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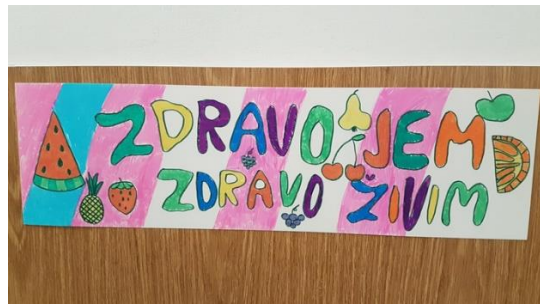


Erasmus +

Sustainable future: Learning from life for life!

FOOD EDUCATION

After our Kick Off meeting our Erasmus team decided to do questionnaire about knowledge of food our students have. We found out that although we are living in a rural setting students do not really know what local food means, where does it come from. We decided to talk first about this topic and clarify the facts. After that we were talking about food waste and how to decrease it. With students we decide to draw graffiti about food and food waste. Students enjoy drawing that and some of the graffiti were amazing. We put the bests into the dinning hall. (More drawings are in the gallery).





Since the beginning of the year we also offer our students different kind of fruits or vegetables each class break. Main goal is to encourage them to try new food. Once a week we also offer them different types of milk product.

Each month we are offering our students self-service breakfast. They are eating what they like and how much they like. Everytime we are talking about basics - eat only what you like and how much you can. This year our goal is also to have self-service breakfast without foodwaste.



15th of November we had Traditional Slovene Breakfast. It is a project that is hold in each Slovenian school, kindergarten, some companies. Our local beekeeper donate school honey. From local farmers we received homemade butter and bread, milk and apples. Students were introduced basic facts about bees and they sang very famous Slovenian song, hymn of bees and beekeepers. <https://www.youtube.com/watch?v=OlZEtORgR-g>



Our first grade students little bee toy Brumda visited them and spent morning with them.



Students from the 5th grade dedicated a whole day to a healthy food. Special activity day they have started with morning yoga.



After they were divided into three groups. One group was cooking healthy vegetable soup.



Second group was making vegetable risotto.



Third group was making fruit salad.



While cooking and preparing they also learned how to make place setting. They spent some time also to talk about good manners while eating. Special activity day they finished with early lunch they have made. They also talked about food waste and they carefully separate organic food.

After tidying the classroom students did prepare a short TV reportage about healthy living, how to wash hands properly and how to take care for teeth after eating. They also made questionnaire about that special activity day concerning healthy food.

Students from 5th grade called students from England. They had Skype conversation. They introduced to each other and have seen each others classroom. Conversation wasn't short and students enjoyed it a lot.

Year 2020 was different. All that Covid situation came and our food education was relocated to our homes. Children had to use their knowledge at their homes and they cooked as well. We also dedicated one day to special activities. We named that day as Healthy day. Children was given several tasks to do, for example cooking, baking, doing yoga, etc. At the end they were so proud and were sending us many pictures. They have proved that they are aware of meaning to be healthy by eating healthy food and making some sports as well. More photos in the gallery.

