

Children learn about health



An healthy lifestyle is very important for children and adults. In order to have an healthy lifestyle as an adults, it is important to develop knowledge about healthy food and the impact of physical exercise on human health as children. This is the **main goal** of this project: cooperate to find interactive ways to raise this awareness on children and parents for a better future!



1

Starting point

Cooperation among organizations to define tasks for reaching the goal

2

Organization of activities

Interactive classes about nutrition; preparation of meals at home or in class; meeting with nutritionists and sport specialists; trips to farms and plants of vegetables

3

Creation of contents to share with partners

Creation of material (i.e. video, presentations, pictures, etc...) to share with partners at each meeting to show the activities and the accomplishments of the children

4

Creation of a final presentation

Creation of a final report to show the partners the goals accomplished and the results of the project

