

# Working on the 2nd capsule...

"Little Prince in the challenged Earth embraced by his European friends"

Erasmus+

Złotoryja, POLAND

# **SURVEY**

To explore the topic of healthy lifestyle, first of all we conveyed a survey among students of our school.

In July 2022 the 7th and 8th graders were questioned about their routines regarding e.g. eating and shopping habits, ways of spending free time, physical activities, using technology devices, etc.

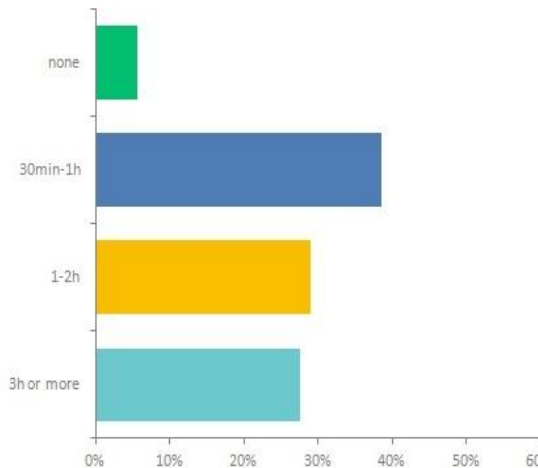
The results of the survey were published on our school website to spread the information among students and their families.

**We analysed the results and our conclusion wasn't very optimistic... Here are some sad facts about us:**

- ❖ **a statistical teenager spends about 3-4 hours in front of screens**
- ❖ **the most of teenagers spend only 0,5-1h being physically active**

**Q1: How many hours a day do you spend being physically active? [faster breathing/heart rate or sweating]**

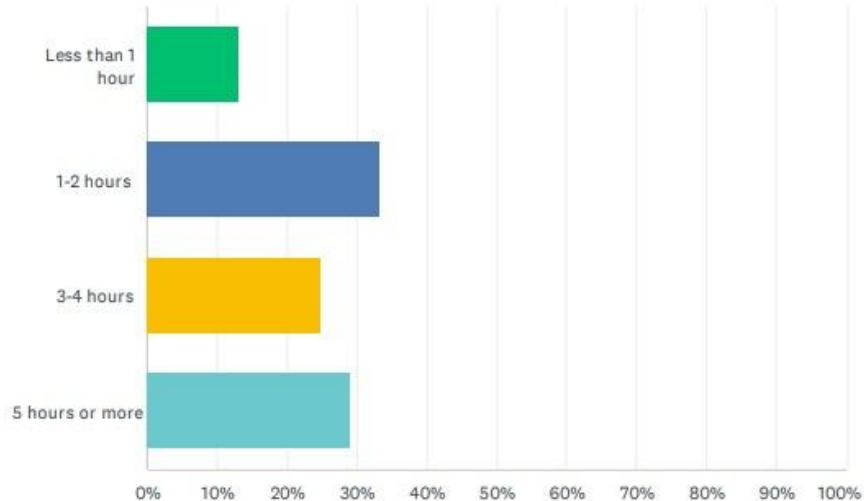
Answered: 73 Skipped: 0



Powered by  SurveyMonkey

**Q1 How many hours a day do you watch TV, movies or sit and play video/ computer games?**

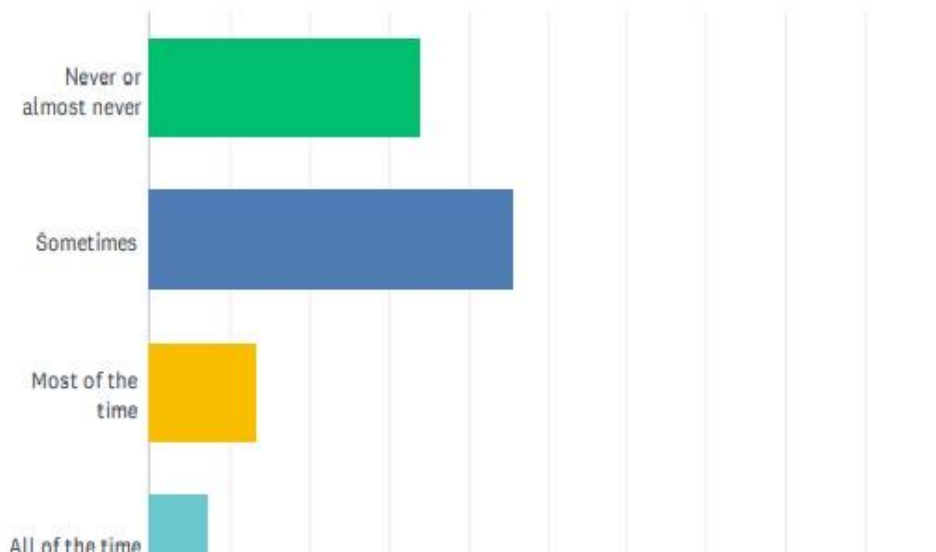
Answered: 69 Skipped: 0



- ❖ only 13 percent of students pay attention to the nutrition facts on the food products they consume

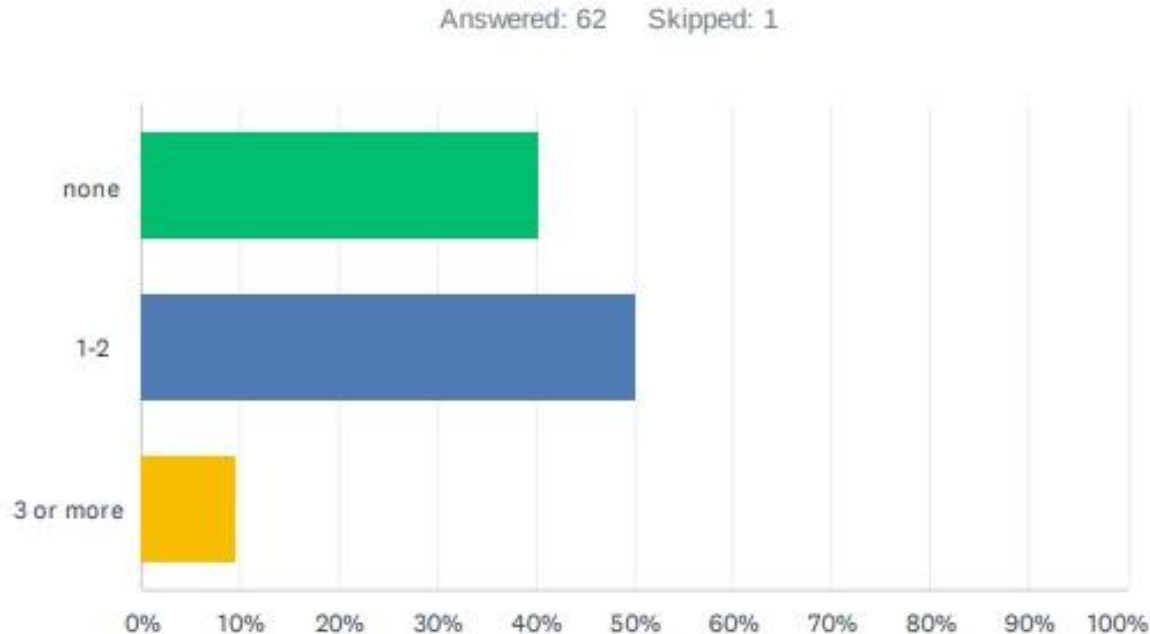
Q7 How often do you read the “Nutrition Facts” food labels when you shop for food?

Answered: 68 Skipped: 1



- ❖ 50 percent of students eat fast food 1 or 2 times a week and drink sweet fizzy drinks quite often

Q4 How many times a week do you eat takeout or fast food?

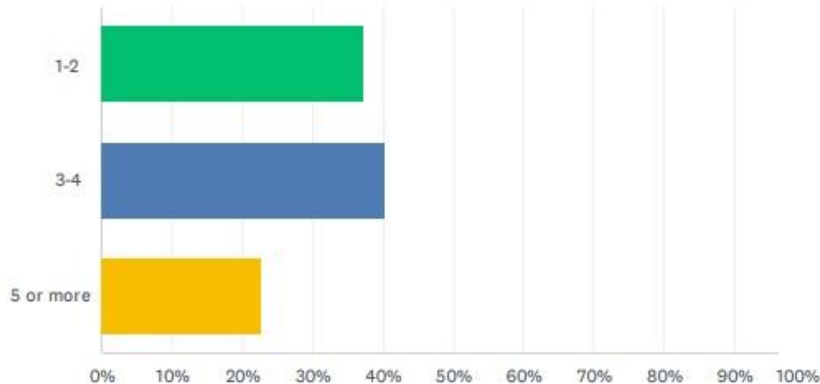


# On the other hand, there were also some positive aspects:)

- ❖ nearly 50 percent of teenagers eat 3-4 servings of fruit and vegetables a day

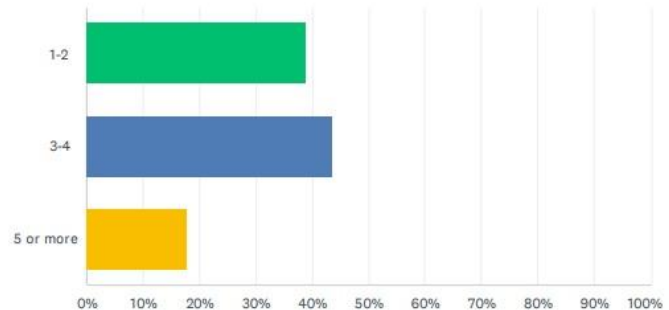
Q1 How many servings of fruits do you eat a day? One serving is most easily identified as the size of your palm.

Answered: 62 Skipped: 1



Q2 How many servings of vegetables do you eat a day? One serving is most easily identified as the size of your palm.

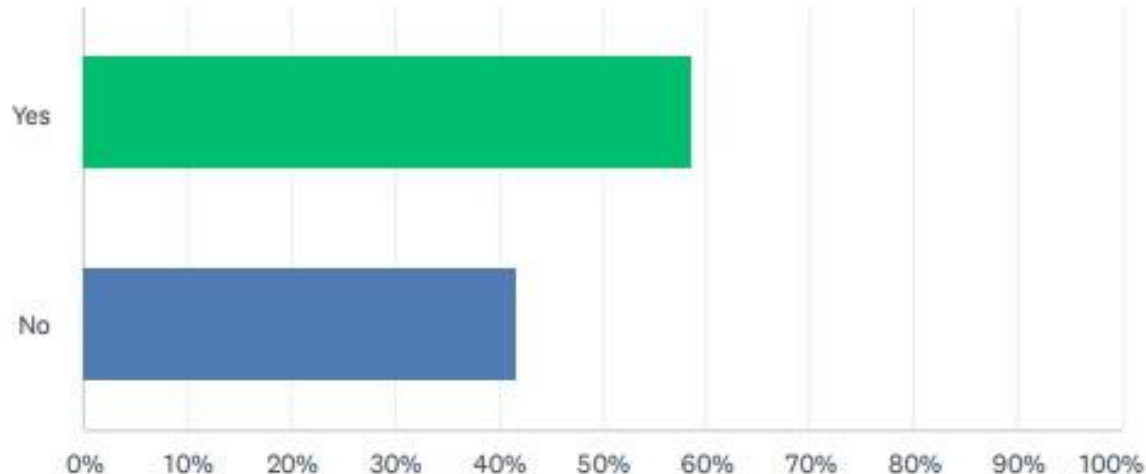
Answered: 62 Skipped: 1



- ❖ **nearly 60 percent of or students` family members take part in regular exercise**

Q7 Do your family members take part in regular exercise?

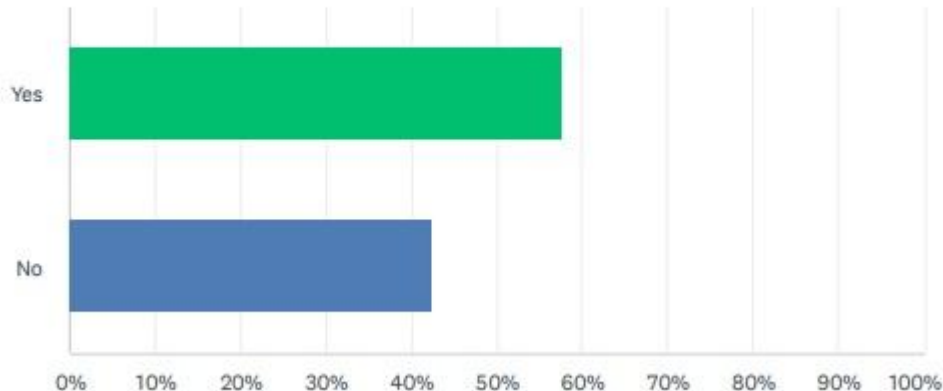
Answered: 72 Skipped: 1



# ❖ nearly 60 percent of students would like to take part in extra sport classes

Q10 If you could, would you take part in exercise (e.g. Step Aerobics, Circuit Training, Gym etc.) at a school club?

Answered: 73 Skipped: 0



**However, we decided to make  
some changes!**



*My healthy menu*

The first step was to improve our diet!

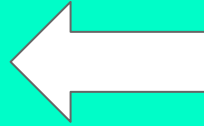
Our students made a research to create “A ONE WEEK HEALTHY MENU” taking into account the principles of healthy eating and responsible shopping



## BREAKFAST

A healthy and delicious breakfast will be an *oat omelette*. It can even be made with just a few ingredients.

# SNACK



You shouldn't eat much for snack, it's better to eat a vegetable salad or ***fruit salad***.

Children and teenagers sometimes eat lunch at school or pack their lunch for school in breakfast boxes.





## LUNCH

For lunch you can eat **soup** first and then **pasta with vegetables**. This is very filling and tasty.

# Our responsible diet guidelines:

- ❖ Buy fresh and locally grown food – avoid food from overseas
- ❖ Eat mostly plants and reduce the amount of meat in your diet – meat has a much larger footprint than vegetables due to the greenhouse gases associated with it
- ❖ Buy seasonal food
- ❖ Avoid food waste

Then we organised a competition called **"Recipe with a twist"**.

Our task was to find an old, traditional Polish recipe and adapt it for modern, healthy cuisine.

We had to remember about using fresh local products and cutting down on saturated fat and sugar.

# The best recipes and menus were presented to our school community on our website.

## INGREDIENTS

500 G CHICKEN FILLET  
1 CARROT 100 G  
1 PARSLEY 100 G  
A PIECE OF CELERY 100 G  
ONION 100 G  
HALF A BUNCH OF PARSLEY 20 G  
LOVAGE 20 G  
SALT PEPPER

remember  
-always use  
FRESH  
INGREDIENTS



# RECIPE



Ingredients for the  
pierogi dough:

-300 g wheat flour

-180 ml hot water

- pinch of salt

Make the pierogis dough with all ingredients and prepare the filling. Then roll a piece of dough and cut out round circles. Then you can take 1 tsp of filling on the each circle and wrap our pierogis dough. Put the pierogi to boiling water and wait a few minutes. You can enjoy your meal :)



The 7th and 8th graders were also asked to make a **HEALTHY LIFESTYLE VLOG** to encourage their peers to a conscious and healthier way of living.

We would like to present you some pieces of their work...

# HEALTHY LIFESTYLE VLOG



# Active break

Finally our team came up with the idea of ACTIVE SCHOOL BREAK which we introduced to our headmistress – she gave us her full support and agreed to buy floor stickers and paint to create sensory paths in the hall and school yard. It's a great way to develop motor skills, balance and coordination.



**Unfortunately we had to postpone the realisation of our plans as our school is currently being renovated. But we'll share the results as soon as it's ready. We can't wait!**



A top-down view of various fresh vegetables scattered on a rustic wooden surface. The vegetables include leafy greens like parsley and cabbage, root vegetables like onions, potatoes, and carrots, and other items like mushrooms, broccoli, Brussels sprouts, a red bell pepper, a leek, and a head of cauliflower. The text "Thank you for your attention!" is written in a white, elegant script font across the center of the image.

*Thank you for  
your attention!*