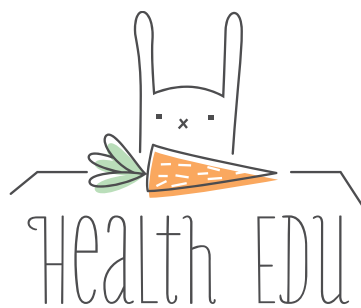


IMPACT

- Educated society in Healthy Nutrition. Participants will receive knowledge about healthy nutrition and formation of correct eating habits in educational institutions and at home
- Participating organizations will initiate changes in national levels by promoting the idea of the usage of healthy food in catering sector and food industry, changes in menu in educational institutions
- Correct eating habits, understanding what healthy food is, how to recognize and adjust it to personal habits, needs, why it is important and how it will help to reduce outbreaks of the XXI century diseases
- Developed methodical material and non-formal educational program of healthy nutrition for children, parents, teachers and chefs. The materials will be proposed at educational institutions and will allow initiating qualitative education in nutrition from early ages. This will form correct nutrition habits and knowledge for life
- Communication with national and regional TV, press, spread of information and communication in social networks, public websites, youtube channel, etc. will improve recognition and ensure dissemination, exploitation and sustainability of the project's idea, activities and results



healthedu.emundus.eu

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Project No.: 2016-1-LT01-KA201-023196

Project duration: 01/10/2016 – 30/09/2018

PARTNERS:

1. Public institution „eMundus“, Lithuania (Kaunas) – coordinating institution
2. Trakai district Municipality Pedagogical Psychological Service (ex., Trakai Educational Assistance Authority), Lithuania (Trakai)
3. Pixel Association, Italy (Florence)
4. Foundation for Development of the Cultural BPOCS, Bulgaria (Sofia)
5. Florida Centre de Formació, coop. V., Spain (Valencia)
6. Kayseri Provincial Directorate of National Education, Turkey (Kayseri)
7. European Lab for Educational Technology, Greece (Sparta)

Beneficiaries: >150 institutions joined the project (pre-primary and primary educational institutions, educational centers for children from partnership countries, children museums, etc.).



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INNOVATIVE TEACHING METHODOLOGY OF HEALTH-FRIENDLY NUTRITION DEVELOPMENT AND PRACTICE IN PRE-PRIMARY AND PRIMARY EDUCATION (HEALTHEDU)



ERASMUS+ KA2 STRATEGIC PARTNERSHIP in
Schools SECTOR

THE AIM

Project aims to educate and form healthy nutrition habits, to develop and promote principles of healthy nutrition and healthy lifestyle as well awareness in the whole community, actively involving children, parents and educational institutions' employees, and at the same time to introduce healthy dishes for children in menu's of educational institutions and at home.

OBJECTIVES

- To form / educate / develop and promote a positive, unified approach to the proper, healthy and balanced nutrition
- To provide recommendations based on scientific / practice and evidence which not only helps the public to distinguish the correct information and extremes, but also initiates changes in the public sector
- To promote healthy eating principles (balance, moderation, variety, composition)
- To initiate changes in menus in the catering sector by introducing healthy dishes and educating personnel
- To destroy the myth that healthy products / specialties are not tasty and attractive
- To encourage the symbol "Keyhole" foods bearing production and selection
- To reduce waste of food
- To increase public awareness and social responsibility
- To grow the catering staff cooking awareness not only to comply with the mandatory food safety and quality requirements, but also to prepare healthy meals, offering balanced menus and making attractive dishes
- To promote a healthy diet and a healthy lifestyle in society



PROJECT'S MAIN TARGET GROUP

- Children aged 4-10 y. o.
- Parents
- Pedagogical and administrative personnel in pre-primary and primary education institutions
- Personnel concerned with food preparation, nutrition (nutritionists, cooks, etc.)

ACTIVITIES

- The research and analysis of healthy nutrition related to the National priorities of each partner country, requirements in nutrition system, children's nutrition, initiatives in the partnership countries
- Educational Events for communities (especially for children) on 22/03 (World Water Day), 07/04 (World Health Day), 16/10 (World Food Day), 08/11 (European Healthy Nutrition Day)
- Post of recipes of Healthy dishes
- Educational trips for children to natural farms and food enterprises
- Competition drawings on nutrition related topics
- Workshops, practical seminars for target group (in national levels)
- International staff training activities for project researchers
- Development of methodical materials of healthy nutrition development and education (for kids, for parents and pedagogues, for cooks)
- Development and approbation of non-formal training program by external evaluator-expert
- Analysis of feedbacks from target groups, participants, external users, public bodies
- Evaluation of activities, processes and results
- Dissemination activities and development of healthy community in social networks
- Exploitation and sustainability