

SNACK ATTACK

NEWS

OUR MAGAZINE

JUNE
2021

eTwinning project
Healthy food and sustainability



FOOD AND VITAMINS
How much fruit and vegetables
should you have everyday?

LUNCH BOXES AND REUSABLE BOTTLES
The new must-have



Follow us for more news

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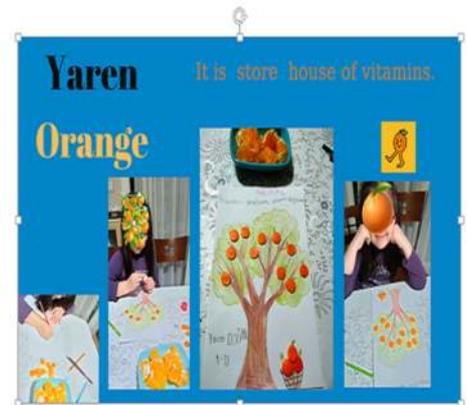
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Debating exercise



At the end of the story...
we discussed about plastic problems



Our project

Our team

We are seven teachers from all over Europe, Mutlu, Paola, Mary, Franny, Núria, Stefania and Sandra. We enthusiastically carried on this project in an amazing collaborative atmosphere.

Schools:
I.O. "Mattioli - D'Acquisto"
San Salvo- Italy
Ercan Kıvrak Primary School
Balıkesir - Turkey
Bevilacqua Primary School
Tagliacozzo - Italy
CEIP Coll d'en Rabassa, Guillem Lladó Coll
Palma de Mallorca - Spain
Borgo Pineta Primary School
Avezzano - Italy
Don Milani Primary School
Brandizzo - Italy
E.B.1 Fernando Guedes
E.B. 1 de Cabanões
Avintes - Portugal



Snack attack

The children tend to have junk food with a lot of packaging with two problems, health, and rubbish. We worked through problem-solving methodology in order to lead the children to identify the problem and find different solutions (0 km food, reduction of waste and rubbish) to different problems., (allergies and obesity, pollution, etc). The students synergically worked through surveys and research to investigate the reality, they discuss and debated to find solutions, they created leaflets and materials to disseminate their research and products among the school community and beyond.

This magazine is to get other students and their families involved in such a relevant topic, healthy and sustainable food to take care of us and our planet.

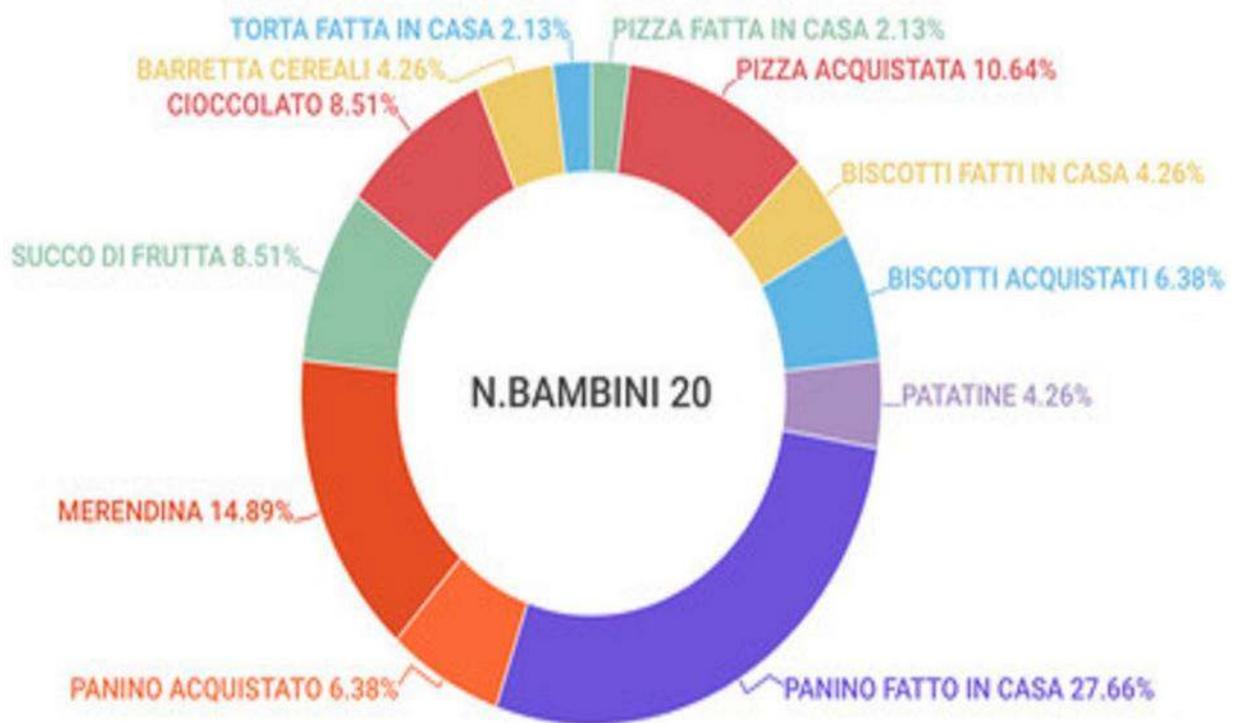
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SNACK ATTACK

WHICH SNACK DO YOU USUALLY CONSUME AT SCHOOL?

I.O.SAN SALVO-PRIMARY SCHOOL



Do you know the students' habits?



Nowadays, we students have factory food with a lot of packaging. It's a big deal for their health and for the environment.

Thanks to this project, we have identified the main issues:

- factory products
- too much sugar
- junk food
- a lot of waste
- refined flour
- palm oil

After the survey and our discussion...
WE'RE LOOKING FOR GREEN FOODS!

Cibo/Food	Quale rifiuto produce? / What waste does it produce? (Brandizzo)	Si ricicla facilmente? / Is it easy to recycle? (Tagliacozzo)	(Incontro online 22.12.2020 GREEN FOOD Toothood)
	PLASTIC	no	●
	PAPER	yes	●
	PLASTIC	no	●
	PAPER	yes	●
	REUSABLE BOX PAPER	yes	●
	PLASTIC	no	●
	PAPER	yes	●

	PLASTIC	no	●
	PAPER	yes	●
	PLASTIC	no	●
	REUSABLE BOX PAPER	yes	●
	NO WASTE	yes	●
	PLASTIC	no	●

● We can put the green ball in the box "Green food" ONLY if the food produces...easily recyclable waste!!

● We will put the red dot for those packages that are not easily recyclable!



Packaging

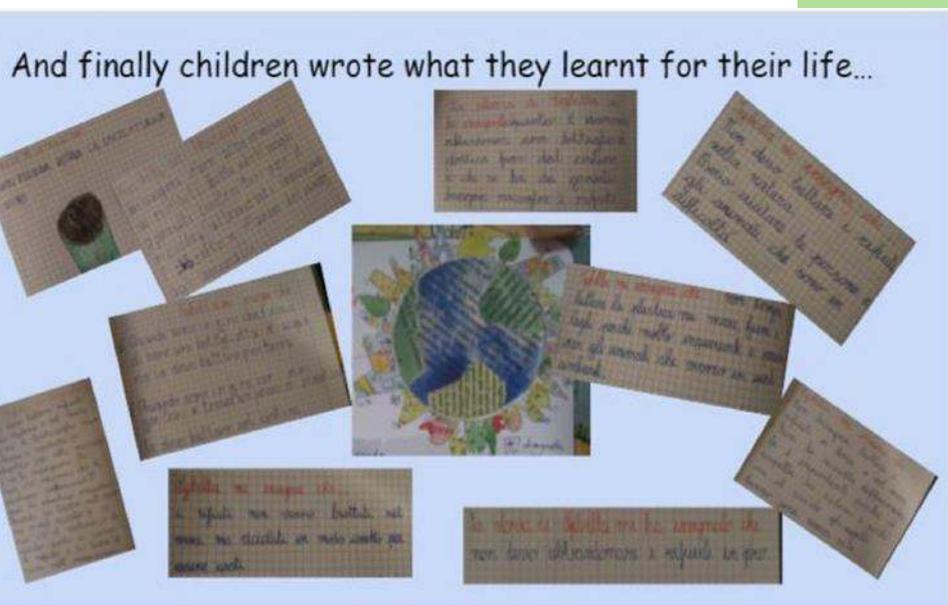
The packaging of our snacks is a serious problem: we can choose reusable materials, recyclable or not. It's up to us! As we searched for "green foods" among our snacks, some questions arose: what waste does it produce? Is it easy to recycle? In class we collected the packaging of our snacks; then with friends of Tagliacozzo we created this document which shows the results.

We decided to investigate the problems related to the use of plastic which is very dangerous for the environment.

We read a story about the journey of a plastic bottle from the factory to recycling. the story was: “Sybilla e l’odissea di una bottiglia di plastica”
(M. Mastrorilli)

Each child created a small personal book with drawings and phrases and then we discussed about the story and the topic.

The plastic that we leave on the ground today will go into rivers, into the sea and then meet the animals. They will die or they will eat it and through the animals the plastic will come back to us .. in our dishes ..



**THE CHOICES WE
MAKE TODAY
ARE OUR
FUTURE!**

JUNK FOOD VS HEALTHY FOOD

In 1951 Michael Jahan used for the first time the term "JUNK FOOD" to indicate that unhealthy food.

The main characteristics of junk foods are low nutritional value, high salt intake, high energy intake (calories), high sugar intake, are poor in dietary fiber and have a low satiating power. Junk food is all that food that is poor in vitamins, antioxidants and other Important nutritional elements.

Why are children and parents consuming more and more junk foods? Because they are good, they are comfortable and they are cheap.

Junk foods are potato chips in bags, precooked foods, normal and light carbonated drinks, fruit juices, candies, packaged industrial baked goods such as brioches, snacks, cakes and snacks, sauces.

Remember these data well:
in the water there are 0 gr of sugar / 100ml;
in orange juice we find 13.5 gr / 100ml (package 27 gr.);
in cold lemon tea 7,2 gr / 100 ml (36 gr package);
in coca cola 10.6 gr / 100ml (39 gr package)



Junk food can lead to obesity, heart disease, liver related disease, brain damage, and can be addictive. Junk food is completely inappropriate for the growth of children and even for adults it can be the cause of various problems and pathologies.



It is important to have good eating habits for our psychophysical well-being.

We must eat at regular intervals, consume at least four portions a day of fruit and vegetables, do not always eat the same foods but rotate, increase the consumption of legumes and whole grains, consume fish at least 2-3 times a week, limit the consumption of sugars, drink lots of water and do adequate physical activity.

A healthy eating day consists of 5 meals: breakfast (15-20% of daily calories), snack (5% of daily calories), lunch (35-40% of daily calories), another snack and dinner (30% of daily calories).

Vitamins

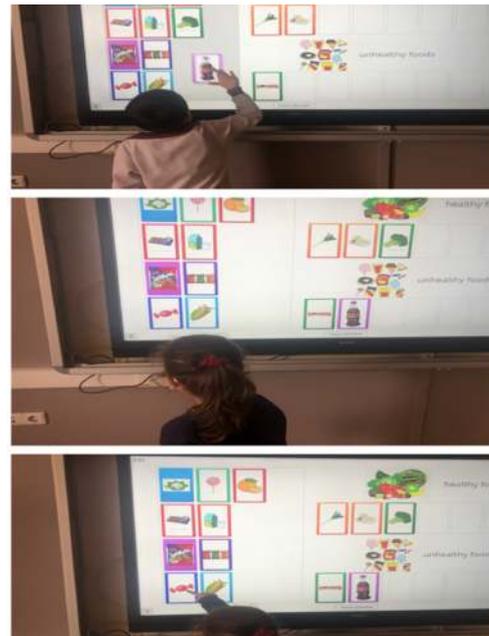


▲ Diversity of foods rich in vitamins

Fruits, green vegetables, seeds containing healthy oils such as sunflower seeds, pumpkin seeds, hazelnuts, peanuts, walnuts. Various oils such as olive oil, avocado oil, coconut oil, shea oil, sesame oil, black seed oil, walnut oil, hazelnut oil. Red meat; seafood such as fish, tuna, caviar, seaweed, lobster, shrimp; meat of poultry such as chicken, animal foods such as dairy products, eggs

▼ Foods Containing Vitamins

It is important to consume foods with high vitamin value for a healthy life. Foods rich in vitamins are foods that help the body fight with various diseases and increase the immunity. Most of the foods that we consume raw or cooked in our daily lives without realizing it are rich in vitamins. It is beneficial to consume foods containing a different vitamin in a certain amount according to the needs.



Fruits and vegetables, colours and benefits



▲ Carrots

Vitamin A - It's good for your eyes

▼ Tomato

Vitamin E - It's good for your immune system



◀ Orange and lemon

Vitamin C - To reduce the risk to get sick.



▶ Green vegetables

Vitamin K and D - To stay healthy and robust.





MEDITERRANEAN DIET PYRAMID



MEDITERRANEAN PYRAMID

The words "Mediterranean diet" do not mean a real diet, but a lifestyle characterized by eating habits - characteristic of some Mediterranean countries - which involves the use of poor foods such as bread or pasta, possibly wholemeal, with large quantities of fresh or cooked vegetables, small portions of meat or fish, legumes with or without pasta, spices and herbs to optimize the taste, olive oil as a condiment and fresh fruit as a dessert.

WE WORK ON THE NOTEBOOK



THE FOOD PYRAMID IS A TOOL USED TO HELP US TO EAT HEALTHY.

FIRST STEP: FRUIT AND VEGETABLES TO EAT EVERY DAY

SECOND STEP: PASTA, BREAD AND RICE TO EAT MODERATELY EVERY DAY

THIRD STEP: MEAT, FISH, EGGS AND CHEESE TO MAKE TWO OR THREE TIMES A WEEK.

FOURTH STEP: SWEET SWEETS ONCE A WEEK OR MONTH.

The food pyramid of the Mediterranean diet

The food pyramid is the graphic representation of the Mediterranean diet and indicates the frequency with which the different categories of food should be eaten:

At the base of the pyramid are the foods that should be eaten at all meals: fruits, vegetables and cereals. The foods that should be consumed weekly are positioned at the top of the pyramid: foods of animal origin such as fresh or processed meat, fish, eggs, cheeses alternating with legumes. At the tip of the pyramid are sweets, which should only be taken occasionally.

Do you know about them?



▼ LEARN ABOUT YOUR SNACK AND STAY HEALTHY

The key to good health is:

eating less,
exercising more,
and eating well.

▲ NOT ALL THE INGREDIENTS ARE GOOD

To eat well you need to know that most white foods, not all of them, are refined, processed and stripped of all its nutrients.

The abuse of these foods is responsible for causing a wide variety of health problems such as: obesity, hypertension, diabetes and insulin insensitivity.



WHITE SUGAR

Sugars are an important source of energy, and glucose is the most important for our body.

The human brain needs about 130 g of glucose a day to keep working.

Some sugars are found naturally in foods (for example, fruits, vegetables, and milk), while others are added during processing.

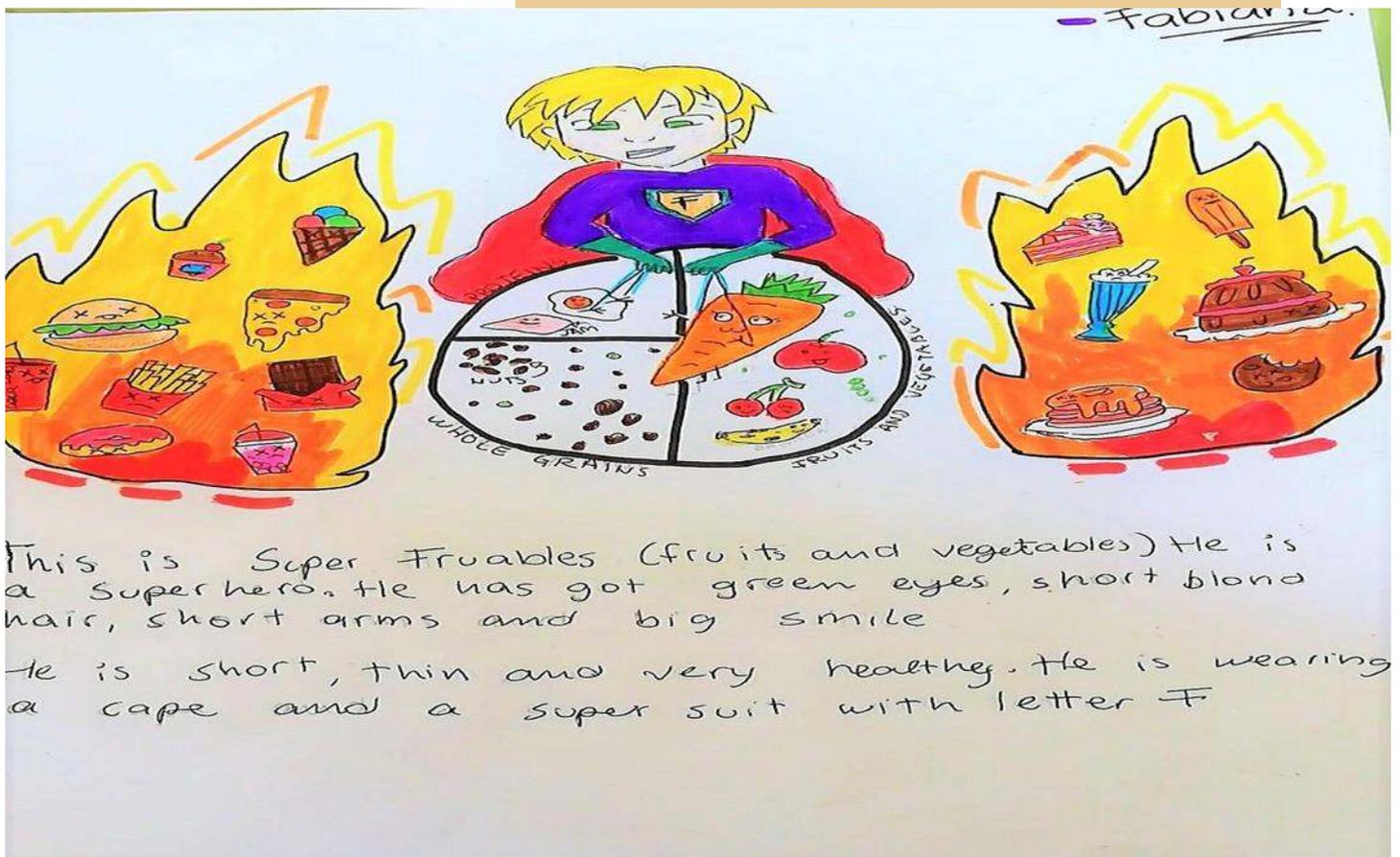
Added sugar is one of the enemies to fight when it comes to food. It is one of the main causes of diseases such as obesity, diabetes, and heart problems. It is exciting for children and causes cavities. Here is a web page that shows how much sugar some products have:
http://www.elnacional.cat/es/vida/azucar-alimentos-terrones_131040_102.html



Sugar may be mentioned on the labels by different names like: malt sugar, invert sugar, honey, some ending with 'OSE' (maltose, dextrose, glucose, sucrose, and fructose), or corn syrup.

SOLUTION:

**PALM SUGAR OR AGAVE
AS ALTERNATIVE
SWEETNERS**



REFINED FLOUR

It is made from whole grains that have been subjected to industrial processing. They are easily digested, compared to the original whole grains, but it, and its derivatives, have a high glycemic index. This means that our body has to increase the production of insulin a lot.

On the contrary, whole grain foods support good health. Eating whole grain foods reduces the risk of digestive disorders, heart disease, high cholesterol, high blood pressure, type 2 diabetes, obesity, and certain types of cancer. Whole grain cereals are rich in carbohydrates and fiber, which helps fill us up and delay hunger. Weight control is easier eating whole grain cereals.

SOLUTION: choose whole grain flours.



REFINED SALT

Salt makes your body hold water.

If you eat too much salt, the extra water stored in your body increases your blood pressure.

More salt you eat, the higher your blood pressure will be.

It is recommended to follow low-salt diet.

Normal table salt contains iodine, which is needed for a healthy body. But refining of salt removes iodine from the salt.

Fluorides are added during the process of refining which is bad if you consume it in excess.



Recommended intake:

Aim to consume less than 1500 mg of sodium per day .

Not more than 2300 mg per day.

(1500mg sodium is equivalent to 0.75 teaspoon of salt per day).

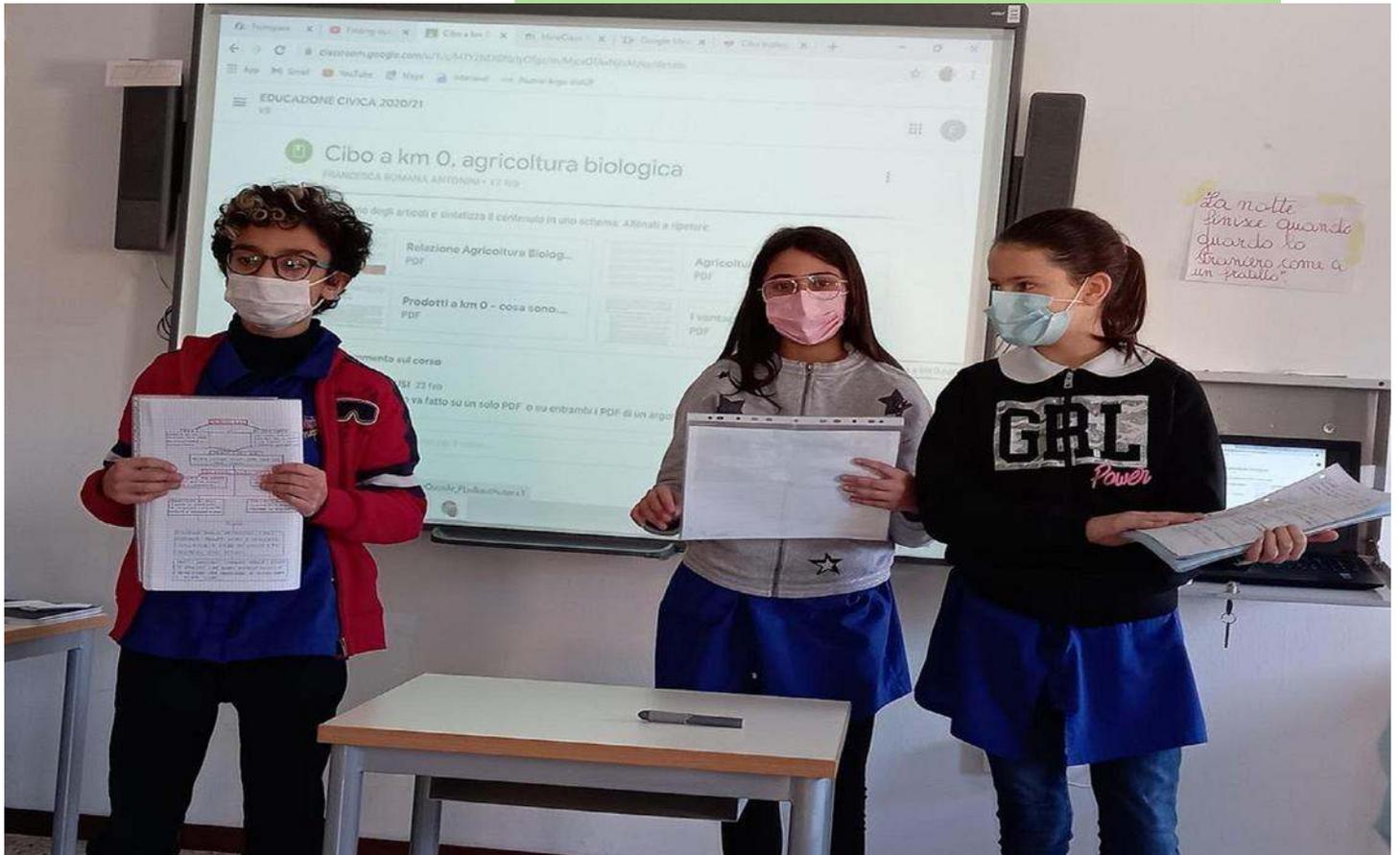


Biological production

Borgo Pineta
Primary School
Italy

5 B

Biological production



BIOLOGICAL PRODUCTION

IT MEANS FARMING AND AGRICULTURE WITHOUT CHEMICALS

GOALS

- FOOD WITH NATURAL PROPERTIES
- HEALTHY ANIMALS
- RESPECT AND PROTECT THE LAND
- BIODIVERSITY

NO

OGM

INTENSIVE FARMING

CAGES

YES

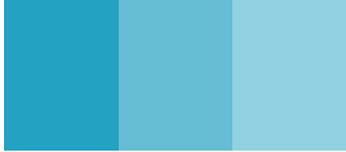
ORGANIC FERTILIZER

CULTURE ROTATION

NATURAL FARMING

BIOLOGICAL FOOD

SPACE



0
5
B

0 km

production

Borgo Pineta
Primary School
Italy

0 Km
production



0 KM FOOD

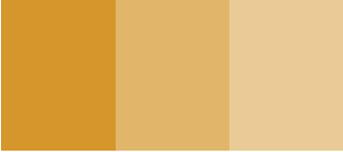
IT MEANS FARMING AND AGRICULTURE OF YOUR AREA.

GOALS

- POLLUTION REDUCTION
- NO WASTE
- QUALITY
- SAVE MONEY
- TRADITIONS

NO
SHIPPING
TRUCKS
MALLS

YES
FARMS
GENUINITY
TRADITIONS
CULTURE
SUSTAINABILITY



Agenda 2030

Our small contribution can save the planet

What is it?

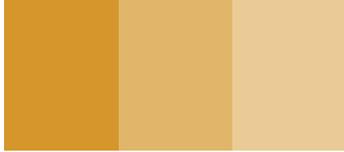
The Agenda is a plan of action, comprising 17 Sustainable Development Goals (SDGs) and 169 targets, that coordinates global efforts around reducing poverty and hunger, combatting inequality and disease, and building a just and stable world by the year 2030.

Analysis of the goals

Goal 3- Good health and wellbeing

Goal 12 - Responsible consumption and production

Goal 13 - Climate action



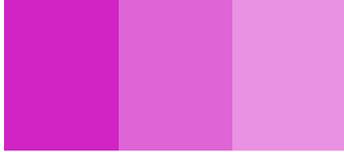
Our contribution

Goal 3 - We can prepare a healthy handmade snack avoiding the white enemies, respecting the Mediterranean diet pyramid, thus not too much sugar and don't forget to have fruits and vegetables.

Goal12 - We can use 0 km and biological food and reduce air and soil pollution.

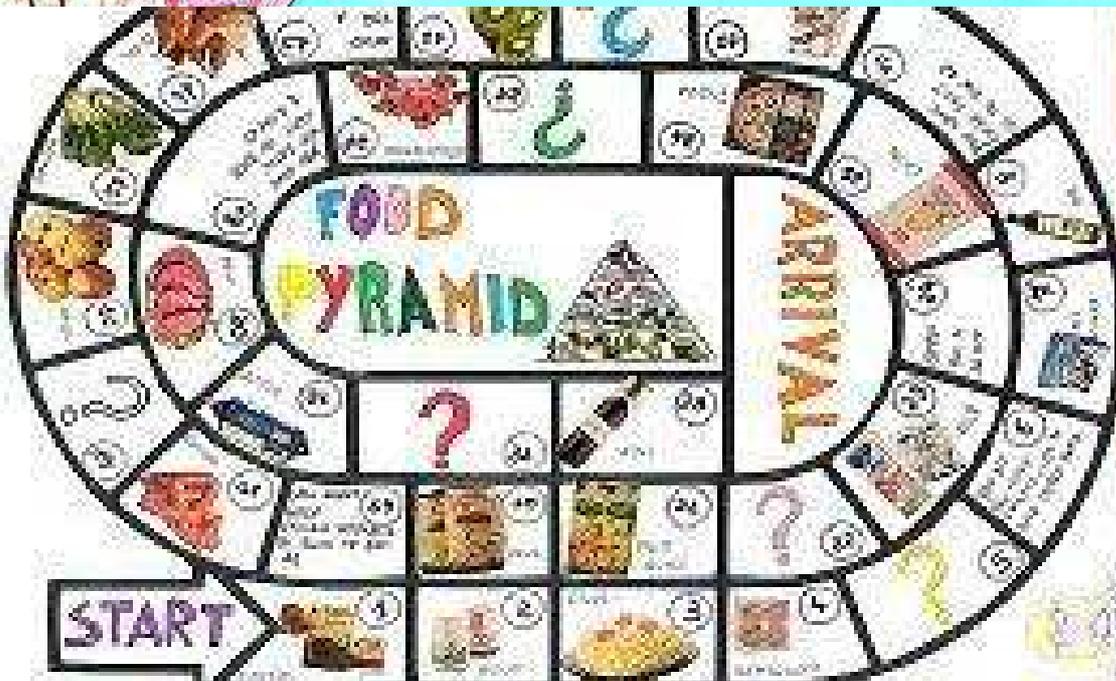
Goal 13 - We can use a lunch box and a reusable bottle to carry our food and water. It will reduce the rubbish and keep the planet healthy





THE FOOD PYRAMID THE GOOSE GAME

Bevilacqua Primary School Tagliacozzo - Italy

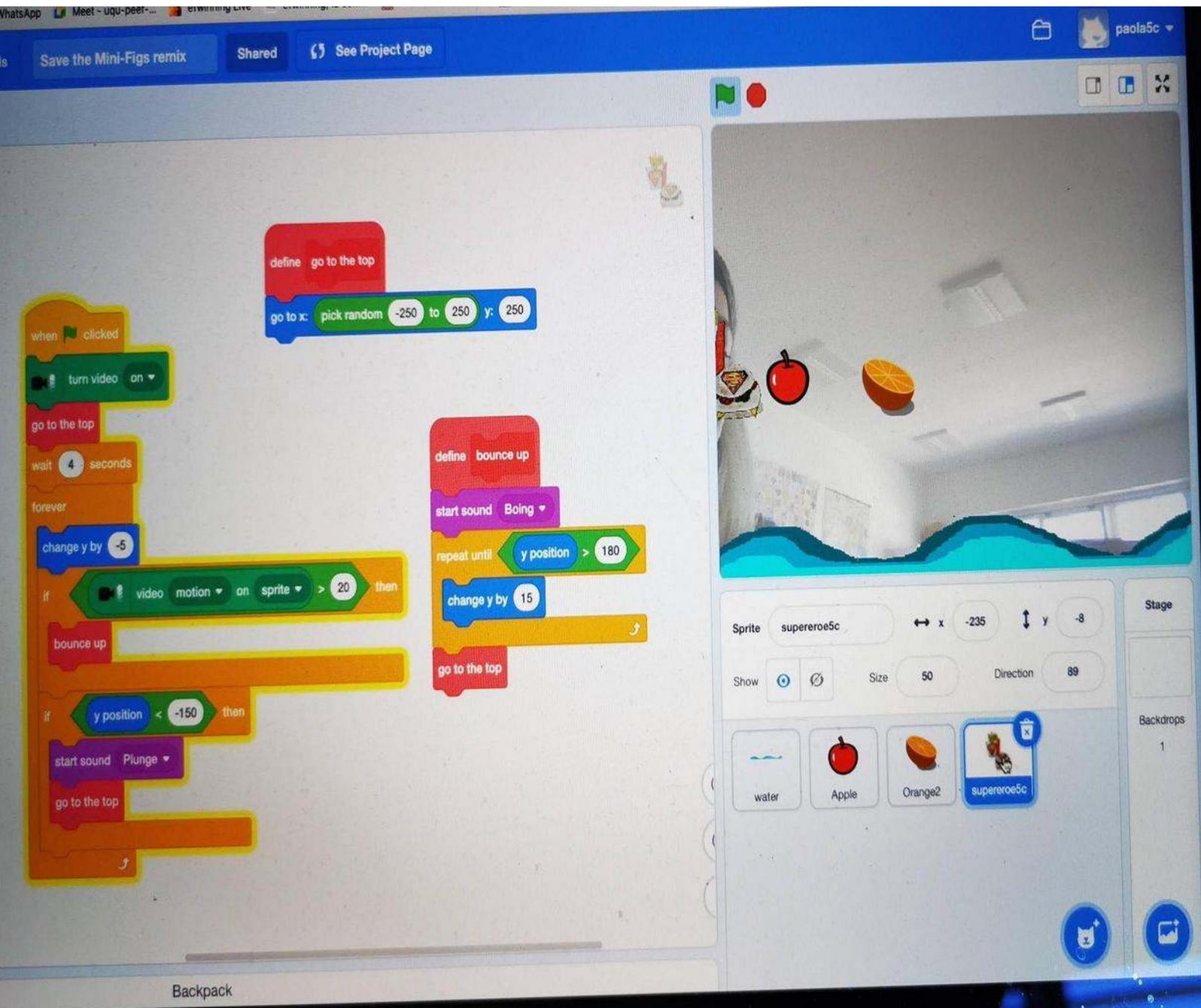


In the picture above, the superheroes created by children and used as pawns in the game.

In the figure below the game made with newspaper clippings and creativity

In addition to using tools, the little students also used creativity to create a board game: the Food Pyramid Goose Game.

After the realization they played in teams and then donated to their second class friends to whom they explained the phases of the project.



Digital gaming

Digital natives learn by coding

Scratch to create digital games

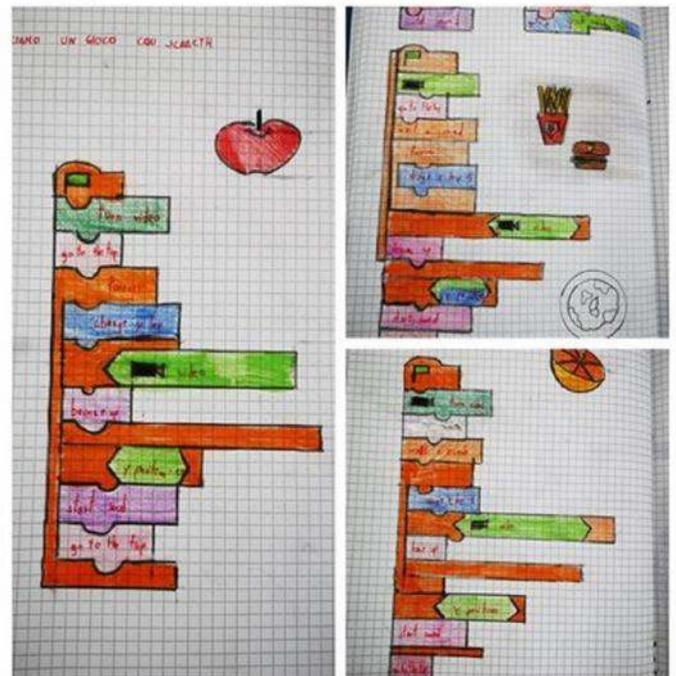


▼ Coding

The students wrote the code.

▲ Mister Fucino

The students used the superheroes to create digital games to have fun and to involve other students and share the project's results.



◀ Digital gaming

Gaming is motivating for the students, it increases active participation of all these students, even in mixed ability classrooms.





Looking for solutions

Ercan Kivrak Primary School Balıkesir - Turkey

Students have to take an active part in everything they are involved

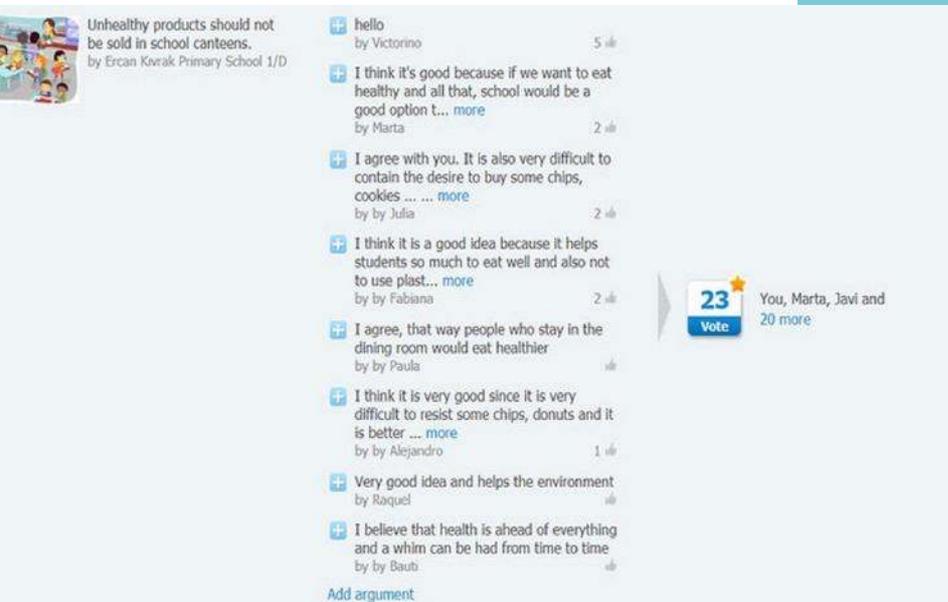
The students had an active part in the project. They made crafts, created board games, programmed digital games, researched the project topic.

They became aware of healthy food and sustainable consumption but moreover, they investigated and discussed and looked for different solutions to the problem.

They participated in workshops, asked questions and compared their opinions.

Discussing and debating develop critical thinking in the children.

One of them said: "I'm practising to acquire expertise in discussing; when I'm an adult, they will listen to me and respect my opinion".



The screenshot shows a discussion thread on Tricider. The topic is "Unhealthy products should not be sold in school canteens." by Ercan Kivrak Primary School 1/D. The thread contains several comments from students, each with a vote count. A "Vote" button shows 23 votes from "You, Marta, Javi and 20 more".

Comment	Author	Votes
hello	by Victorino	5
I think it's good because if we want to eat healthy and all that, school would be a good option t... more	by Marta	2
I agree with you. It is also very difficult to contain the desire to buy some chips, cookies ... more	by by Julia	2
I think it is a good idea because it helps students so much to eat well and also not to use plast... more	by by Fabiana	2
I agree, that way people who stay in the dining room would eat healthier	by by Paula	1
I think it is very good since it is very difficult to resist some chips, donuts and it is better ... more	by by Alejandro	1
Very good idea and helps the environment	by Raquel	1
I believe that health is ahead of everything and a whim can be had from time to time	by by Baut.	1

TRICIDER IS A WEB 2.0 DIGITAL TOOL THAT ALLOW PEOPLE TO DISCUSS EVEN IF THEY ARE DISTANT. THE STUDENTS WERE EAGER TO READ THEIR PARTNERS' OPINION AND TO REPLY. IT WAS INCREDIBLY STIMULATING.

