

Report of the virtual exchange in Italy (C1)



The first LTTA of the Erasmus project was organized by I.C.Via del Calice Rome in Italy, even if in the project there was a different planning, the Turkish and Italian teams should have gone to Greece.

The reorganization was necessary because the team of Turkey was unable to participate in the months of October and November to the first mobility in Greece.

The first LTTA was organised in online mode (on the platform "Go to the meeting") from 24th to 27th October 2023. Invitation to both, Greece and Turkey were sent in time.

It was attended by the principals, by 300 students and by 10 teachers from each school of the three countries and 40 parents of the students. The meeting agenda was drawn up and agreed with the partners.

- Before the beginning of the project (Summer of 2022), a **facebook group** (Erasmus+ "Live mobile, eat healthy, catch quality"), a What's App group, the **blog** of the project, (livemobileathealthycatchquality.blogspot.com) an Instagram page and a Google Drive [Live mobile, Eat healthy, Catch quality - Google Drive](#) were created in compliance with the communication plan of the project. In all those groups the chance to communicate and define the Pre-mobility activities [Pre mobility activities May to October 2022.docx - Google Docs](#) and the timetable, as follows. The project, an Instagram page and a [Google Drive](#) were created in compliance with the communication plan of the project. In all those groups, teachers had the chance to communicate and define the Pre-mobility activities and the timetable, as follows. The pre-mobility activities carried out by the Italian part were :
- Making videos - presentation of our town – (cultural aspects: location, landscape, sights, customs, festivals, traditional cuisine etc.) and presentation of our school.
- Students start recording their physical activity and the daily menu in a specially designed journal.
- Celebration of the World Food day (16th of October)
<https://www.fao.org/world-food-day/contest/e>

At the beginning of the school year, on September of 2022, the [Twinspace](#) of the project, has also been created by Italy and Greece, at the old platform of e Twinning, although in [ESEP](#), the new platform, the project hasn't already been transferred, as expected, in order for the activities of each LTTA to be presented accordingly.

The meeting agenda of the 1st LTTA , under the title “Obesity- Causes and effects on the short, medium and long term” was drawn up in such a way as to cater for both the LTTA meetings’ requirements

DAY ONE

- ICEBRAKING ACTIVITY

We started the mobility with the presentation of the Icebreaking activity <https://answergarden.ch/share/2790412>

As we know that breakfast is an essential meal for children, who should never skip it, as it provides the essential calories to face the day. In the morning the body is reduced by a night fast of almost 12 hours, the energy reserves are exhausted and it is important that the child makes a supply of calories to face the day. In a healthy and proper diet, breakfast should provide about 20% of daily calories. Using a web tool we asked to all the students to answer to the question: Which is their favourite breakfast. The results was that most of students preferred milk and biscuits.

Greek team announced the results of the initial survey.

- INTRODUCTORY MEETING – PRESENTATION OF THE SCHOOL

The teachers present themselves and their schools. They shared videos about their city and their school. Each school teams explain what each school offers to ensure students a proper lyfe style.

- PRESENTATION OF MEETING OBJECTIVES AND TIMETABLE

Italian team showed the timetable of the Erasmus project and the meeting objectives .

[Monitoring project timetable.xls - Google Sheets](#)

It is remained that the Erasmus Project started on 1 April 2022 and will end on 1 April 2024 and that each partner must keep the timetable as a reference for the realization of the activities in the planned time. From the plan all the activities and the relative expirations are immediately consultable: is those common that those of responsibility of every single partner.

The formal deadlines for reporting to the funding institution are also reported: specifically the 1st report in March 2023 and the final report in January 2024. It is underlined how it is important to do everything possible to comply with the plan and all deadlines to be able to terminate the two reports at the set time and how it is essential that each partner regularly view the plan because during the project some roads could be introduced depending on the need for implementation.

The plan also provides a convenient list of recurring tasks that all partners must perform throughout the project; this list is a useful reference that reminds us all the activities to be carried out to be prepared for an easy and correct realization of the two formal reports.

- Synthesis of teachers’ journals made by each team

Each school summed up by the daily diaries in which the students wrote down for a month what they ate and what sports they practiced. From the comparison of the results some criticalities have emerged : children

get too many calories compared to their daily needs, snacks are often high in calories but low in nutrition, consumption of animal protein is excessive, consumption of high glycemic index carbohydrates such as simple sugars is excessive, children eat little fruit and vegetables, rich in fiber and vitamins, fish is often missing on the table, children too often eat industrially prepared meals outside the home (with too much fat, too much salt and too much sugar), some children do too little physical activity: after school, they often do homework and watch television, while they would also need to move and play.

DAY TWO

- PRESENTATION ABOUT THE CAUSES OF OBESITY

The Italian principle Maria Rosa Tarantino welcomed all the participants and started the activities.

The Italian nutritionist, Eleonora Bonanni, graduated in Food Science and Human Nutrition in 2020, expert in food microbiology applied to food packaging, explained the importance of the correct nutrition starting from young age and presented the causes of obesity. She turned especially to the children explaining to them what they need to eat to feel good. Students asked some questions to the nutritionist.

Wordwall games for students about healthy and unhealthy food

- DYNAMIC ACTIVITIES WORKSHOP

Proper nutrition should always be combined with a dynamic, active lifestyle, which includes a minimum but daily practice, physical activity, movement, to keep your body weight in the default values, based on height and age.

Physical education teachers of the three countries made the participating children do gymnastics exercises and motor coordination games.

DAY THREE

- ATTENDING CLASSES

Many parents of the students attended the meeting

- PRESENTATION MAJOR DISEASES

The major diseases are:

- cardiovascular diseases (mainly heart disease and stroke),
- diabetes;
- musculoskeletal disorders (especially osteoarthritis – a highly disabling degenerative disease of the joints);
- some cancers (including endometrial, breast).

Greek team shared a song realized for the project

- **ONLINE MEETING WITH A MEDICAL SPECIALIST TO DISCUSS PHYSICAL EFFECTS OF OBESITY AND SEDENTARISM**

The Italian psychologist Francesca D'Amico explained to parents which are physical effects of obesity and sedentarism. She has a degree in Psychology of Development and Education at La Sapienza University in Rome and she specialized in Cognitive Behavioral Psychotherapy of adults and children; she works at the Association l'Acchiappasogni which has been working for years in the field of education and disability. Within the association carries out activities, counselling and psychological support, with particular regard to minors. She carries out private activities as a psychotherapist of the developmental age.

She explained that children who are fed the wrong way tend to gain weight, in this way they develop a very difficult relationship with their body, and with peers, they tend to isolate themselves and let go of sedentary and solitary habits, like reading, watching television, or playing with the playstation; these kids are want to play with others because they feel different. So we can say that nutrition is not only important from the point of view of eating well but is important from the point of view of living well. Healthy eating also helps to prevent chronic diseases or in any case to fight them, and to live better, improving the quality of life also depends on what we eat, the disorders that can be kept under control by eating properly are; hypertension, all diseases of the cardiovascular system, metabolic diseases, diabetes, but also some forms of cancer.

The parents have been very interested and have asked many questions to deepen the theme. They become more involved in their children's lives and they understood how it is important

DAY FOUR

- **EVALUATION MEETING TO DISCUSS THE LTTA, THE ACQUIRED KNOWLEDGE**

Teachers discussed the dangers of sedentarism and unhealthy eating, as well as the benefits of spending time outdoors. Italian, Greek and Turkish students presented themselves, they showed the poster prepared for the world food day poster contest of FAO. They imagined a world where no one is left behind. They understood how they can help build a better, more sustainable future for all and take action to make their food and agriculture more sustainable. Teachers presented their local work with students on the topic and they showed a video with all the outdoor activities done in the last month.

- **TEACHERS COMPLETE EVALUATION FORMS**

Italian team presented the certificates of participation and the google form for the evaluation of the virtual meeting.

https://docs.google.com/forms/d/1rLFULYFt5_L9UTHgUPN2FNVhmVgaKnsbE27vbGaV8v4/edit?pli=1

- **PARTICIPANTS ARE GIVEN NEW JOURNALS IN WHICH THEY NEED TO RECORD EVERYTHING**

They showed the activities to be done in the next two months at the conclusion of the virtual Exchange before the first mobility in Crete that will take place from 4 to 10 December 2022: creation of posters with aim to

raise awareness about the problem of lack of exercise, sedentarism and unhealthy eating, note by children of their eating habits, their daily menu in a special designed journal, celebration of outdoor classroom day.

CONCLUSION

As a result of these activities, we obtained that the participants developed a better understanding of the causes and effects of obesity, improved knowledge of the education system, culture, traditions, cuisine of the three countries .