



# \*Green is Healthy

Etwinning project  
Sch.year 2022-23  
2nd Model Junior High School of Volos



# Twinspace: Ο διαδικτυακός μας χώρος

The screenshot displays a web browser window with the URL <https://school-education.ec.europa.eu/en/etwinning/projects/green-healthy/twinspace>. The page header includes the European Commission logo, language options (English), a mail icon, and the user name CATHERINE KARAGEORGOU. The navigation menu contains links for Home, About, Insights, Development, Recognition, Networking, and eTwinning, along with a search bar. The main content area features a green background with a 'TwinSpace' header and a project titled 'Green is healthy'. The project description states: 'Our planet has given us signs that it is necessary to rethink some human habits in order to reduce consumption. As an agent of change, schools need to raise young students' awareness by presenting possible alternatives, showing new attitudes or behaviour, and presenting a healthier and more sustainable diet. It is in our hands to make the difference. Through collaborative work, project methodology, and practical activities, school partners will: Develop key 21st-century skills and competencies; Enhance active and collaborative teaching and learning methodologies; Improve foreign language skills; Increase pupils' autonomy and responsibility; Promote academic success; Apply questionnaires in Forms to learn about students' eating habits and their knowledge about local agriculture, analyse results and define action strategies; Develop activities that promote the knowledge, the use, and the promotion of organic food products; Creating a small vegetable and herb garden at our school; Raise awareness about the importance of adopting a healthy diet, and promote students' active participation.'

# Σχολεία-Συνεργάτες του έργου

Portugal, Madeira: Escola Basica dos 2o e 3o Ciclos de Canico

Spain, Villacastin: CEO EL Mirador de la Sierra

Turkey, Balikesir: Hasan Akin Anatolian High School of Burhaniye

Italy, Catania: IIS Marconi Mangano

Greece, Volos: 2<sup>nd</sup> Model Junior High School of Volos

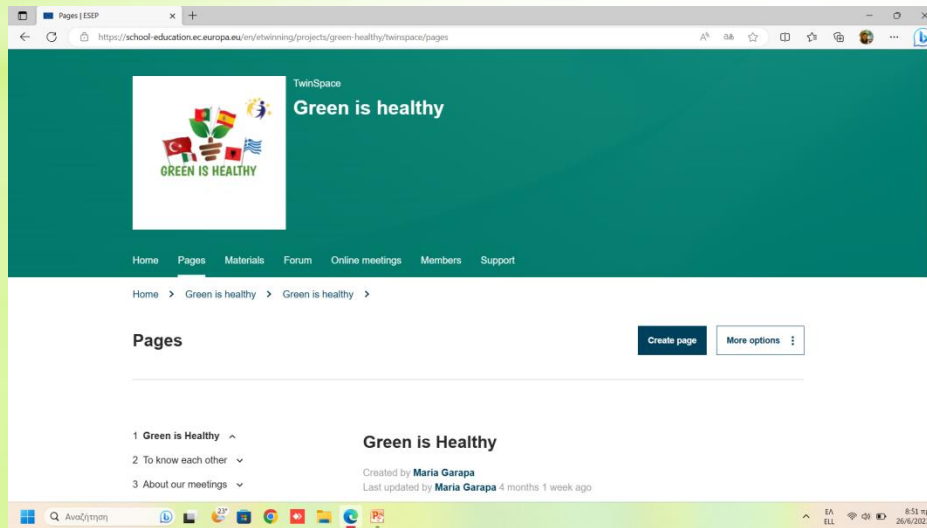


# \* Η ομάδα μας

- Δαμασιώτη Αριστέα, A1
  - Ζούμπου Μερόπη, A1
    - Θάνου Μαρία, A1
- Κατσιούπη Φωτεινή-Αγάπη, A1
  - Κολοβού Ευγενία, A1
  - Λουλούδης Θεόδωρος, A1
  - Ξηρακιάς Ελευθέριος, A2
  - Φουρλής Χρήστος, A2
- Δεμερτζής Αλέξανδρος-Σωτήρης, A3
  - Βλασταρίδου Αγγελική, B1
  - Γράντζα Ξένια-Δέσποινα, B1
    - Καναλιώτη Μαρία, B1

# \* Η διαδρομή του έργου (etwinning project)

Κάθε μήνα αναθέτονταν στις ομάδες κάποια κοινή δραστηριότητα, την υλοποιούσανε οι μαθητές και η ανάρτηση των αποτελεσμάτων γίνονταν στην πλατφόρμα Twinspace



# \* Student's and Teacher's Presentation

Using the digipad application

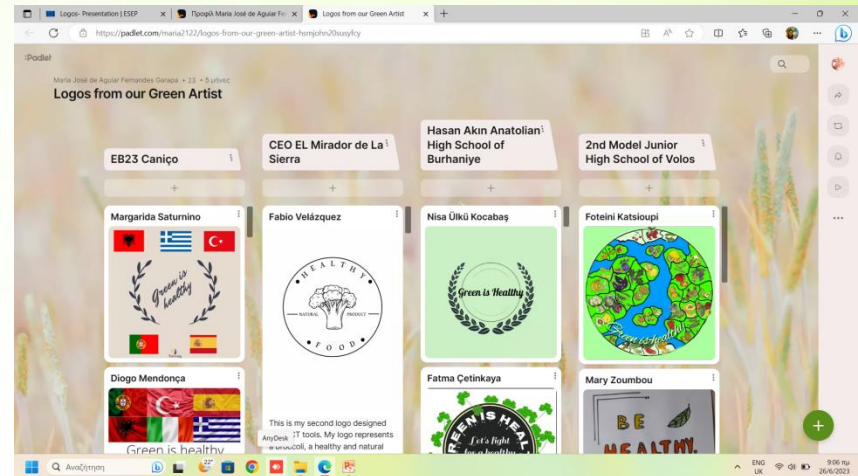
The screenshot shows a web browser window with the URL <https://digipad.app/p/232888/979b8ee4a405b>. The page title is "Presentation (Create an avatar, present yourself and tell us why is important to be healthy)". The interface is divided into several sections:

- STUDENTS FROM CEO EL MIRADOR DE LA SIERRA:**
  - ANDRIAN FOLESCU:** Hi, my name is Adrian Folescu, I'm 14 years old. I really like playing basketball because I'm very tall (1,95 m). My eating habits aren't very bad, I eat a lot of variety of food. I sometimes eat something sweet or some snacks, but I eat vegetables and meat too. My favourite food is steak (medium rare), chicken/fried chicken, pasta (carbonara/alfredo/bolognesa), salad, sparagus (the white ones), spinach, an others.
  - EVA ARCHILES:** My name is Eva, I live in Villacastin (Segovia) and I go to school C.E.O El Mirador de la Sierra. I eat al kinda of food,
- TEACHERS:**
  - MARIA GARAPA, EB23 CANIÇO:** Hello. I am a Math teacher at the EB23 do Caniço, Madeira Island. I believe that the School can leave the classroom and go further, thus making learning more meaningful for students. I love games, origami and working on projects where I can share a taste for math, robotics and environmental education. My favorite food is "Espetada", "Bolo do Caco" and "Milho Frito", it is a special dish in Madeira Island. <https://www.youtube.com/watch?v=7WanFdsA0g&t=1s>
- STUDENTS FROM HASAN AKIN ANATOLIAN HIGH SCHOOL OF BURHANIYE:**
  - NISA ÜLKÜ KOCABAŞ:** Hello, I'm Nisa Ülkü. I am 14 years old. I am 1.60 cm. I like playing video games, painting, sleeping, listening to music, eating and cooking. My favorite food is french fries. My favorite traits are tolerance, maturity, respect and kindness. My favorite colors are lilac and black.
- STUDENTS FROM 2ND MODEL JUNIOR HIGH SCHOOL OF VOLOS:**
  - MARY ZOUMBOU:** Hi! My name is Mary and I'm 12! am a pupil in the Junior High School of Volos, Greece. Below is an avatar of me. I enjoy playing video games and drawing. My favorite foods are pizza, burgers, and everything of these kinds and my favorite drink is ice tea and coca cola. But unfortunately, I cannot eat these very often. I decided to sign up to the etwinning program in order to meet other students from around the world and to learn how to have a healthier lifestyle. I believe that exercise and healthy food are very important because they help people to live longer, feel better and they also help to fight off illnesses.

The interface also features a search bar, a home button, and a sidebar with navigation options. The bottom of the page shows a Windows taskbar with the date 26/6/2023 and time 9:02.

# \* Logos presentation and voting

The winner logo of our project



# \* Creation of a questionnaire about teenagers' eating habits

After a discussion about eating habits and routines, the need was felt to create a questionnaire to analyse and compare the results. The pupils from all schools suggested questions that were presented in a questionnaire using the **google forms** application

Students from our school answered the questionnaire we have prepared for the eating habits

[The eating habits of Greek Teenagers - Φόρμες Google](#)

These are the results:

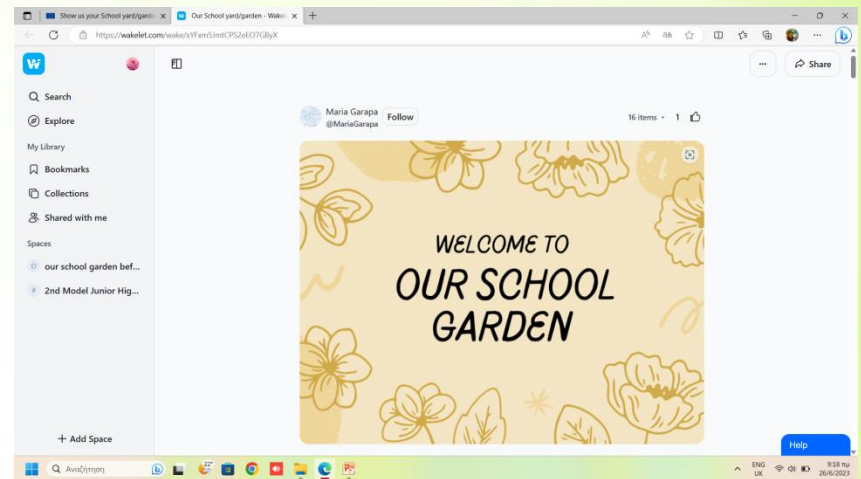
[The eating habits of Greek Teenagers - Φόρμες Google](#)





# \* Show us your school garden/yard

Using the wakelet application



## \* December: Challenge of the month

Each country chose 2 months of the year and decorated the page corresponding to that month with a recipe. The recipe could be a traditional dish from their country, but they could also choose a healthier recipe.



December | ERP

calendar\_2023.pdf

Recipe: Ntakos

**Ingredients**

- a loaf of stale bread
- 2 chopped tomatoes
- 500gr Greek Feta cheese
- 20gr olive oil
- dried (or fresh) oregano
- salt

**How to prepare**

1. Cut the bread in slices and toast them
2. Place them in a big plate
3. Sprinkle some olive oil on them
4. Spread the tomatoes on them
5. Cut the feta cheese in small pieces and put it on
6. Sprinkle the rest of the olive oil on them as well as the oregano

**May**

Su	Mo	Tu	We	Th	Fr	Sa
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

December | ERP

calendar\_2023.pdf

Recipe: Banana ice cream

**Ingredients**

- 2 frozen sliced bananas
- 2 tablespoons of yoghurt
- 2 teaspoons of honey
- 1 teaspoon of cinnamon
- dark chocolate in Bales

**How to prepare**

- Put 2 bananas in slices in the freezer for 2 hours
- Cut them in small pieces in a blender
- Mix the yoghurt with the honey and add it to the bananas
- Add some cinnamon
- Sprinkle some flaked chocolate in the mixture
- Mix them all together to make it smooth

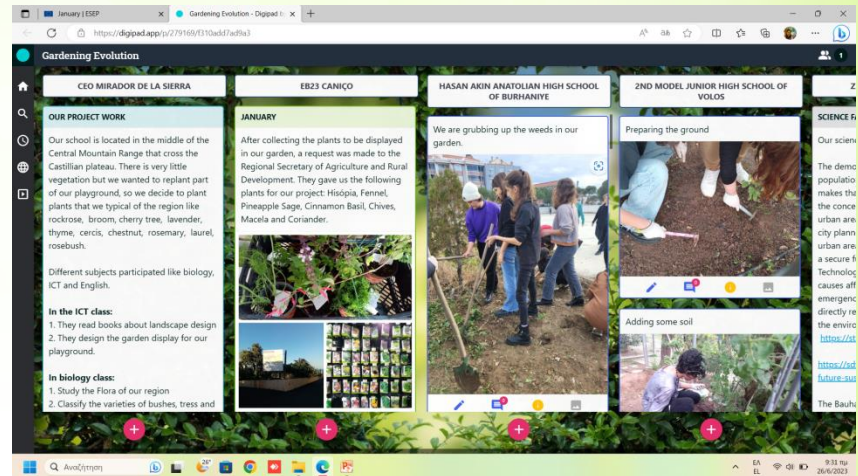
**July**

Su	Mo	Tu	We	Th	Fr	Sa
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

\* Our suggestions

# Gardening Evolution

Using the digipad application

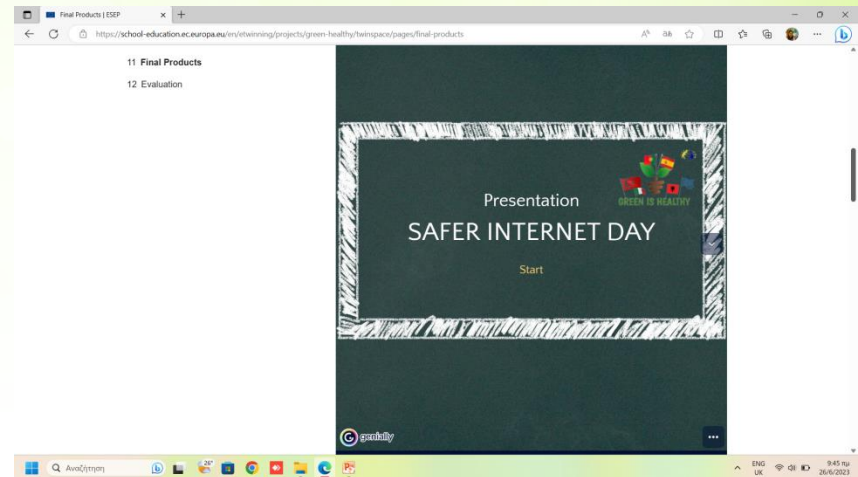


# \* February: Celebrating Safer Internet Day

Challenge of the month

Create posters, videos, powerpoints  
with advice on how to surf the internet  
safely

Using the **genially** application



#SAFER  
INTERNET DAY  
2023



**SAFE INTERNET TIPS**

**TIP No1**  
Do not use information from your details in your passwords so they can not be easily hacked

**TIP No2**  
Do not enter pages that are sent a message in advance that they may not be safe

**TIP No3**  
If you are on a website and you get a message saying you've won or excelled at something, without perhaps saying what, exit the website immediately and never click 'learn more' or 'claim your gift here'

Made with PosterMyWall.com  
Getty Stock

Here are some simple ways you can **connect. reflect. protect.**

**Connect safely**

- Keep your personal information private on apps and games
- Only share passwords with trusted adults
- Be kind and caring to others online like you are in person

**Reflect before you act**

- Think of others' feelings before you post, like or share content
- Ask someone if it's OK before you take or share a photo or video of them
- Be curious and ask questions about what you read or watch online

**Protect yourself and others by taking action**

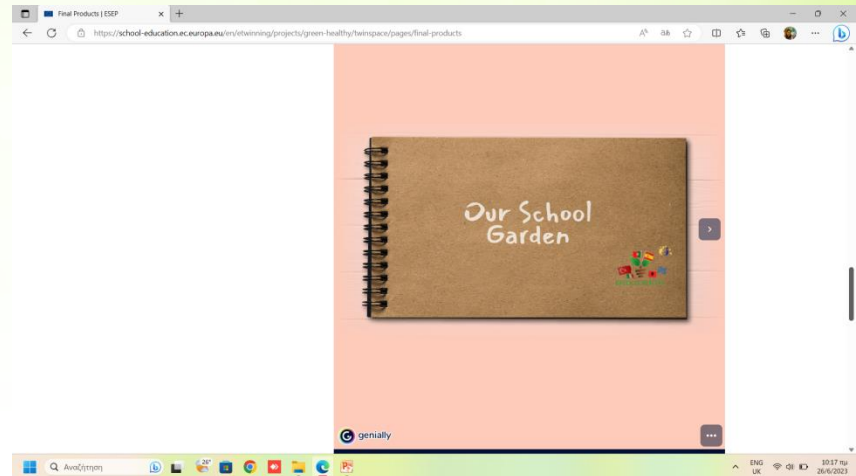
- Be a supportive friend if you see someone who needs help online
- Ask a trusted adult for help if something doesn't feel right.

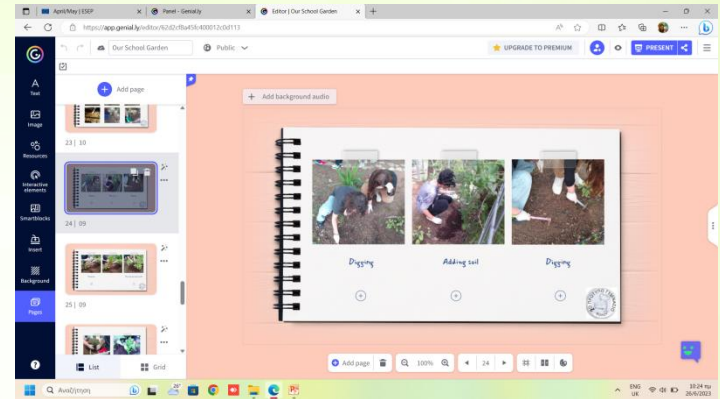
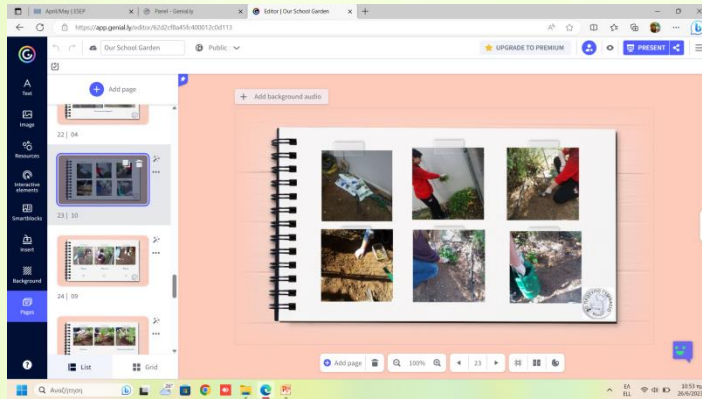
\*Some of our suggestions

# \* Our School garden

Creation of a photo album with the progress of the school gardens of all the schools involved in the project

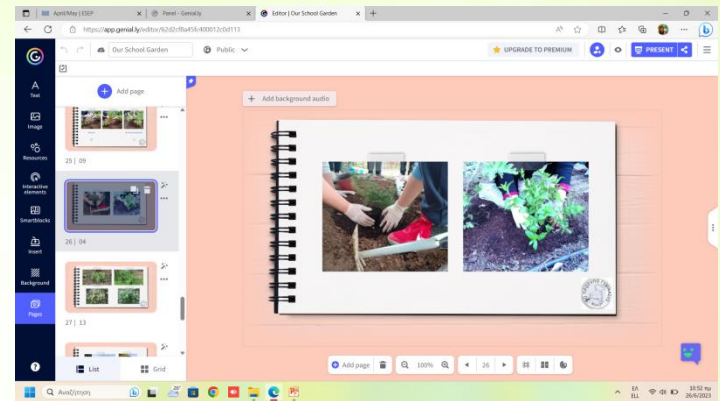
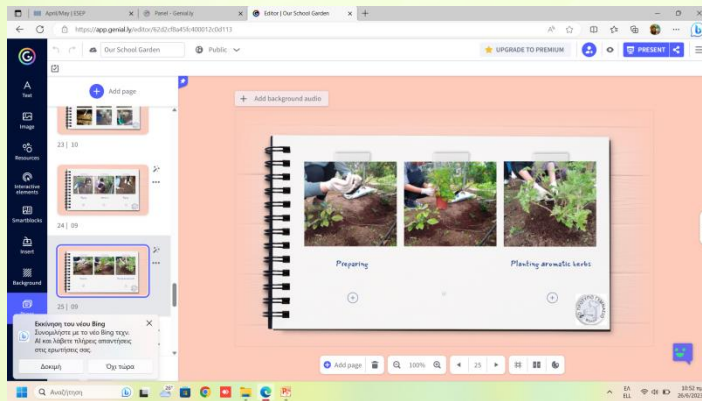
Using the genially application





\*Some of our photos



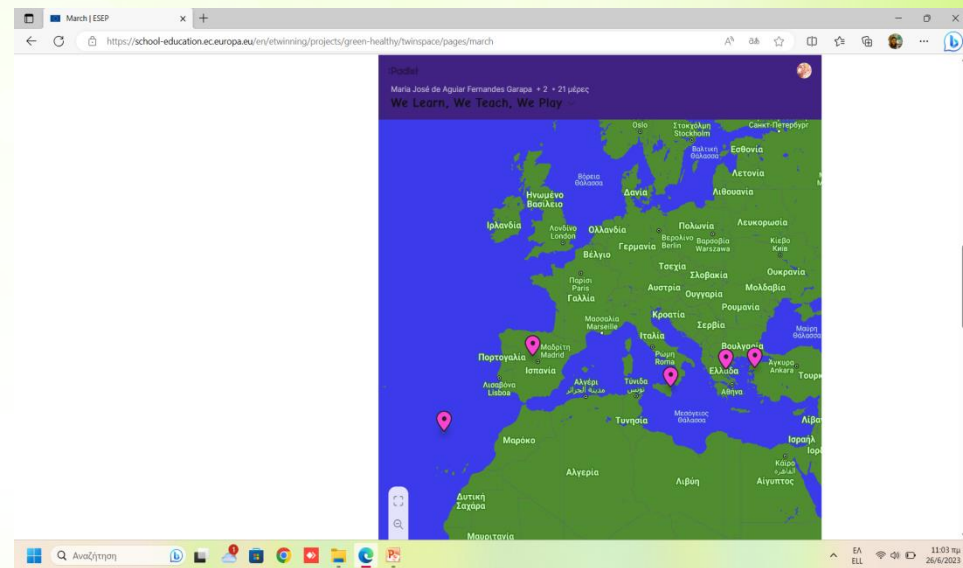


\*Some of our photos

## \* April-May: We learn, we teach, we play

During these months the students from the various schools prepared the themes and in the online meetings, we had the opportunity to learn from each other. In this kind of collaboration, the themes were chosen by the students, the way of presentation and the tools to be used. These were very important and significant learning moments in the lives of our students. Congratulations to all!!! The students were excellent teachers.

Using padlet/canva/powerpoint applications



# Green is Healthy



2nd Model Junior High School of Volos

Final Presentation:

**Honey : Myths or Facts**

\* Our team's  
presentation

## \* Βιωματική ενημέρωση για το μέλι

Πριν η ομάδα ξεκινήσει την εργασία-παρουσίασή της για το μέλι ενημερώθηκε βιωματικά από την γεωπόνο κ. Κική Σταματίου που με πολύ χαρά δέχτηκε την πρόσκλησή μας. Η ομάδα ενθουσιάστηκε

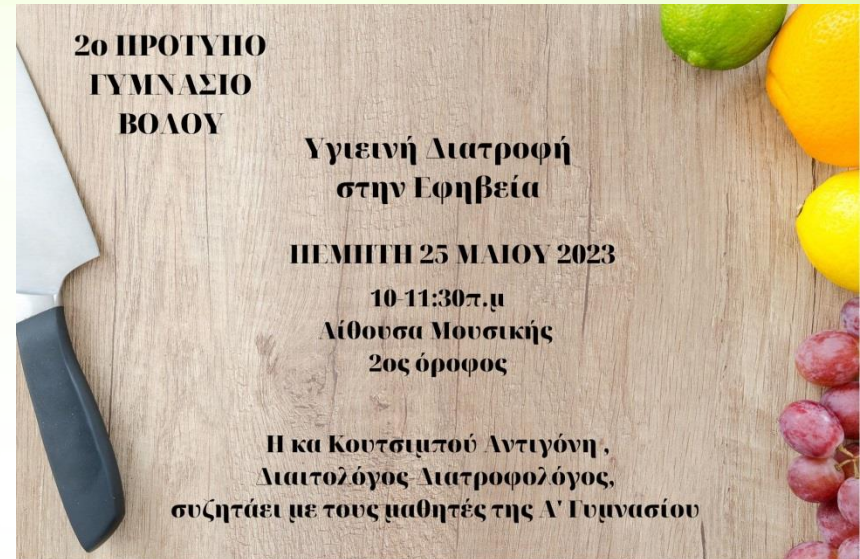




\* Βιωματική προσέγγιση

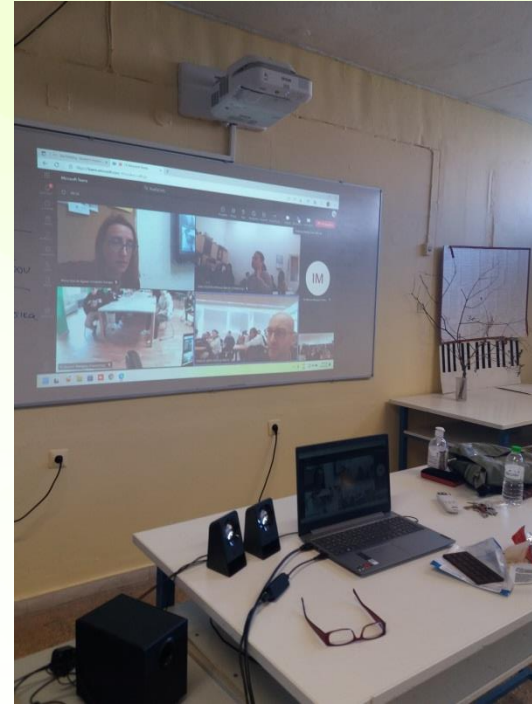
# \*Υγιεινή Διατροφή στην Εφηβεία

Παρουσίαση των αποτελεσμάτων της έρευνας των μαθητών της ομάδας Etwinning στους μαθητές του σχολείου και συζήτηση-ενημέρωση με την Διαιτολόγο-Διατροφολόγο κ,Αντιγόνη Κουτσιμπού





\* Συζητώντας με την ειδικό σε θέματα διατροφής επιλύθηκαν απορίες των μαθητών



\* Some photos from the  
online meetings



\* Οι μαθητές δημιουργούν και βιντεοσκοπούν



Melomakarona

<https://www.youtube.com/watch?v=uqJBXjZbJdY&t=3s>

Pasteli

<https://www.youtube.com/watch?v=W450JYNvhc&t=13s>

Banana ice cream

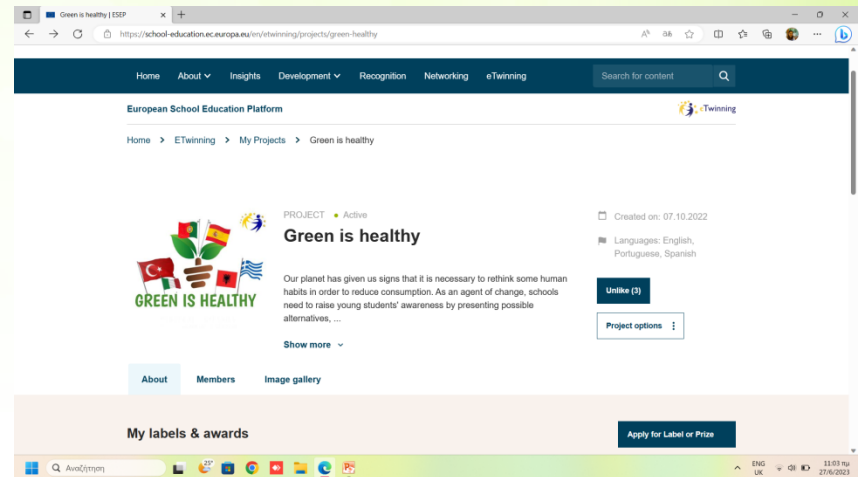
[https://www.youtube.com/watch?v=Y1gg5\\_6ALYU](https://www.youtube.com/watch?v=Y1gg5_6ALYU)

## \* Πρόταση για πρόγραμμα Erasmus

Τέλη Μαΐου επισκέφτηκαν το σχολείο μας οι Ιταλοί συνεργάτες μας στο φετινό πρόγραμμα Etwinning του σχολείου μας για να συζητήσουμε μελλοντική συνεργασία των μελών του προγράμματος μετά από τη φετινή άψογη συνεργασία



\* Αίτηση για Εθνική  
Ετικέτα Ποιότητας  
National Quality  
Label





Our Etwinning  
certificate



**Καλό καλοκαίρι, Happy  
Team!!!**