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**Erasmus+ Programme KA229 - School Exchange Partnerships**

## **PUBLICITY AND NUTRITION**

### **4th Learning – Teaching – Training Activity in Latvia 9 – 13/05/2022**

During the LTT activity in Poland the coordinators of the 4 countries held two meetings.

On the first day of the mobility teachers held a meeting while the students were making tour of the city and doing icebreaking activities. The second one was held on Friday, the last day of the mobility.

In the meeting, we talked the activities performed so far and the details of the activities to be performed during the mobility. The coordinator reminded the decisions we made together in the kick-off meeting in Brussel. The rules of EU visibility were reminded for the project products. Each country is supposed to send all the activities 'details, photos, videos (for YouTube channel) or ppts to Latvia to be included in E-book.

**Mobile app** with questions about food marketing and healthy diet. All countries sent their questions. Each country paid 70 Euro for Mobile App cost. is in process. **Greece leads** the activity

**Observing food rotting** Students Kept a diary of the changes observed, prepared PPT or video. They were uploaded in e-twinning platform

**Glossary of food terms** in English and the 4 partner languages. e-Book in printable format. 50 words max. All partners contribute. **Latvia** leads the activity. The missing parts of Glossary activity was discussed and missing part was given to Poland to be completed.

**eBook of activities.** All activities should be sent to **Latvia** by the coordinators of activities with all relevant materials: description, goals, instructions, result products and video links (if applicable). The question is: **Has Latvia got all the materials from the meeting in Greece back in February 2020 and in Poland, October 2021?**

**Website:** It needs to be enriched with more information: description of schools, descriptions of LTT activities with photos etc. The missing documents and data (PPTs of school, city, country and educational system of each country) for website were demanded from each country. **Poland** is in charge of the website.

**YouTube channel.** **Latvia** is in charge of creating it so that videos related to partner activities and LTT activities are uploaded. Videos to be uploaded on Youtube channel must include project and EU logos.

**Facebook account.** **Turkey** is in charge of updating it with information but all partners are expected to post their own Erasmus+ activities on it. It was said to be enough

**Mobility tool** (that wasn't discussed). Everyone should check and register LTT Activities – otherwise they will have problems receiving the Erasmus+ grant. Also, titles, descriptions and dates of activities performed at schools, within the Erasmus+ grant, should be sent to **Greece** to be uploaded on the Mobility Tool.

Final Questionnaire: Greece will adapt and send the post questionnaire to the partners. 25 participant students from each partner school should take part in the post questionnaire.

**Carbon Footprint** . Greece led the activity and divided the students into groups. The groups used that link ( <https://www.carbonfootprint.com/calculator.aspx>) and tested how much carbon foot print they produce and discussed their results. Greece handed out **Worksheets** and made them answer it. They proposed solutions, advices on how we reduce carbon footprint

**Picnic by the lake.** It was led by Latvia. The students were divided into groups and each group was given 20 Euro. They did shopping for the meal they would make for the picnic activity. They needed to buy health and nutritious food considering labels and footprint it produces. After shopping, they prepared their healthy food and each group prepared a poster on which they wrote their group's name, what and how they prepared their meal and wrote the list of additives and lists of expenses. They presented their food and poster and the jury (one teacher from each country and a cook hostess). The jury asked some questions and then tasted their meal and made a decision which group got the first rank.

**Chemistry lab (led by Latvia):** The activity event was held in In Jelgava-Latvia University of Agriculture- Faculty of Food Technology. The students studied the chemical composition of food and had chance to see Product development process. A Lecture on nutrition facts was given. We worked on practical groups to get acquainted with designs of drinks and test our sensory ability.

**Dates for the LTT activities in last meeting for final report:** If every country had enough money left for the final meeting, a meeting would be organized in a country where European Parliamentary on 4-6 July 2022

**Letter to consumers' union or other relevant authorities (till July).** Students will write a letter on what they would like to complain about label of food product and what kind of information should be included in food packages so that the consumers can't be manipulated.

## **4<sup>th</sup> meeting – Evaluation of the LTT Activity in Latvia**

### **Greece**

The most of the activities were interactive. In some (in guided tour) students got bored. Especially waste factory tour, some students don't like it as the guide made very detailed and long explanations. In a day there were so many activities, more free time could have been given. Some even didn't have time to discover Cesis. In tours, time couldn't be managed very well. The students learnt many things in picnic activity: how to manage to spend money, go to supermarket, choose healthy food considering carbon footprint. Carbon footprint activity was not made as it was planned, but the students managed to produce sth. Thank you, Latvia, for the hospitality.

### **Turkey**

The activities we liked most were picnic and lab in university. Both were so inclusive, interactive and interesting. We all teachers and students were included in these two activities and learnt many things. On Friday closing ceremony, music, dances were also enjoyable

On the other hand, the program was so full and in the three days, there were activities more than needed. Time management and gathering group in the activities were not good enough. Thank you to all the teachers in Latvia for their effort.

### **Poland**

Pedagogical aspect of the activities was satisfying. The activity we enjoyed most was Bread House activity. As all teachers and students were included in the activity, they all enjoyed a lot. Host women there were very welcoming. Most of the activities were interesting and involving. Lab activity was very interesting as it included all sense of our body. Thank you Latvia for the hospitality.

### **Latvia**

**Thank you for coming. For us** , age difference was a problem as students age range is 15-19. They said they had difficulty in finding common interests. Our students got amazed at Getline company (waste factory). We tried to do our best and we hope you enjoyed your stay here one week