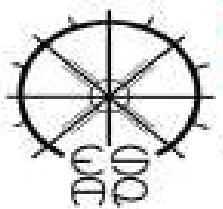


HEALTHY LIFESTYLE AND UNHEALTHY EATING HABITS IN TEENAGERS



Erasmus+







FOOD ACTIVITIES



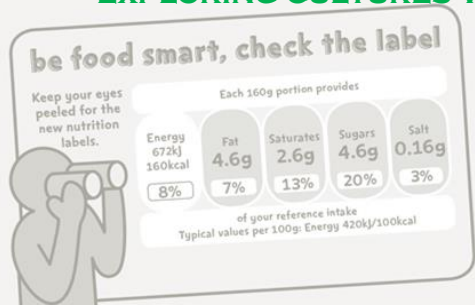
GAME – EXPLORING THE MULTILINGUAL GLOSSARY ABOUT HEALTHY FOOD, WHICH WAS PREVIOUSLY CREATED WITH THE SUGGESTIONS OF THE DIFFERENT COUNTRIES.



WORKSHOP TIME: READ BEFORE YOU EAT – WHAT CAN WE READ FROM PRODUCTS' LABELS



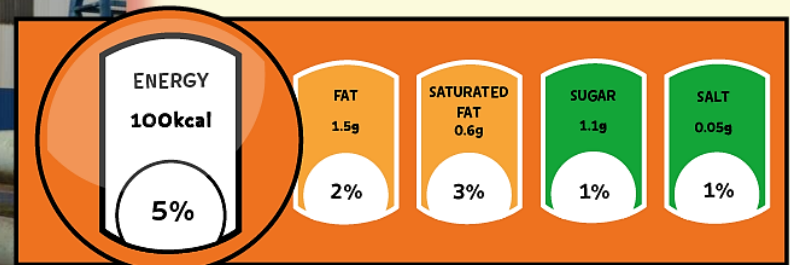
EXPLORING CULTURES VIA FOOD TOGETHER



CHEMISTRY LESSON. SUGAR IN SOFT DRINKS



A VISIT TO THE LOCAL BAKER'S





THE FOOD FESTIVAL - DIFFERENT CAKES AND CUPCAKES.
ALL COLLECTED MONEY WE GAVE TO FUNDACJA
OCALENIE (THE SALVATION FOUNDATION)



SCHOOL CHRISTMAS MARKETS OFFERING HOME-
BAKED CHRISTMAS PASTRIES, MADE BY OUR
STUDENTS AND TEACHERS



CHARITY CAMPAIGN WITH TRADITIONAL
CHRISTMAS FOOD, HOMEMADE BY TEACHERS AND
STUDENTS.





THE PATH OF BREAD ON OUR PLATES



BIOLOGY - A HEALTHY HEART



LEARNING TO MAKE SOUR CREAM BUTTER



BIOLOGY LESSON — DIVIDED INTO MULTICULTURAL GROUPS
THE STUDENTS TESTED NUTRIENTS IN DIFFERENT TYPES OF FOOD.





OUR CHARMING STUDENTS PRESENTING THE NATIONAL SLOVAK CUISINE



PRESENTATION OF THE ITALIAN FOOD, KRAKÓW, POLAND



EXPLORING THE INTERNATIONAL CUISINE TOGETHER





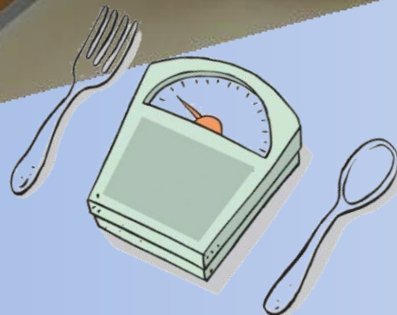
THE MASTER CHEF COMPETITION IN XV LO KRAKÓW – THE WINNER
– POLISH TEAM: PANCAKES WITH CHICKEN AND SPINACH.



Junk Food V's Healthy Food



THE ERASMUS+ GROUP ATTENDED A
CONFERENCE ABOUT "EATING DISORDERS"
CAUSED BY BAD EATING HABITS.



FAREWEL DINNER – TASTING TYPICAL PORTUGUESE
GASTRONOMY AT THE SCHOOL CANTEEN.

PHYSICAL FITNESS





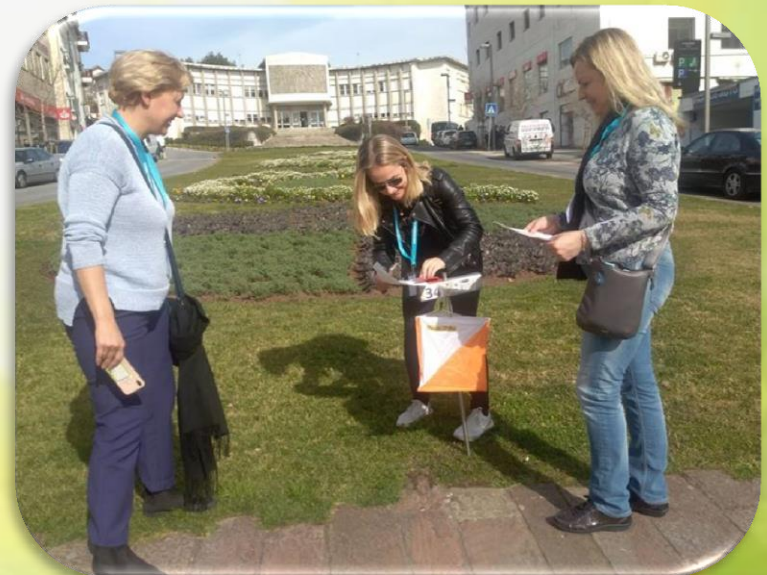
FOLK LITHUANIAN DANCES WHILE WAITING FOR THE BREAD TO BAKE



GETTING RELAXED AFTER EXERCISING



INTERNATIONAL TABLE TENNIS TOURNAMENT ON THE VERY LAST DAY OF MEETING IN BRATISLAVA



ORIENTEERING IN THE CITY — THREE TEACHERS CHECKING AT ONE OF THE CONTROL POINTS.



ENJOYING PLAYING FLOORBALL TOGETHER



BODY PERCUSSION SOUNDS
DURING COMMUNITY EVENT



PANTONIME: PHYSICAL EXERCISES AND ART



SPORT ACTIVITIES: FOOTBALL AND VOLLEYBALL



STUDENTS HAVING FUN TOGETHER – SOME PLAYING „POTATO“, THE OTHERS GIVING A SUPPORT AND HAVING A REST ☺



A SPORT COMPETITION:
“EGG ON A SPOON” RACE.



BE ACTIVE DURING THE BREAK



TABLE TENNIS TOURNAMENT — GIRLS TRYING NOT TO LAG BEHIND THE BOYS



SPORT ACTIVITIES IN THE SCHOOL FITNESS CENTRE, ISERNIA, ITALY



ICE-BREAKING ACTIVITIES — BUILDING THE LONGEST BRIDGE FROM CLOTHES, BAGS, PHONES ETC.



STUDENTS HAVING FUN TOGETHER — SOME PLAYING VOLLEYBALL, THE OTHERS GIVING A SUPPORT AND HAVING A REST 😊

AN URBAN GAME



„AN ACTIVE WAY OF DISCOVERING KRAKÓW”



ORIENTEERING IN THE CITY, AGUEDA, PORTUGAL

DISCOVERING



CULTURES



A VISIT TO THE UNIVERSITY OF COIMBRA, PORTUGAL.



ERASMUS STUDENTS AND TEACHERS IN FRONT OF THE
«REGGIA DI CASERTA»



DISCOVERING CULTURES, COLOSSEUM, ROME



WINE TASTING IN LITTLE CARPATHIANS MUSEUM,
PEZINOK, DOWN IN THE WINE CELLAR



VISITING SALTWORKS IN AVEIRO, PORTUGAL



SNOWY MORNING ON THE COURTYARD OF „RED STONE CASTLE“ — ČERVENÝ KAMEŇ



THE TISKEVICIAI PALACE AND AMBER MUSEUM
IN PALANGA



THE HILL OF CROSSES



TAKING A BOAT TRIP IN COIMBRA, PORTUGAL.



GETTING ON THE SIGHTSEEING BUS CALLED „PREŠPORÁČIK“
AND ENJOYING THE RIDE DESPITE THE CHILLY WEATHER



ORIENTEERING IN THE CITY – TWO STUDENTS DECIDING THE
BEST WAY TO FOLLOW TILL THE NEXT CONTROL POINT.



ORIENTEERING IN THE CITY –
LEARNING THE RULES TO PRACTISE THIS SPORT



ERASMUS STUDENTS IN FRONT OF THE
SECONDARY SCHOOL ADOLFO PORTELA, AGUEDA, PORTUGAL



MEETING SLOVAK NATIONAL HERITAGE – BRATISLAVA CASTLE



THE SCHOOL CEREMONY – 100 YEARS OF REGAINING THE INDEPENDENCE



THE BALTIC SEA IN PALANGA



ENJOYING THE INTERNATIONAL COMPANY
NEAR BRATISLAVA CASTLE



FAMOUS POLISH PEOPLE IMPERSONATIONS - JOHN PAUL II



„LAJKONIK“- A HOBBYHORSEMAN IN
XV LO WELCOMES GUESTS



DAY OF EUROPEAN LANGUAGES. COMMUNITY EVENING.

FAMILY DAY IN LITHUANIA



CULTURAL TRIP TO AVEIRO – GUIDED VISIT TO THE MARITIME MUSEUM OF ÍLHAVO WITH SOME EMPHASIS ON THE HISTORY OF CODFISH IN PORTUGAL.



EXPERIENCING PORTUGUESE TRADITIONAL DANCES, AS A WAY TO KEEP FIT.



MUSEUM OF COLD WAR IN PLATELIAI



**HAVING FUN WHILE DANCING ALL TOGETHER
SOME TRADITIONAL DANCES**



CULTURAL TRIP TO AVEIRO –WALKING NEAR THE BEACH AND EXPERIENCING A BOAT TRIP IN “RIA DE AVEIRO”, ON THE SO-CALLED “MOLICEIRO”.





AN ITALIAN TYPICAL DANCE:
PIZZICA SALENTINA, KRAKÓW, POLAND

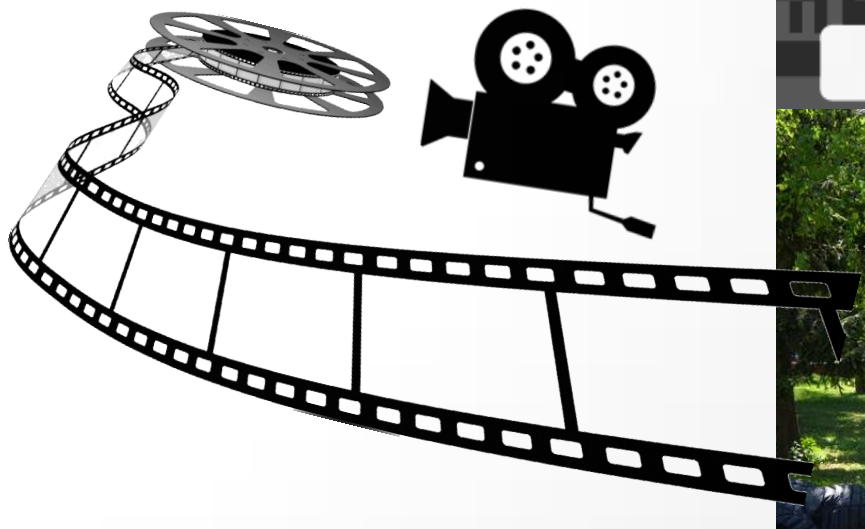


ETHNOGRAPHIC
GROUP "ORQUESTRA TÍPICA DE
ÁGUEDA" (THE SINGERS) AND TWO
BROTHERHOODS: "CONFRARIA
DOS SABORES DO BOTARÉU" AND
"CONFRARIA DA PATEIRA DE
FERMENTELOS".



STUDENTS READY TO
DANCE TRADITIONAL „KRAKOWIAK”

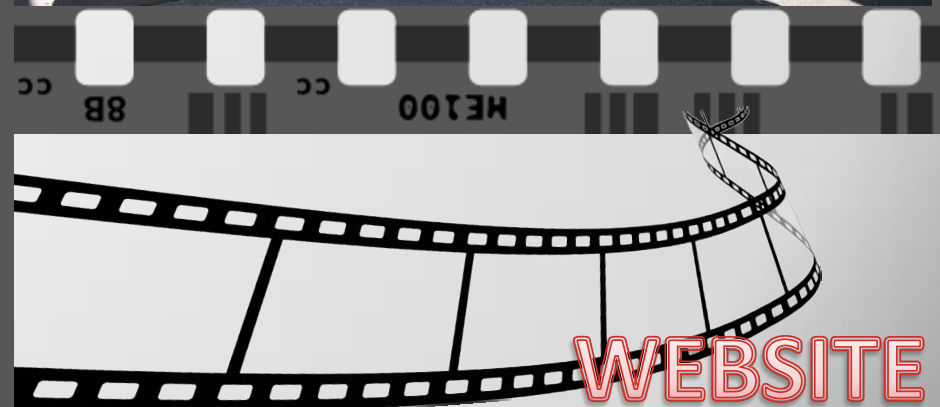




FINAL PROJECT MEETING IN BRATISLAVA



ERASMUS STUDENTS DURING THE LAST STUDENTS EXCHANGE IN ISERNIA AT ISIS MAJORANA-FASCITELLI



<http://www.isismajoranafascitelli.gov.it/web/>

<http://xvlo.pl/>

<http://rackauskas.lt/>

<http://www.esap.edu.pt/>

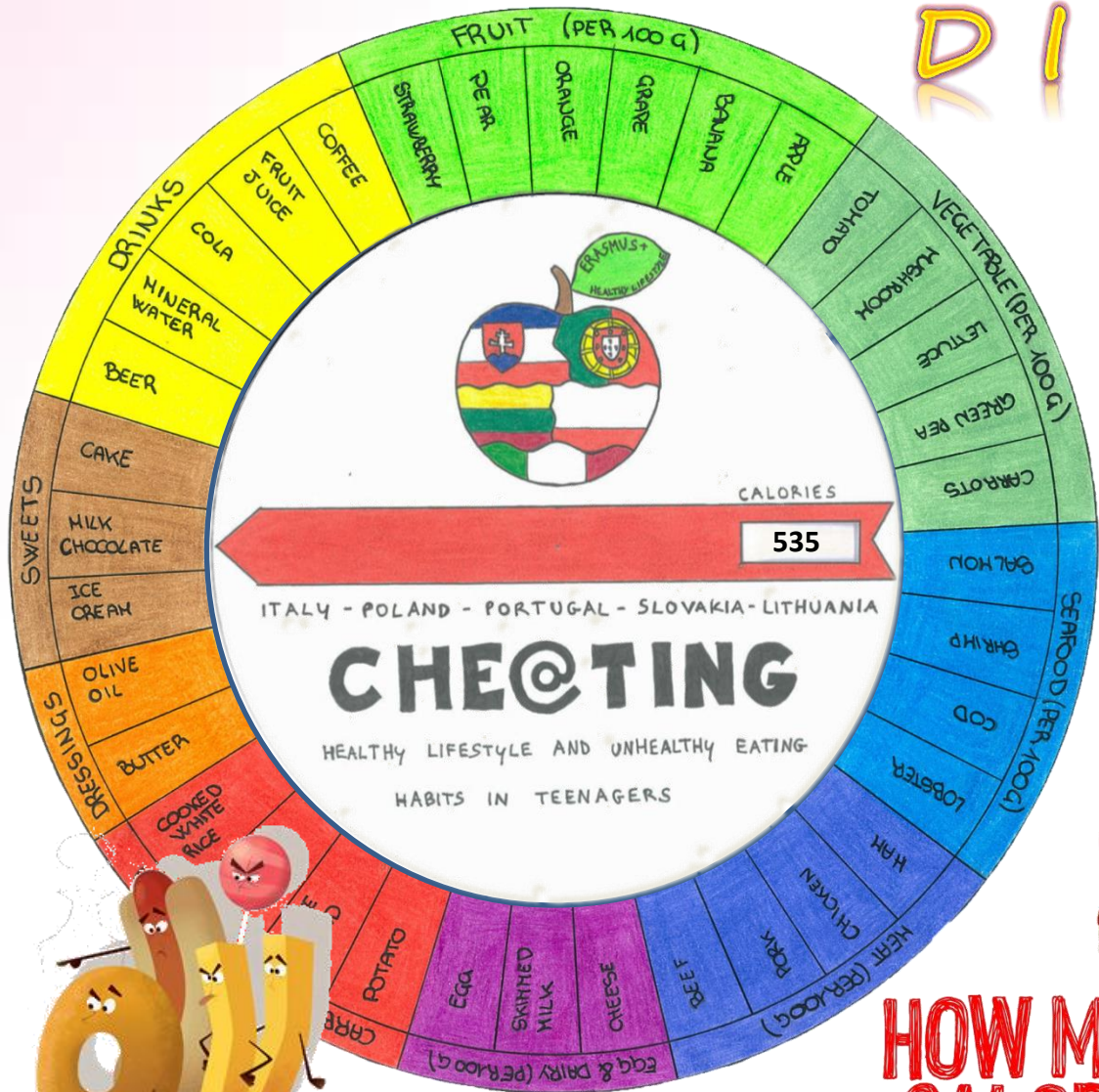
<https://spsdkvacalova.edupage.org/>

PROMOTION OF THE PROJECT ACTIVITIES AND PRODUCTS



<http://www.healthyteens.eu/>

CALORIE DISK



STAY HEALTHY!

YOU ARE WHAT YOU EAT
It's not a diet, it's called eating healthy. Remember: "Eat right and the pants won't be tight!"

HAVE YOUR BREAK
Breakfast feeds your brain

STAY HYDRATED
Eight glasses of water are the best!

RETHINK BEFORE DRINK
Drink alcohol shrinks your life!

DON'T SIT GET FIT!
It's important to do some exercise every day

GET YOUR ZZZzzz's
More sleep provides you energy

PUT IT OUT!
Stop smoking, care on your life!

KEEP CALM
Stress leads you to become fatter

ENTER SELF LOVE CLUB
You are the person with whom you will spend the rest of your life

LET'S GET TOGETHER!
Surround yourself with people you love



HOW MANY CALORIES



Music:

<https://www.bensound.com>

That's all Folks!

