Eat Healthily, Move And Live Happily

The eTwinning project called "Eat Healthily, Move, And Live Happily" was carried out by the co-founder Tuğba BOZKURT, English teacher at Cengiz Topel Secondary School, and the co-founder Cristina Maria Hangea, English teacher at „Corneliu Baba" Arts Highschool.

Ten teachers and forty-eight students from countries such as Turkey, Romania, Georgia and Italy participated in this project. The aim of this project is to raise awareness of allergenic foods and Type 1 and Type 2 diabetes, balanced nutrition and healthy living among secondary school students. Thus, they will be more informed about nutrition, food groups, choosing the right food, active life to guide them on nutrition, and to give them the habit of physical activity through fun activities and games.In order to instill the awareness of consuming healthy products, we encourage the secondary school students to plant seasonal products such as cress, parsley, arugula, dill, etc. in school gardens or vineyards and to consume these products in their salads. Thus, they have fun by taking photos and videos.In order to raise awareness among students about reading and interpreting the contents of packaged foods, they will be asked to bring products they consume frequently, and after that they will examine the nutritional labels on the back, analyze them and present the results in class.

Our Partners

Cofounder : Tuğba BOZKURT (English teacher at Cengiz Topel Secondary School in Istanbul in Turkey)

Cofounder: Cristina Maria HANGEA (English teacher at Liceul de Arte Corneliu Baba, on Arts High School in Bistrita in Romania)

Member: Songül ÖZYURT (Pyschological counselor at Emlak Konut Secondary School in Istanbul in Turkey)

Member: Kerime YUVAKGİL (Math teacher at Emlak Konut Secondary School in Istanbul in Turkey)

Member: Aykut HONÇA (English teacher at Ovabağ Secondary School in Diyarbakır in Turkey)

Member: Merve IMAMOGLU (English teacher at Emlak Konut Secondary School in Istanbul in Turkey)

Member: Federico BRACCI (Math teacher at IO Giano dell'Umbria Secondary School in Italy)

Member: Andreea Cristina Magdau (Vocational teacher at Centrul Scholar de Educatie Incluziva Baia More in Romania)

Member: Ketevani TIVISHVILI at LEPL Kraveli Municipality Village Akhalsopeli Public School in Georgia)

Member: Maria PERONE (Technology teacher at IO Giano dell'Umbria Secondary School in Italy)

eTwinning Code Of Conduct

A. Core Principles

- **Be inclusive.** Everyone's opinions and views are always welcomed and allowed within the boundaries set in this Code of Conduct. eTwinners are encouraged to look beyond their own perspective, relate to different cultures and show sensitivity when including other eTwinners their events, projects, groups, and networking activities – both online and on-site. eTwinning fosters understanding, empathy and openness towards one another with the aim of making the community a safe, harassment-free space.

- **Be respectful**. Members of the eTwinning community must be respectful when dealing with their peers and interacting with one another. Respecting other people, and their activities on this platform, and assuming that their actions are motivated by good intentions will make eTwinners not only feel comfortable and safe, but also motivated and productive. eTwinners cannot insu or put down others, or incite violence against people based on their race, ethnicity, national origin, religion, sexual orientation, or gender, and/or as a member of a country, group, or minority.

- **Be tolerant**. Disagreement is inevitable, from time to time. Tolerance for the views of others drives the pragmatic approach encouraged in this community. What is important is to seek constructive solutions to disagreements and differing views, always within the limits as described and defined in this Code of Conduct, and accept that some cases may result in "agreeing to disagree".

- **Be polite and friendly** in all forms of communication – especially remote communication, where opportunities for misunderstanding are greater. Being polite means being aware and respecting the feelings of other people and showing it. As home of all eTwinners, the eTwinning area of the European School Education Platform is the online space where they can express freely, exchange easily and elaborate considerately their ideas and thoughts and treat equally the ones of other eTwinners. This means doing our best to carefully choose words and content in events, projects' materials, online and onsite meetings descriptions, posts, and messages.

B. Some Rules All eTwinners Must Adhere to

To facilitate the understanding of what is allowed and what is not allowed on the eTwinning area of the platform, eTwinning has drawn some rules which must be respected by all eTwinners.

1. No use of eTwinning for commercial purposes. It's strictly prohibited to use the platform for commercial purposes. Any company, initiative, event or software with a commercial intent will be removed, as will their access to the platform itself.

2. No direct threats, bullying nor harassment. eTwinning does not tolerate bullying or harassment. If you are victim of cyberbullying or someone is threatening you while using any of the eTwinning spaces (public and private ones), please report the message or contact your Support Organisation. Be aware that anyone caught bullying or harassing other members of the platform may be permanently banned from eTwinning.

3. Intellectual property. Ensure that the content you upload to the platform does not infringe any copyright. Before sharing pictures, videos, documents or any other resources, please make sure you have the right to do so.

4. Impersonation. eTwinners cannot impersonate other individuals or groups/organisations they do not represent in a manner that is intended to or does mislead, confuse, or deceive others.

5. Pupils (minors). eTwinning takes pupils' privacy and safety seriously. Avoid posting pictures of pupils on your eTwinning profile, TwinSpace, Groups, etc. In case you do, make sure you have the consent from the minor entitled to give consent or from the holder of parental responsibility over the child in line with the Regulation 2018/1725, also that you have provided a copy of the privacy statement or make sure that pupils are not recognisable

6. Private information and sensitive data. Be thoughtful about content you post that relates to others. You should not share your or other eTwinners' private information - such as personal phone numbers and addresses, credit card details or other private information - or intimate pictures and videos. Always think before you post!

C. "Netiquette"

eTwinners should conduct their online interactions professionally, politely, and respectfully as they would do in their real-life interactions. Below are some examples of what users should and should not do.

1. Careful and responsible use of the internal message system. Refrain from sending too many messages to teachers with whom you are not working. Before contacting a user: check their profile; check if they are available for projects; make sure your message is relevant. Do not send the exact same message to more eTwinners.

2. Avoid spamming in forums. The forums in the Networking area of the European School Education Platform may generate thousands of messages. Make sure that your message considers the subject of the thread. Before publishing a new post, check to see if there are other relevant messages on the subject and reply to them. Help us keep the forums relevant to improve collaboration!

3. Only post relevant and appropriate comments on people's posts. When posting a comment on somebody else's profile, make sure i is relevant to the user. Comments must be for individuals and related to the user's post. Do not write the same comment to more users.

4. Avoid random contact requests and project invitations. Avoid asking eTwinners to be part of your contacts or to join your project without any previous communication. Make sure you have a reasonable and manageable number of contacts in your list. Do you want to keep track of someone's updates? Follow them instead.

5. Targeted Rooms invitation. Avoid inviting your contacts to Rooms you manage, unless you are certain that these colleagues can participate. Random invitation to Rooms will be considered spam.

D. Violation Of The Code Of Conduct

What can you do if you feel that an eTwinner is not respecting the Code of Conduct?

In the Support Community, we do our utmost to protect people from abuse in eTwinning, but as an active and pluralistic community, we count on each and every eTwinner to help us maintain the positive attitude and reduce unwelcome incidents. Therefore, we encourage eTwinners to report when necessary.

In case you encounter posts, events or comments in Journals and Forums, receive a private message, or see content that is offensive, infringes copyright or data protection, or you simply find inappropriate, you can use the "report" button – if available, otherwise you can contact your Support Organisation - and share your reasons for reporting. Your message will be handled by the Support Organisations.

What happens if somebody is not respecting the Code of Conduct?

Failure to comply with the rules included in this Code of Conduct constitutes a violation of its terms and may result in temporary or permanent removal of any posting or material uploaded by eTwinners, at any time, without prior notice. In such cases, the authors of the materials and their Support Organisation will be informed and reasons for the removal will be provided. Users who do not comply with the Code of Conduct may also be banned, temporarily or permanently, from eTwinning.

In case of controversies, a final decision will be taken by the European Commission, on behalf of which eTwinning is operated.

E-safety

We pay attention to data protection and copyright in our e-Twinning project. We open an e-safety page on Twinspace. We wrote the rules there. All the members of the project have learned all the rules of e-safety from this page. Thus, we raise awareness about e-safety for our project. As soon as our project starts, we take parent permissions from the parents and put them on the pages hiding the students' and the parents' private information. Protecting the personal information of our students was important for us, too.

https://padlet.com/aykuthoncaa/importance-of-e-safety-o15q4wafnk392sol

Parent Permission Slips

We took parent permission slips from all the students' parents involved in this project before starting the

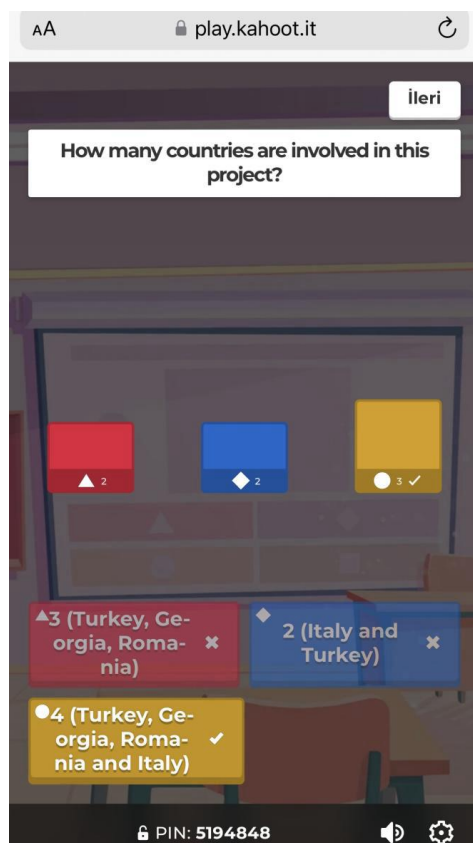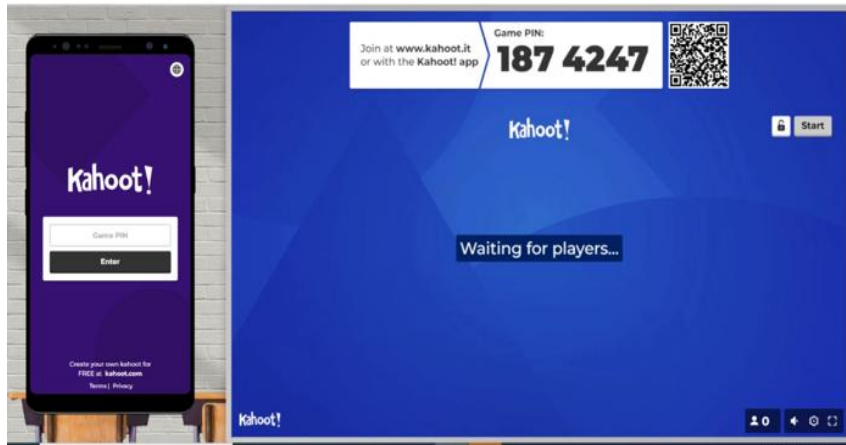activities. We kept their personal information private.

Parent Permission Slips
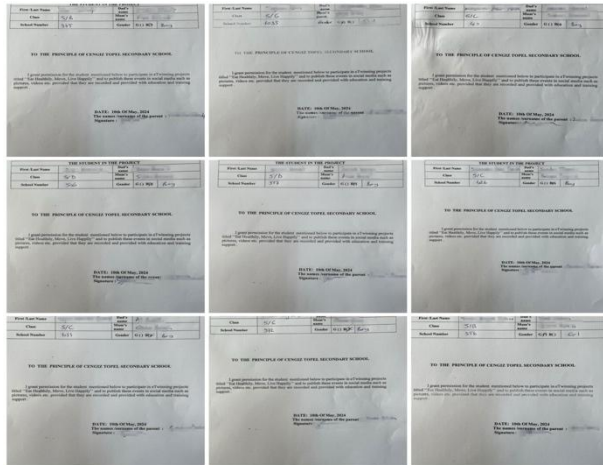
Images of students were hidden during the activities carried out in the projects. We hid their faces

by blurring the photos of or by using emoji on the photos or videos uploaded on Twinspace.

Our project included activities focusing on E-safety.
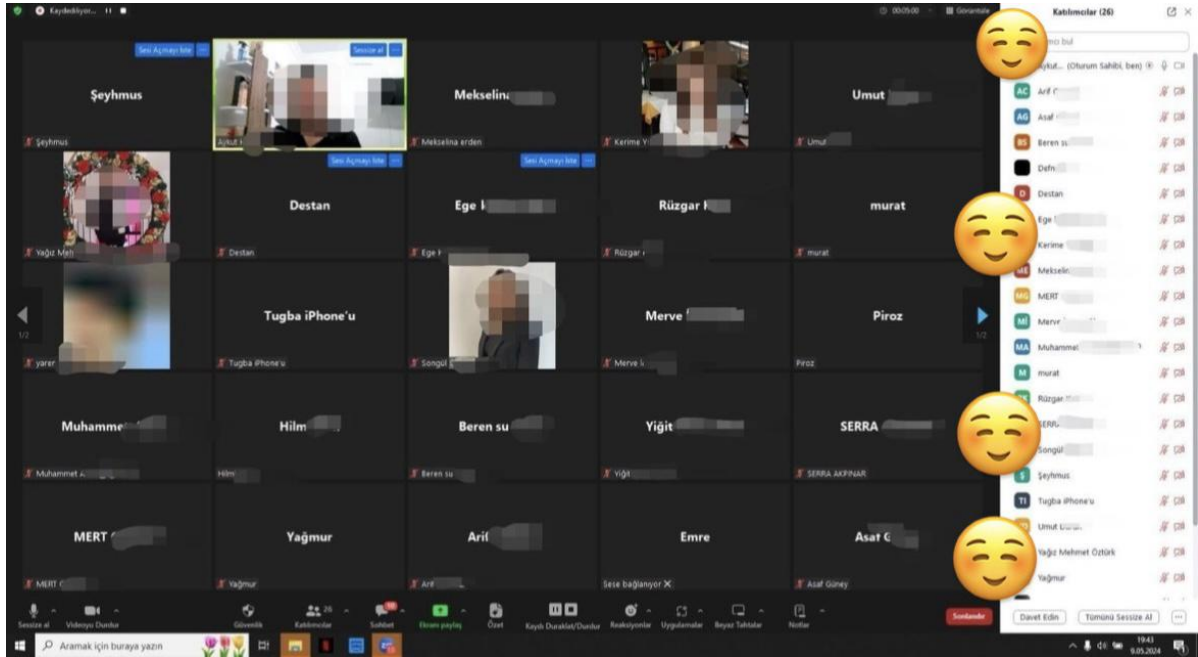
Students played Kahoot.

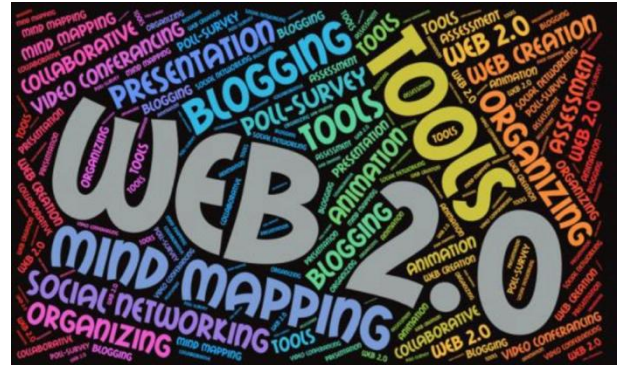We prepared a poster in Canva to announce our meeting

We held our first online meeting via Zoom to introduce all the members, the project description, purposes, contents of the project, e-safety rules, web 2 tools, work process of the project, the activities we carried out.

Online Meeting of Teachers and Students

Web 2 Technology and Web 2 Tools

What is web 2 technology? What are the contributions of the use of Web 2 technology to the educational environment?

Web 2 technology allows users to provide information, share, discuss from the receiving location, produce information, etc. It creates a more active and participatory classroom environment. It improves positive attitudes of students in the educational environment towards each other. It contributes to the development of skills such as group work, effective learning, high level thinking, constructivist learning, individual learning, and taking responsibility in educational environment.

Web 2 Applications we Will Use In Education
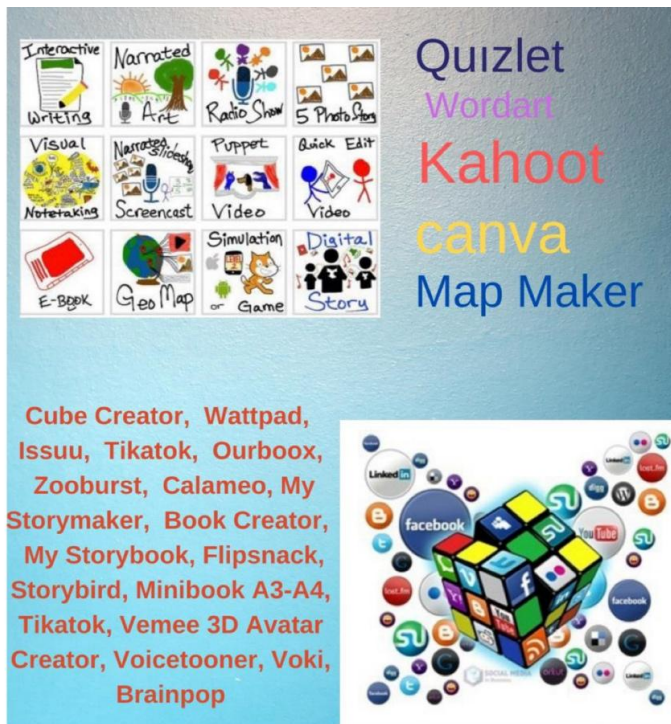
Students Create The Project Logo And The Project Slogan using Canva
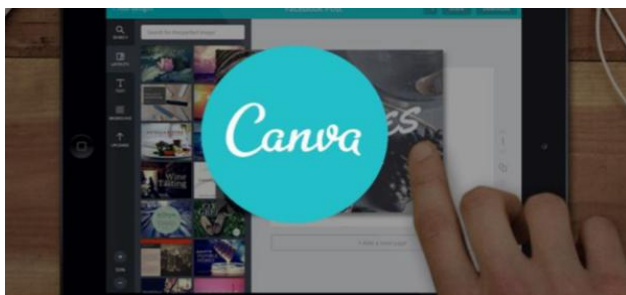
We created our logo and posters together with our partners to represent our project. Students created the project logo and the project slogan via Canva. Then, the students voted their favourite logo and slogan.

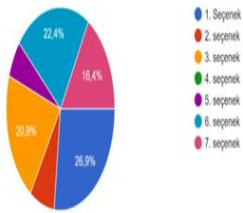# Students chose the most creative and representative project logo and slogan.

Project LOGO

1. SEÇENEK

Choose the best and effective project logo according to you.
67 yanıt

- 1. Seçenek
- 2. seçenek
- 3. seçenek
- 4. seçenek
- 5. seçenek
- 6. seçenek
- 7. seçenek

SLOGAN

Choose the best slogan according to you among the ones below for our project
50 yanıt

- 1.
- 2.
- 3.
- 4.
- 6.
- 7.
- 8.
- 9.

1/3 ▼
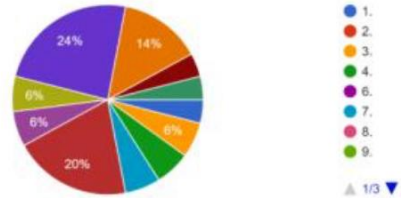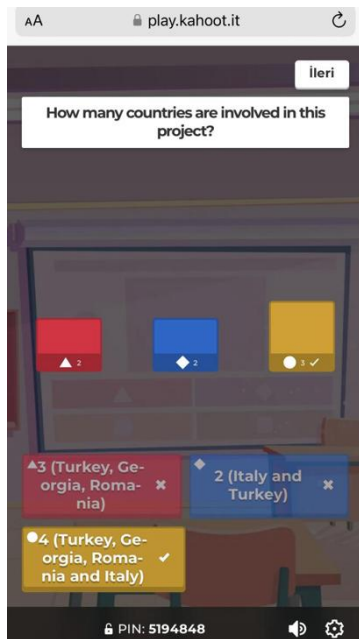
Students played Kahoot to evaluate activities in May and in June.

Google forms were used to create "Eating Healthily, Move And Live Happily" project pre-survey and post-survey forms for students, teachers, and parents. You can check the links below.

https://docs.google.com/forms/d/e/1FAIpQLSe44F-u8Oy0ePHZTQV4krv0CgMQ5viGpTi3B4WfB3F4TKBYaQ/viewform

https://docs.google.com/forms/d/1UmlHyXMulvLIDV_Syd7pYhuoL57fNxQePy4Z1oxT3uk/edit

https://docs.google.com/forms/u/0/d/e/1FAIpQLScLMV0WYJiM0XTWX5RZesRxNhhmt7HGXWU1tPuIeh9kW84DKA/formResponse

https://docs.google.com/forms/d/1TYpHnjVhrD7_QbEK03W7sQs0XSiz7NyVbJjxQ_Na-TA/edit

Students introduced themselves via Chatterpix and they improved English speaking skills.

Hello! I am eleven years old. I am from Istanbul. I am a student at Cengiz Topel Secondary School. I have lots of classes on weekdays. My favourite lesson is English. I like learning new languages. I do not like science because I can't do experiments. I love physical education. I am good at playing volleyball. I think this project is interesting. I am happy to meet new people all over the world. I hope to see you soon.

Hello! I am eleven years old.I am Turkish. I am from Turkey.I can speak Turkish and English.I am studying at Cengiz Topel Secondary School. My favorite class is Physical Education. My hobby is playing basketball.
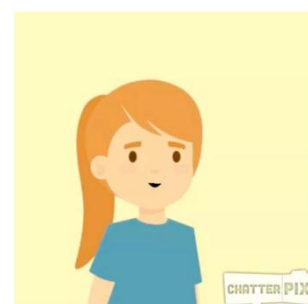

Hello! I am eleven years old. I am from Istanbul. I am a student at Cengiz Topel Secondary School. I have lots of classes on weekdays. My favourite lesson is English. I like learning new languages. I do not like science because I can't do experiments. I love physical education. I am good at playing volleyball. I think this project is interesting. I am happy to meet new people all over the world. I hope to see you soon.

Hello everyone! I am eleven years old. I am studying at Cengiz Topel Secondary School. I like classes Maths and Pysical Education but I don't like science. My hobbies are playing football and basketball.
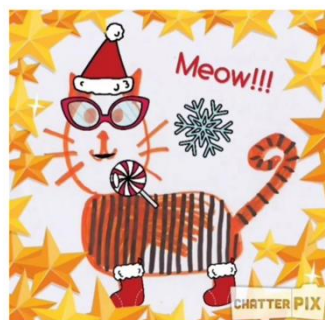

Hello! I am eleven years old. I am from Istanbul. I am a student at Cengiz Topel Secondary School. I have lots of classes on weekdays. My favourite lesson is English. I like learning new languages. I can speak English and Turkish. I do not like science because I can't do experiments. I love physical education. I am good at playing volleyball.Thank you to listen to me.

Meeting With The Dietician, The Teachers And The Students on Zoom
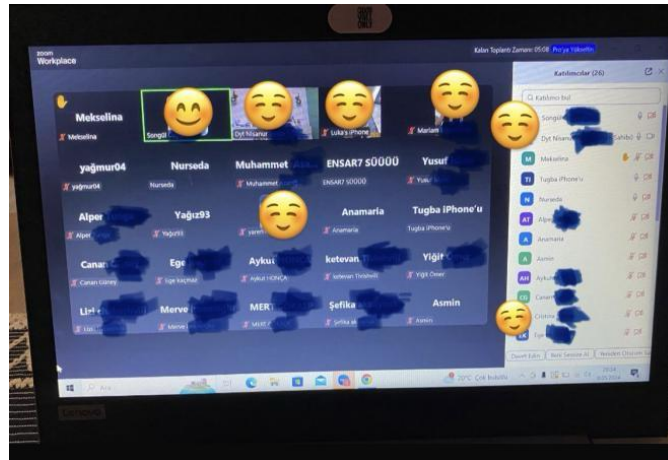
The Dietician explained benefits of balanced nutrition, food groups, vitamins, proteins, and physical activities. The students asked her questions of the balanced nutrition.

Students planted seasonal products necessary for a healthy diet.

Students prepared brochures of daily menus using Canva.

Breakfast

Eggs:80 kcal
Cheese:100 kcal
Bread:247 kcal
Tea:1 kcal
Cucumber:20 kcal

Lunch

Rice:360 kcal
Chicken:119 kcal
Lemon tea: 105 kcal

Dinner

Yoghurt:39 kcal
Macaroni:186 kcal
Water:33 kcal

PREPARING OF A DAILY MENU FOR BOYS

BREAKFAST

One Egg   62 kcal
Thirty gram cheese   93 kcal
Five olive   41 kcal
Two slices of whole grain bread   131 kcal
Four cherry tomatoes   16 kcal
One cucumber   12 kcal

LUNCH

One bowl of lentil soup   62 kcal
Boiled vegetable salad   90 kcal
Grilled chicken breast   302 kcal

DINNER

Sour and seasoned juice
   meatballs   253 kcal
One bowl of yoghurt   112 kcal
Three cookies   600 kcal

Daily Menu for Boys

ALİ İMRAN GÜLER   28.04.2024

BREAKFAST Whole wheat bread 247kcal
Oat 307kcal
Peanut butter 191kcal
Boiled egg 77kcal
Olives 115kcal
Vegetables

SNACK
Banana 151kcal, Kefir 105kcal, Dried fruits 153kcal, Walnut
33 kcal, Green tea 0kcal, Yoghurt 122kcal

LUNCH   Palav 283kcal
Lentil soup 137kcal
Grilled chicken 274kcal
Fish 164kcal
Chickpea/Beans 172kcal
Vegetables
Ayran 56kcal

SNACK
Seeds 56 kcal, Dried Fruits 153kcal, Cracker 150kcal, Probiotics
74kcal, Bitter Chocolate 27kcal

DINNER Potato puree 491kcal
Pasta 141kcal
Meat 225kcal
Lentil Soup 137kcal
Salad 90kcal
Whole wheat bread 247kcal
Orange 101kcal

Skipping the Rope Competition At Cengiz Topel Secondary School

A skipping the rope competition was organized at Cengiz Topel Secondary School. Skipping the rope is not only a good exercise to keep you healthy, but it is also funny. The students of this school had fun while while competing one against the other. One of the girl students became winner of the competition and was given a gift. All the students appreciated the activity.

Skipping the rope activity at „Corneliu Baba" Arts Highschool

Food Pyramid Game Competition

I wake up at 07:00 in the morning.I washed my hands and face and get dressed.Then I had breakfast. And then I had lunch. I played games with my friends.I took a shower. I ate yoghurt and slept.

Hello! I drank milk and walked regularly every day and I jumped rope. We ate useful food for a healthy life. I ate my fruit in the evening, and slept.

Students kept a diary of what they did at home.

Hello I want to tell you my diary at holiday. I woke up early in the morning. I drank milk with honey. I had a big, healthy breakfast. I ate egg, olives, cheese, tomatoes and cucumber. I played football with my friends. I ate leek at lunch. I rode a bike. I ate fish at dinner. I slept early in the evening.

Hello, Today, I would like to tell you about a day.I spent riding a bike. And then, I played with football. I drank a glass of milk with honey for dinner. And then, I watched some TV and went to bed.
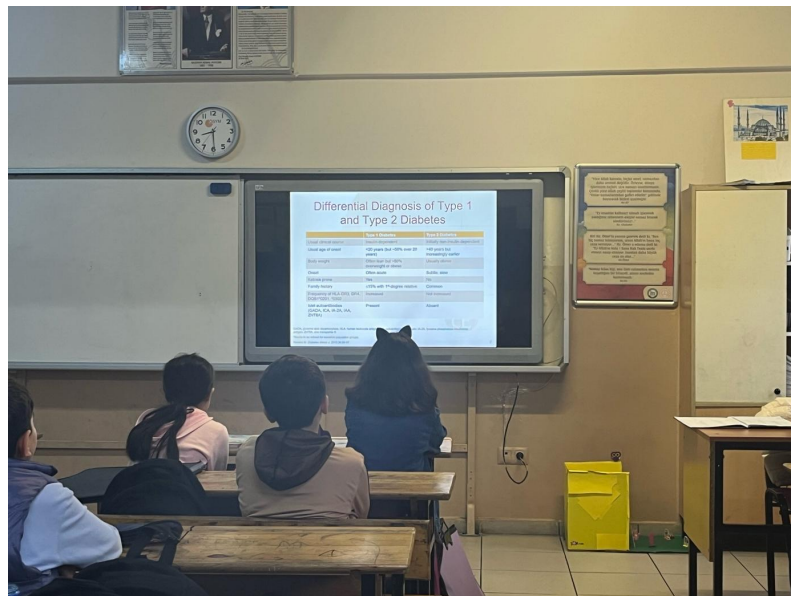
Students analyzed calories of packaged foods or nutrition facts label of the products. They brought them in class and made presentations for their colleagues. They read the ingredients, the serving sizes, and also the calories of each product. They explained that knowing all these nutrition facts will help them choose better the right food to eat.

Energy and nutrients per 100 g

Energy   2553/ 617

Oil   52,2

Saturated fat   9,1

Carbohydrate   19,8

Candies   1,4

Protein   23,3

Salt   4

Students watched a video about type 1 diabetes and type 2 diabetes

Students made a short presentation about which food they are allergic to and what they are not allowed to eat.