

# Erasmus + Take Care! Sustainable children - sustainable Earth

the alphabet  
of balanced  
nutrition



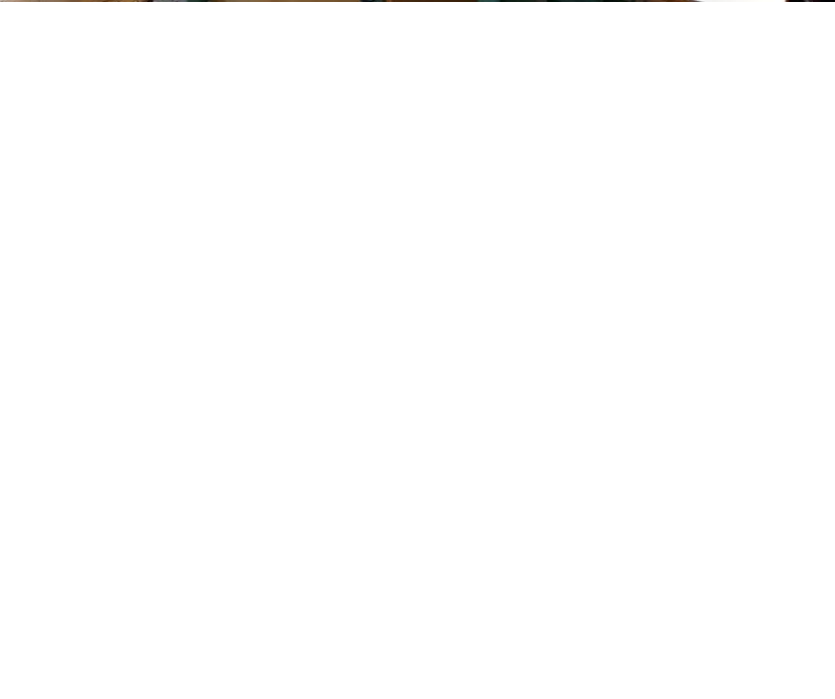
21<sup>st</sup> Primary School of Athens "Lela Karagianni"

Students of 4<sup>th</sup> grade welcome the AB (Alphabet) of balanced nutrition



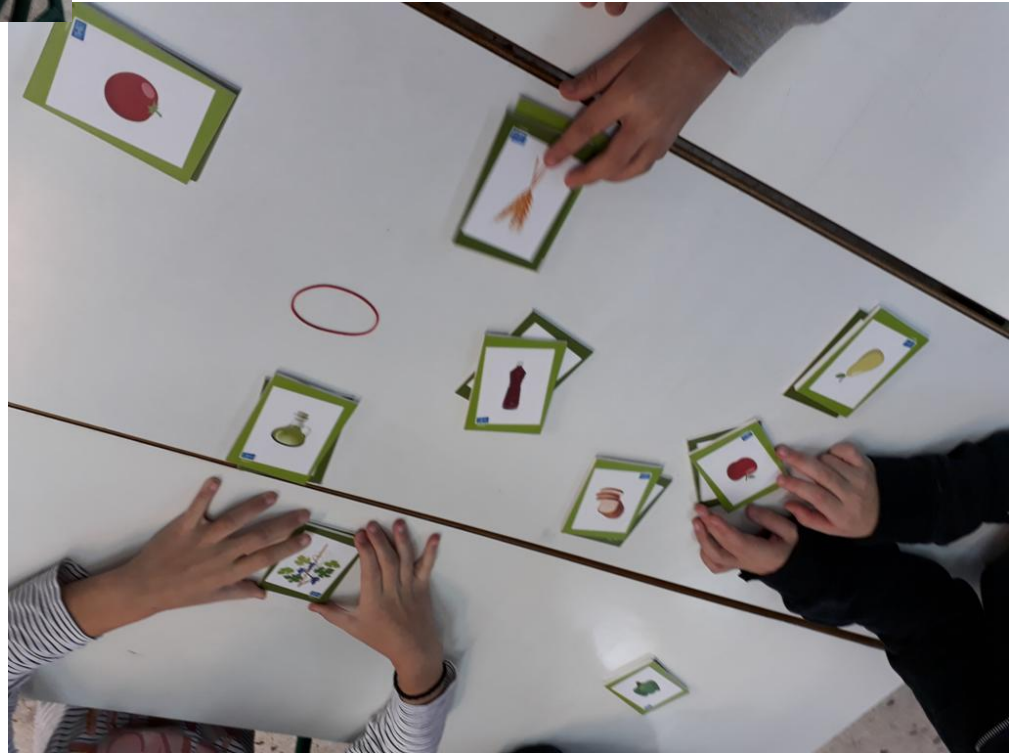
Through experiential activities and games, children discover the nutritional value of food, become aware of the Mediterranean diet, understand the journey of food and become familiar with healthy choices.







students match the trees  
with their fruits



they make food groups  
with their vitamins



















They make the productive map of Greece





# TABLE GAME FOR FOOD SEASONALITY





# play with the “snake of healthy diet”

Τετάρτη 29 Ιανουαρίου 2020 / 29.1.2020  
 Προστακτική ενδυνάμωση Προστακτική αγωγή  
 ΠΟΤΙΣΕ - ΠΟΤΙΖΕΤΕ ΠΟΤΙΣΕ ΠΟΤΙΣΤΕ  
 αγάπη - αγάπη

Προστακτική να σκαλίσω  
 Εγώ φάγω ψάδια (Α)  
 Εγώ ποτίζω, ποτίζω, ποτίζω (Ξ)  
 Καλημέρα! (Ε)

οριστική  
 προστακτική να  
 προστα





# healthy cereal recipes

