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HEALTHY LIFE CALLS YOU
NOW IS TIME TO MOVE

e-book

ERASMUS+ PROJECT "Healthy Life Calls You/Now is Time to Move"

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INDEX

Healthy life and healthy eating: from eating addiction to substances and food to the right choices **page 3**



Climate change matters! Recycling, production processes, organic and inorganic growing **page 16**



Physical activities and well being: sport and outdoor activities **page 22**





Healthy life and healthy eating



Introduction



Adolescence (from ages 10 to 19) is a very important and delicate phase of life between childhood and adulthood, in this delicate stage of human development it takes place the foundation of good and healthy life style .

Due to the rapid physical, cognitive and psychosocial growth, life style, physical activity and nutrition are foudamental.

Despite being thought of as a healthy stage of life, in the adolescence years occur significant cases of illness, injury and even death, preventable or treatable.

Actually, to be more physical and mental healthy it is important to think about:

- knowing what are the body needs;
- changing some life style behaviours;
- eating healthier and more sustainable food;
- being more active.

Knowing what are the body needs



Healthy eating in childhood and adolescence is important for proper growth and development and to establish a healthy foundation for future dietary habits.

The main critical aspect of the dietary plans was related to the invariable consumption of food with high energy density (junk food) and sedentary life style, etc.

The most important Italian agri-food research legal entity ***CREA*** gives people recommendations fixing the average intake of nutrients and energy. Above all for teens' population, it is really and unmistakably important choosing the best foods that could provide an adequate intake of calcium and iron, good quality proteins and essential amino acids.

Changing some life style behaviours



Adolescence is a challenging time to intervene to improve health behaviours for both psychological and physiological reasons. Adolescents find it difficult to engage with the long-term consequences of their lifestyle choices, such as not healthy eating (high in sugar and fat food-content) and being less active (spending an average of 20 h a week online using their smartphone).

On this purpose, the UK Government decided not to expose children to TV adverts for junk food products anymore. For this reason, from October 2025, ads not suitable for children cannot be shown before the watershed (on television will only be allowed past 9:00pm) as part of plans to curb childhood obesity.

Eating healthier and more sustainable food and being more active



The contribution to global environment is the key element of the European Union's new "Farm to Fork strategy". That's a pivotal component of the European Green Deal to improve the nutritional status and health of EU citizens by reaching climate neutrality by 2050.

To get these goals, the Mediterranean diet (MD) could play an important role. Actually it has been recognized as UNESCO Heritage and has been awarded several times as the healthiest (in 2025 by US News & World Report and other experts).

It is a diet rich in plant-based foods (cereals, fruits, vegetables, legumes,...) with moderate consumption of fish and seafood and eggs, poultry and dairy products but low consumption of red meat. Extra-virgin olive oil is used as the principal source of added fat.

It suggests to drink a lot of tap water possibly; to drink very little of alcoholic beverages (a glass of red wine); to eat fresh, seasonal and local food (0km); to use slow and easy cooking methods; to eat enjoying meal with conviviality and last but not the least to practice some physical activity....

Well being is also due to a more active life style and for this reason physical activities become a focus point. In fact, in September 2023, the Italian Constitution was amended to explicitly recognize the educational, social, and psychophysical value of sport activity (amendment added to Article 33 of the Italian Constitution).

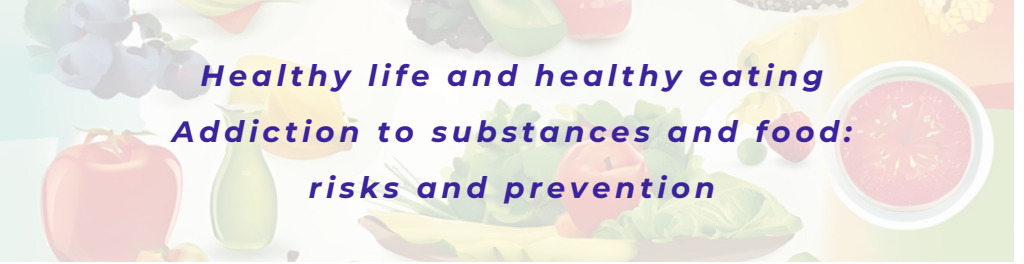
Healthy life and healthy eating
Addiction to substances and food: risks and prevention



After analysing different scientific sources reporting bad behaviours among teens (“*Save the children*” articles, statistics, the negative results of the working in progress of the Agenda 2030, articles on newspapers and magazines, ...),
Students worked on comparing different experiences from the different partner countries and debated on the right choices referring to the topics:

- unhealthy food- junk food;
- addiction to alcohol, drugs and smoke;
- addiction to digitalization.

In particular in Italy the participants understood the importance of a suitable diet and healthy physical exercises. Partners shared learnings about their traditional food and cultural ways of serving. The mainstream eating guidelines referring to healtiest patterns of Med Diet and Food Pyramid, as well as My plate and Eatwell plate, were broadly debated.



Healthy life and healthy eating

Addiction to substances and food: risks and prevention

The transnational mobility helped students develop awareness and responsibility for their life and encouraged them to engage in physical activity in their free time, borrowing and exchanging good practices and technical knowledge.

Activities

The activities carried out in this section were:

- Gym activities with students and teachers in order to be focused on the importance of physical activities (tipycal local dancing and sports)
- Sharing the foundations of the Mediterranean diet and criteria of healthiness / weakness of alternative diets by students
- Knowing some local products from Laga montains that could be used for healthy recipes to be more healthy;
- Finding a motivational slogan/ advertising and promoting healthy life
- Knowing sustainable regional "Abruzzos' products and food culture;
- Debating about "Hard risks, related diseases, social determinants, health
- Cooking labs of traditional dishes will be experienced from different countries from tradition to innovation;
- Workshop of Turkish and Romanian students regional "Typical products and food culture".
- Debating and gaming with the main subjects of this section

Results

The participants understood the importance of a suitable diet and healthy physical exercises and learnt about European culture in the project subjects.

Partners learnt about their traditional food and cultural ways of serving realizing a ***typical menu*** with dishes from Italy, Romania and Turkey.

Turkish dish (starter)

Romanian dish (main dish)

Italian dish (dessert)

Participants were encouraged to engage in physical activity in their free time according to the Italian *CREA* guidelines. Analyzing the content they got aware of bad habits common to young people, the risks connected to alcohol abuse and unbalanced food intake.

Students developed awareness and responsibility for their life and health. By working together students had the experience of achieving mutual integration and interdependence of learning about the right choices and the mainstream eating diets .

All the info related to this topic can be visited accessing the following link of the project website:

https://movement4health.altervista.org/italy/activities-in-italy

Results

Turkish dish (starter) Zucchini Fritters (Kabak Mücver)

Ingredients:

- *2 medium zucchinies (grated)*
- *2 eggs*
- *½ cup flour*
- *½ bunch of parsley (chopped)*
- *2-3 green onions (chopped)*
- *100 g feta cheese or white cheese (crumbled)*
- *salt and pepper*
- *½ teaspoon baking powder*
- *vegetable oil (for frying)*

Instructions:

1. Grate the zucchinies using a large hole grater.Put them in a bowl and sprinkle with a little salt.wait 15 minutes to release their water
2. squeeze out the liquid from the grated zucchini using your hands
3. add the other ingredients and mix until well combined.The mixture should be thick,not too watery.
4. Heat the oil in a frying pan over medium Heat
5. drop spoonfuls of the mixture into the hot oil and gently flatten them with the back of spoon.
6. Fry until golden brown on both sides.
7. Remove and drain on paper towels to remove excess oil.

Suggestion:

Serve warm or at room temperature, with yogurt or a dipping sauce if you like.

Enjoy your meal!

Results

Romanian dish (main dish) Polenta with Cheese

Ingredients:

- *250 g corn flour*
- *1 l water*
- *1-2 tablespoons salt*
- *200 g cheese (cottage cheese)*
- *50 g butter (optional)*
- *sour cream*

Instructions:

1. *Boil the water:*
   - *In a large pot, add 1 l of water and 1-2 tablespoons of salt.*
   - *Bring the water to a boil.*
2. *Add the corn flour:*
   - *When the water starts boiling, reduce the heat to medium.*
   - *Gradually add the corn flour, stirring constantly with a whisk or a wooden spoon to avoid lumps.*
3. *Cook the polenta:*
   - *Continue stirring and cooking the polenta for about 15-20 minutes, until it thickens and pulls away from the sides of the pot.*
   - *If you prefer a softer polenta, you can add a little extra water.*
4. *Prepare the layers:*
   - *Once the polenta is ready, let it cool slightly.*
   - *In a bowl layer a portion of polenta, followed by a layer of crumbled telemea cheese.*
   - *Repeat the process, alternating layers of polenta and cheese until all ingredients are used.*
5. *Finish and serve:*
   - *If desired, you can add butter on top of the last cheese layer and bake in the oven at 180°C (350°F) for 10-15 minutes until the cheese melts and becomes golden.*
   - *Serve the polenta with cheese warm, alongside sour cream if desired.*

Suggestion:

You can also add other ingredients, such as fried eggs or sausages, to enrich the dish.

Enjoy your meal!

Results

Italian dish (dessert)

Ingredients:

For the shortcrust pastry:

- *100 gr flour*
- *30 gr icing sugar*
- *50 gr butter*
- *25 gr eggs*

For the pâté a bombe:

- *80g granulated sugar*
- *35g egg yolks*
- *25g water*

Per la mousse

- *140 gr di patè a bombe*
- *300 gr di panna semimontata*
- *70 gr Pasta di nocciole*
- *2 gr colla di pesce*

For the icing:

- *100 g dark chocolate*
- *30 g hazelnuts*
- *35 g cocoa butter*

Instructions:

Once prepared the shortcrust pastry,it must be divided into molds, baked ithe oven at 180° for about 18 minutes

to prepare the patè, heat and bring water and sugar to 121° and pour into the kneading machine were there are the eggs and add the other ingredients. Divides the batter into cookie-cutters and place them into the blast chiller. Later you remove the patè from the cutter and cover it with icing chocolate as topping.

Enjoy your meal!

Climate change matters! recycling, production processes, organic and inorganic growing



Climate change matters! recycling, production processes, organic and inorganic growing

Climate change and its problems

Climate change is one of the biggest problems facing the world today.

It refers to long term changes in temperature rainfall, wind patterns and other elements of the earth's climate system.

Human activities, especially the burning of fossil fuels like coal, oil and natural gas, have increased the amount of greenhouse gases in the atmosphere. This causes the planet to warm up a process known as global warming.

The effects of climate change can already be seen. Ice is melting in the Arctic,sea levels are rising and extreme weather events such as hurricanes, floods and wildfires are becoming more common.

These changes affect both nature and human life. Animals lose their habitats and people face health risks, food shortages and economic problems.



Climate change matters! recycling, production processes, organic and inorganic growing

To fight climate change we must take action now. Governments, companies and individuals all have a role to play.

We can reduce carbon emissions by using renewable energy,saving energy, planting trees and changing our transportation habits. Every small step matters and together we can protect our planet for future generations.



Climate change matters! recycling, production processes, organic and inorganic growing

Sustainable Practices: Recycling,Productionand Agriculture

In today's World, sustainability is becoming increasingly important.

Three keys areas where sustainable practices can make a big difference are recycling, production processes and agriculture, specifically organic and inorganic growing.

Recycling plays a vital role in reducing waste and conserving natural resources. By recycling materials such as paper, plastic, glass and metal, we reduce the need for raw materials and energy consumption.

Production processes are also evolving.

Many companies are adopting eco friendly methods such as using renewable energy, reducing water usage and minimizing waste during manufacturing.

Organic farming avoids synthetic chemicals, focusing on natural fertilizers and pesticides control, which is better for soil, water and biodiversity.

Inorganic farming uses chemicals fertilizers and pesticides to maximize yield but it can harm the environment if not managed carefully .

Activities

- A presentation was prepared on Mediterranean eating habits and students were informed about healthy eating. After the presentation, foods prepared in accordance with Mediterranean eating habits were tasted.

- The students were taken to the volleyball court which is one of the indoor sports and while they were playing volleyball in groups, they were also told how healthy nutrition affects sports fitness.
  The contributions of team sports to physical and mental development, as well as individual sports were mentioned.

- A presentation prepared by experts on alchol and drug addiction was presented to students at the Maritime Museum.

Climate change matters! recycling, production processes, organic and inorganic growing

- During the presentation students were given Q&A session , their opinions were taken and suggestions were made.
  An activity was held with students on subject. Students were divided into groups and each group prepared a poster and wrote a slogan about substance and alcohol addiction and how can be prevented.

- Turkish foods were introduced to the students and then the students tasted the Turkish dishes. During the presentation, the stories of the food were told and the students were informed about its benefits to the body and where them were used in the past.

- Escape Room (game):In this game students are divided into mixed groups and aim to get out by completing the tasks given to them and finding the codes. This game has given students the ability to think in a coordinated way and work in groups.

Physical activities and well being: sport and outdoor activities





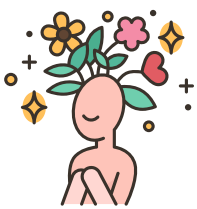
Physical activities and well being: sport and outdoor activities

Benefits of doing sports and physical activities



1. Improved physical health

- enhances cardiovascular fitness
- builds muscle strength and endurance
- aids in weight management
- improves flexibility and balance



2. Mental well-being

- reduces stress and anxiety levels
- boosts mood through the release of endorphins
- enhances self-esteem and confidence
- improves cognitive function and focus



3. Social connections

- provides opportunities to meet new people
- fosters teamwork and collaboration skills
- builds a sense of community and belonging
- encourages positive social interactions



4. Development of life skills

- teaches discipline, commitment, and time management
- enhances goal-setting and achievement skills
- encourages resilience and adaptability in facing challenges
- promotes leadership and teamwork abilities



5. Healthy lifestyle habits

- instills lifelong habits of regular physical activity
- encourages healthier dietary choices
- reduces the risk of chronic diseases (diabetes or heart disease)
- promotes better sleep patterns



Physical activities and well being: sport and outdoor activities

Benefits of doing sports and physical activities



6. Enjoyment and fun

- provides a fun way to stay active and relieve boredom
- offers a variety of activities to suit different interests and preferences
- allows for creative expression through movement and play



7. Connection with nature

- encourages outdoor activities that improve mental health
- fosters appreciation for the environment
- provides opportunities for adventure and exploration

8. Increased energy levels



- boosts overall energy and reduces fatigue
- improves stamina for daily activities
- enhances overall quality of life

Engaging in sports and physical activities provides numerous benefits that extend beyond just physical fitness. It contributes to overall well-being, personal growth, and a healthier lifestyle.

So, get out there and enjoy the many advantages of staying active! 🌟💪



Physical activities and well being: sport and outdoor activities

12 engaging INDOOR activities for teenagers

1. Hiking

Explore local trails and enjoy the beauty of nature. Hiking is a great way to get exercise while soaking in scenic views. Consider organizing a group hike to share the experience with friends.



2. Biking

Whether on road bikes or mountain bikes, cycling is a fun way to explore your surroundings. You can plan long rides with friends or just cruise around your neighborhood.



3. Team sports

Join or form teams for sports like soccer, basketball, or ultimate frisbee. Playing in local leagues or organizing friendly matches with friends can be both competitive and fun.



4. Rock climbing

Try out outdoor rock climbing at designated climbing areas. It's a thrilling way to challenge yourself physically and mentally while enjoying the great outdoors.



5. Kayaking or canoeing

If you have access to a lake or river, kayaking or canoeing is a fantastic way to stay active while enjoying the water. You can rent equipment or join a local club.



6. Beach volleyball

Head to the beach with friends for a game of volleyball. It's a great way to stay active while enjoying the sun and sand.





Physical activities and well being: sport and outdoor activities

12 engaging INDOOR activities for teenagers

7. Nature scavenger hunt



Create a scavenger hunt with a list of items or sights to find in a park or nature reserve. This can be a fun and interactive way to explore your environment.

8. Camping



Plan a camping trip with friends. Camping allows you to disconnect from technology, enjoy nature, and participate in activities like hiking, fishing, and stargazing.

9. Outdoor yoga or fitness classes



Find outdoor yoga or fitness classes in your community. Practicing yoga in nature can be incredibly relaxing an[illegible] is a great way to connect with others.

10. Gardening



Start a community or personal garden. Gardening is a rewarding outdoor activity that promotes teamwork, responsibility, and sustainability.

11. Geocaching



Join the modern-day treasure hunt by participating in geocaching. Use GPS to find hidden containers around your area. It's a fun way to explore while on a mission!

12. Running



Join a running club or participate in local fun runs. It's a great way to meet new people and stay motivated while getting fit.



Physical activities and well being: sport and outdoor activities

12 engaging INDOOR activities for teenagers

1. Dance parties

Organize dance sessions where teens can learn new styles or just freestyle to their favorite music. Consider hosting themed dance parties for added fun!



2. Indoor sports

Set up games like basketball, volleyball, or badminton in sports halls or multipurpose rooms. These sports can be played competitively or just for fun.



3. Yoga or Pilates

Offer yoga or Pilates classes to promote flexibility, strength, and relaxation. These activities can be great for both physical fitness and mental well-being.



4. Obstacle courses

Create an obstacle course using gym equipment, cones, and other materials. Teens can compete against each other or time themselves to improve their performance.



5. Fitness challenges

Organize fitness challenges, such as push-up contests, burpee races, or plank competitions. This can motivate teens to push their limits and stay active.



6. Martial arts

Introduce martial arts classes like karate, judo, or taekwondo. These activities teach self-defense while improving fitness and discipline.





Physical activities and well being: sport and outdoor activities

12 engaging INDOOR activities for teenagers

7. Indoor rock climbing

If available, take teens to an indoor rock climbing gym. Climbing is a great full-body workout that builds strength and confidence.



8. Group workouts

Offer group workout classes, such as Zumba, kickboxing, or circuit training. These classes can be energizing and provide a sense of community.



9. Virtual fitness

Encourage teens to participate in virtual fitness classes or challenges. There are many online resources for workouts, yoga, and dance that can be done indoors.



10. Scavenger hunts

Organize an indoor scavenger hunt that combines physical activity with problem-solving. Include tasks that require movement, like jumping or running to find items.



11. Team games

Play indoor games such as capture the flag, dodgeball, or tug-of-war. These games promote teamwork and make physical activity enjoyable.



12. Fitness apps

Use fitness apps that offer guided workouts, challenges, and tracking. Teens can follow along at their own pace and compete with friends.





Physical activities and well being: sport and outdoor activities

EFFECTIVE STRATEGIES
to encourage teenagers to participate in physical activities

Create a positive environment

- Foster an inclusive and supportive atmosphere where everyone feels welcome, regardless of skill level. Celebrate achievements, both big and small, to boost confidence and motivation.

Offer variety

- Provide a range of physical activities, including team sports, individual sports, dance, yoga, and outdoor adventures, to cater to different interests. Organize themed days or events.

Incorporate fun and games

- Use games and challenges to make physical activities enjoyable and engaging. Friendly competitions can motivate teens to join in. Implement fun fitness challenges or obstacle courses that encourage teamwork and camaraderie.

Lead by example

- Encourage adults to model active behavior by participating in physical activities themselves. Organize adults vs. teens games to foster school spirit and create a sense of community.

Provide incentives

- Offer rewards or recognition for participation, such as certificates, medals, or small prizes. Create a points system for participating in different activities, allowing teens to earn rewards based on their involvement.



Physical activities and well being: sport and outdoor activities

EFFECTIVE STRATEGIES

to encourage teenagers to participate in physical activities

Involve families

- Encourage parents to participate in activities with their children, such as family sports days or community fitness events.

Use technology

- Introduce fitness apps or wearable devices that track physical activity and allow teens to set goals and challenges. Create a social media group/platform where teens can share their fitness achievements and motivate each other.

Encourage peer leadership

- Empower teens to take on leadership roles in organizing and promoting physical activities, such as becoming captains of sports teams or fitness ambassadors.

Educate on benefits

- Provide information on the physical, mental, and social benefits of regular physical activity through workshops, presentations, or discussions. Highlight success stories of teens who have benefited from participating in sports or physical activities.

By implementing these strategies, you can create an environment that encourages teenagers to engage in physical activities and appreciate the importance of maintaining an active lifestyle.

Let's get moving!

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