

## Slow food vs junk food



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## A proposito del progetto

The overeating of fast food among teenagers is widely extended these days in this hustling world we live in and it becomes an issue to be worried about. As for this reason, a profound reflection on the matter is paramount. With this project we intend to raise awareness of the importance of having a balanced and healthy diet promoting the philosophy of the concept of “slow food” in contrast to the fast food predominance.

Not only does it turn out to be essential to eat attentively, but to value specially quality and therefore taking into account where the ingredients come from, raw food and the process of cooking it.

### OBIETTIVI

- 1- To improve our students' oral and written skills in English.
- 2- To know the main features of another European country.
- 3- To think over the importance of a balanced diet for a healthy life
- 4- To appreciate the heritage of the three countries involved.
- 5- To improve our students' digital skills and foster the use of the ICTs for academic purposes.
- 6- To be aware of the dangers of overeating junk food
- 7- To change eating habits among teenagers
- 8- To know some basic words and expressions in different European languages, above all vocabulary related to the subject matter of the project
- 9- To acquire a sense of “being European” as a sign for personal identity
- 10- To gain awareness and respect about diversity, beliefs and different cultures within the European Union framework.

## **PROCEDURA DI LAVORO**

The project will be structured according to the following working plan:

The project is to be started this very year with some activities to get to know each other and the idea is to work with the group-reference once a week, being developed along 2019-2020 academic year.

The project diary will guide the working process for teachers and students and the twinspace will host all the tasks accomplished.

There will be 3 units of study to be carried out, namely:

Getting to know each other (during last term of this academic year),

Slow food versus fast food (along 2019-2020 year)

Taking action (along 2019-2020 year)

## **RISULTATI ATTESI**

With the achievement of this project we intend to create a link between the participating schools exchanging educative experiences which might lead to a future Erasmus plus association involving mobilities of teachers and/or students.

Another expected fact is the participation and implication of the bulk of the educative community despite their teaching area.

Dealing with the contents of the project itself the main aim is to change our teenagers' eating habits and raise their awareness of the importance of a healthy diet based on the principles of the "slow food" movement"