



Eat Responsibly! An action-oriented global learning program for EYD 2015 and beyond

Examples of work with food related topics at Romanian Eco-Schools

CARPATHIAN DANUBIAN CENTRE FOR GEOECOLOGY
C.C.D.G. ROMANIA





Lifestyle & Healthy Living

The way we perceive food and the choices we make every day have a significant impact on our state of health and well-being. To see visible effects, people should understand that proper nutrition and healthy should not be occasional, but must be integrated into a lifestyle that will ensure the overall health and longevity.

By focusing on the Eco-Schools healthy living topic students should be able to:

- Focus on the health benefits of a better lifestyle
- Understand how a healthy lifestyle can produce long-term benefits
- Understand how an ecological life style, i.e. one that produces less pollution, can benefit the global health of the human race in the future
- Be confident and feel happy about confidentially contacting a professional for help as and when needed



Clasa I A

prof. inv. primar Doina Racolța



Clasa I B

prof. inv. primar Gabriela Florea





Linking Eco Schools' healthy living theme into the Romanian curriculum

1. Traditional Romanian food



The pre-schoolers from Guliver Kindergarten, from Satu Mare visited a traditional Romanian homestead. They were welcomed with bread and salt.



They have been taught how to cook vegetables and they have made delicious salads. At this end, they tasted their ready-cooked.



They tried also to make the traditional Romanian bread



The guest showed them how to clean the beans on the corn cob. The corn beans are used to prepare the corn flour.

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2. Cooking time at Secondary School no 2, Piatra Neamt, Romania



Using healthy foodstuff and recipes, the students prepared tasty salads, appetizers and confectioneries



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3. The International day of food celebrated at Piticot Kindergarten, Arad, Romania



Selecting the
fruits...



A proper attire...



Tasting made by a
competent jury...



A surprise...



Made by a master
confectioner

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4. Decorative Pumpkin competition at Piticot Kindergarten, Arad, Romania



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5. Funny fruits and vegetables at Secondary School no 3, Drobeta Tr Severin, Romania



Funny fruits
and vegetables

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6. Healthy style at Aschiuta Kindergarten, Suceava, Romania



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7. Celebrating healthy food at Serban Cioculescu Secondary School, Gaesti, Romania



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8. Healthy food activity at Mihail Kogalniceanu Highschool, Focsani, Romania



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9. Learn about healthy eating from specialists at Dimitrie Cantemir Highschool, Iasi, Romania



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10. The campaign – Donate a fruit at A.I. Cuza Secondary School, Bacau, Romania

200 kg of fruits for...



Bringing joy at the children
asylum and the maternal
centre from Bacau town



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11. Eat responsibly at Grigore Antipa Secondary School, Botosani, Romania



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11. A healthy life for me at I.D. Sirbu Secondary School, Petrla, Romania



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Linking Eco Schools' healthy living theme into the Romanian curriculum

11. Healthy food for everybody at Avram Iancu Secondary School, Satu Mare, Romania

<http://www.ccdg.ro/evenimente-eco/517-scoala-gimnaziala-avram-iancu-satu-mare-activitati-noiembrie-2014>

Clasa Pregătitoare A
prof. înv. primar Elisabeta Fischer



Clasa I A
prof. înv. primar Doina Racolța



School
competition
between
classes

Clasa a IV - a B
prof. înv. primar Elisabeta Pop



Clasa a IV - a C
prof. înv. primar Iuliana Ilic



Clasa I B
prof. înv. primar Gabriela Florea



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Conclusion:

The healthy food theme is very appreciated in the Romanian Eco-Schools.

After these activities, the students have learnt:

- about a healthy lifestyle and its benefits;
- about traditional ways to make healthy food;
- how to cook a healthy meal;
- the international day of food;
- how to make funny toys from fruits and vegetables;
- donate for the poor ones;
- To feel happy eating healthy food;