact on the body, and last but not least, we will develop the concept of an annual "Health Week" at all our schools.

All these activities serve to motivate the students to reflect on their eating habits and to create more awareness in them. More importantly, we have designed the activities with a focus on sustainability: students will be able to use the results of the project in various contexts in the future and to pass on their knowledge from the projects to others. Finally, their media skills—as well as their language competence, and their intercultural communicative competence—will be improved.

**Activity No.: C1- Short-term exchanges of groups of pupils, Germany, 23.11.2017-29.11.2017**

**The goals of the first meeting are:**

- **All project partners become acquainted with each project member**
- **Initiation to the interactive internet-platform**
- **Gain of experience with the platform work by publishing directly the first work processes and results**
- **Raising awareness for cheap and healthy food(economy at home) and awareness for regional products (avoiding long transit)**
- **Raising awareness for added ingredients and supplements in instant meals**
- **Transferring the knowledge in a board game in order to spread this knowledge to other adolescents**
- **Sport parcours**
- **Testing a pedometer**
- **Collection of ideas: active ways of spending free time**
- **Simulating/experiencing effects of overweight by wearing fat suits (prevention of overweight)**
- **Implementation of activities during school lessons to improve learning processes(reader for students and teachers)**
- **Increasing self-determination of students by understanding that nutrition and movement may enhance the attitude towards life**