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 **“Nothing Is More Precious Than Health”**

2021-1-LT01-KA210-SCH-000031353

**2nd Meeting**

**Title:** Healthy Nutrition

**Date:** 5th (from) – 8th (to) December, 2022

**Venue:** Napoli, ITIS Polo Tecnico Fermi-Gadda -ITALY

**Participating partners:**

* ITIS Polo Tecnico “E. Fermi – C.E. Gadda”, Napoli, Italy
* Joniskio “Ausros” gimnazija, Joniskis, Lithuania
* Liceul “Gheorghe Tatarescu”, Rovinari, Romania
* Yasemin Erman Balsu Anadolu Lisesi, Gazientep, Turkey

**Head of meeting:** Paolo Esposito, deputee headmaster

**Minute taker:** Daniela Rosanna Bellizzi (teacher)

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1. **Agenda**

**Saturday- Sunday**

Accommodation at the guest house -hotel

**1st DAY -Monday (05.12)**

9.00 Meeting ceremony at school in the hall.

9.00 - 10.15 Introducing the program of the day – Presenting nutrition habits in our school according to survey results. Polotecnico Fermi-Gadda’s students presents: “The benefits of Mediterranean diet” (Results of academic researches).

10.15-10.30 Break.

10.30-11.30 Presentations of partner countries and their nutrition habits.

11.30 – 12.00 Excursion around the school.

12.00 – 13.00 Lunch at school.

13.15 –15.15 Sport activity at school: TENNIS TABLE TOURNMENT.

15.30 – 18.30 Trip around the city: walking to the seafront.

19.00 Return to the host families (teachers to the hotel).

19.00 Dinner for teachers (students will have dinner with host families).

**2nd DAY-Tuesday (06.12)**

8.00 Meeting at “School” (Trip to Portici by bus).

9.00 – 11.00 Visit to public authorities. University Faculty of Agriculture (Portici Royal Palace) Time for taking pictures and gathering information on typical Italian agricultural products, healthy nutrition habits and the benefits of Mediterranean diet.

11.00 – 12.00 Going back to Naples by bus.

12.00 – 18.00 Time for pizza in a Farm School called “Melofioccolo”. A view on the bay. Learning activities related to plant cultivation in the Neapolitan countryside.

19.00 Students back to families, teachers to the hotel.

**3rd DAY Wednesday (07.12)**

9.00 Meeting at school – Gathering information on the previous day experience – Group Work – Choice of a motto or slogan for each group – Planning posters which will be exhibited in involving schools.

11.00 Break.

11.30 – 12.30 Teachers’ meeting to analyze and evaluate the previous steps (Leaflets - Online Dictionary) and the following ones. How students’ skills and competences can be integrated to prepare interdisciplinary lesson plans later on healthy lifestyle.

11.30–12.30 Students’ presentation of the drafts of their posters (They will be integrated and used to involve other students and schools in lessons planning).

12.30 – 13.30 Lunch at school.

14.00-15.00 Certificates ceremony.

15.30 – 17.30 Back home or Hotel.

18.30 – 22.00 Cocktail party – Listening to music according to different tastes and nationalities – Dancing.

**4th DAY -Thursday (08.12)**

9.30 -10.00 Meeting at school – Summary of the main points and future planning.

10.00 – 12.00 Teachers planning of Interdisciplinary Lessons on teaching healthy life style.

12.00 Say goodbye to Rumanian students.

12.30 – 13.30 Free lunch: Students, teachers, host students.

Afternoon Free activities.

1. **Minutes**

The whole week the Erasmus+ project “Nothing is more Precious than Health” took place in Naples, ITI Polo Tecnico “E. Fermi – C.E. Gadda” . Four countries such as Romania, Lithuania, Türkiye and from our School students participated in various activities of the exchange program. The aim of the project is to promote a healthy lifestyle, healthy food and the importance of an active lifestyle for young people. The week of the international project began with an introduction to the week program, guest presentations, and attending presentations on the school survey and academic researches results on „The benefits of Mediterranean Diet“. In the afternoon of the first day of guests’ stay, students had the opportunity to play tennis table. Learned the rules and there was a tournment among the 4 countries. First position: Michele Caputo (ITALY), second a Lithuanian student: Tautvydas Kulycius, third a Romanian Alexandru - Cristian Gheorghe.

In the afternoon a visit to the city center, printed news to describe the most important historical places.

On the second day of the project, the guests went to Portici, a characteristic village near Naples, where there is the University Faculty of Agriculture. (It used to be a Royal Palace, where each room is decorated in a very refined way. In particular the Cinese room was painted that way because the queen and the king liked the Oriental style and in particular Cinese porcelain. Another room showed pictures of all the most typical Italian fruits and vegetables ).

First of all, Mrs Nicoletta Mele a researcher in the Department of Agriculture, presented all the different university Courses of study and the most important innovation in the field of food packaging, biotechnology, food delivery and business studies. Then she described the main University Courses:

* Animal science.
* Agriculture.
* Forestry and arboriculture.
* Food and beverage studies.
* Food science and nutrition.
* Agricultural sciences.
* Plant science.
* Environmental science and biology.

Next, the students had the chance to walk around the botanical garden, with the help of Mrs Veronica De Micco, professor in the Department of Agriculture, who explained the main characteristics of some of the most precious and ancient plants. The botanical garden of more than 20,000 m2 is located in the Royal Park of the Palace of Portici. There are over 4,000 specimens representing over 1,000 species in its area. A big *Ginko Biloba* and several *Desert plants* are the most important collection.

After leaving Portici we went back to Naples, to the Farm School called „*Melofioccolo*“ the name of an ancient and very original Italian fruit tree that does not exist anymore. During the trip by bus we could enjoy the fantastic view on the bay.

After eating pizza, various activities were planned for the guests in the afternoon at „Melofioccolo“, such as fruit picking, plantation tour, making taralli, feeding animals, growing fava beans, coffee tasting. It was one of the days when students could spend more time together getting to know each other better.

On the third day, while students grouped by nationality, were preparing their posters, centered on the choice of a motto or slogan for each group work, teachers talked about their future tasks. During the discussion, it was decided to prepare a poster containing different mottos or slogans, to make a multidisciplinary lesson plan, a final survey and a short report for each partner.

In the afternoon there was the certificate ceremony.

In the evening all participants gathered at „Alter Ego“ to dance, listen to different types of music according to their tastes and nationality and have something to drink and eat all together.

The last day of the project guests met at school played „Kahoot“, a funny quiz which tested their knowledge in the field of nutrition and healthy eating habits.

1. **Decisions**

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| **No.** | **Decisions / Tasks** | **Deadline** | **Responsible person, institution** |
| 1. | Presentation about academic researches, cities, school, healthy life-style | Done the 1st day | All partners |
| 2. | Posters useful for schools-dissemination and school websites | Done (but can be gathered to form one bigger poster) | All partners |
| 3. | Prepare a lesson plan involving different subject | 8 weeks after visit | All partners |
| 4. | A Survey Level Assessment on the topic of nutrition and well-being to pinpoint the exact skills our students have gained in order to collect data on their progress involving different subjects. | At the end of the lesson plan | All partners |
| 5. | Feedback | Done the last day | Fermi-Gadda -Naples |
| 6. | Write a report on the Italian mobility to be uploaded to http://nomoprhe.eu/category/news/ | 2 weeks after visit | All partners |

1. **List of participants**
2. Paolo Esposito, IT IS Polo Tecnico “E. Fermi – C.E. Gadda”, Napoli, Italy
3. Daniela Bellizzi Rosanna, IT IS Polo Tecnico “E. Fermi – C.E. Gadda”, Napoli, Italy
4. Loredana Amelio, IT IS Polo Tecnico “E. Fermi – C.E. Gadda”, Napoli, Italy
5. Giulia Santoro, IT IS Polo Tecnico “E. Fermi – C.E. Gadda”, Napoli, Italy
6. Michele Caputo, IT IS Polo Tecnico “E. Fermi – C.E. Gadda”, Napoli, Italy
7. Gennaro Equestre, IT IS Polo Tecnico “E. Fermi – C.E. Gadda”, Napoli, Italy
8. Francesco Brancaccio, IT IS Polo Tecnico “E. Fermi – C.E. Gadda”, Napoli, Italy
9. Andrea Pio Megna, IT IS Polo Tecnico “E. Fermi – C.E. Gadda”, Napoli, Italy
10. Luigi Mecheri, IT IS Polo Tecnico “E. Fermi – C.E. Gadda”, Napoli, Italy
11. Vilma Mingailienė, Joniškis “Aušros” gymnasium, Joniškis, Lithuania
12. Kristina Judžentytė, Joniškis “Aušros” gymnasium, Joniškis, Lithuania
13. Ingrida Jakienė, Joniškis “Aušros” gymnasium, Joniškis, Lithuania
14. Elinga Norkutė, Joniškis “Aušros” gymnasium, Joniškis, Lithuania
15. Eglė Paulikaitė, Joniškis “Aušros” gymnasium, Joniškis, Lithuania
16. Naglis Teresas, Joniškis “Aušros” gymnasium, Joniškis, Lithuania
17. Tautvydas Kulycius, Joniškis “Aušros” gymnasium, Joniškis, Lithuania
18. Hakan Baba, Yasemin Erman Balsu Anadolu Lisesi, Gazientep, Turkey
19. Yasemin Karamaḡrali, Yasemin Erman Balsu Anadolu Lisesi, Gazientep, Türkiye
20. Ali Hamza  Çelik, Yasemin Erman Balsu Anadolu Lisesi, Gazientep, Türkiye
21. Mustafa Berf  Polat Yasemin Erman Balsu Anadolu Lisesi, Gazientep, Türkiye
22. SadiK Alperen  Yurtyapan, Yasemin Erman Balsu Anadolu Lisesi, Gazientep, Türkiye
23. Akın  Subaşı, Yasemin Erman Balsu Anadolu Lisesi, Gazientep, Türkiye
24. Ionela-Lacramioara Iacob, Liceul “Gheorghe Tatarescu”, Rovinari, Romania
25. Elena-Roxsana Guia, Liceul “Gheorghe Tatarescu”, Rovinari, Romania
26. Nicolae-Gabriel Cipoeru, Liceul “Gheorghe Tatarescu”, Rovinari, Romania
27. Alexandru-Cristian Gheorghe, Liceul “Gheorghe Tatarescu”, Rovinari, Romania
28. Yanis-Gabriel Tenchea, Liceul “Gheorghe Tatarescu”, Rovinari, Romania
29. Cristi-Adrian Serban, Liceul “Gheorghe Tatarescu”, Rovinari, Romania