

ERAMUS+



4STEPS4HEALTH

## VIRTUAL EXCHANGE „FACE TO FACE“

18.05.2021  
8.30-12.00

BEFORE OUR  
MEETING, PLEASE  
COMPLETE THE  
**FOOD DIARY!**  
SEE YOU SOON!



Announcement Poster

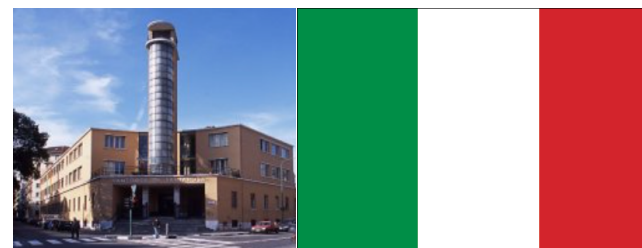
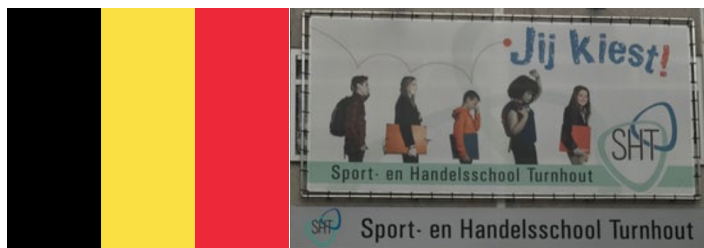


Project „4Steps4Health“

Video-Conference  
18th May 2021



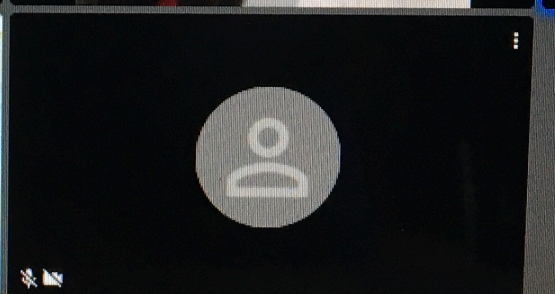
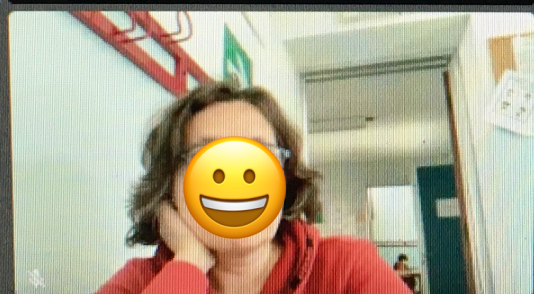
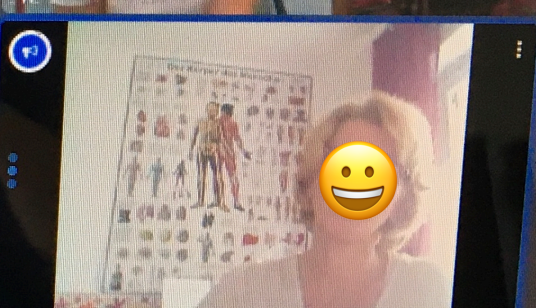
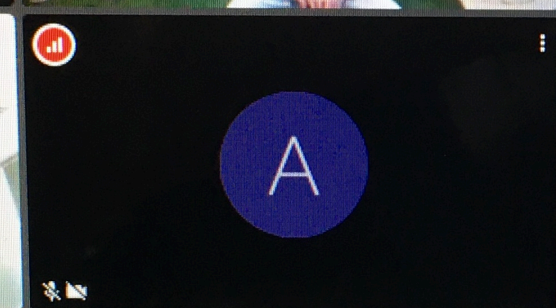
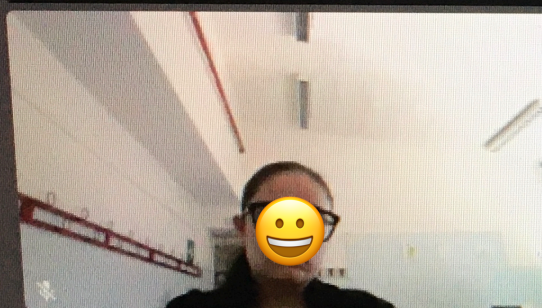
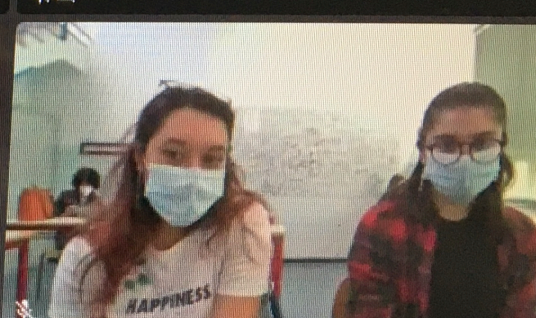
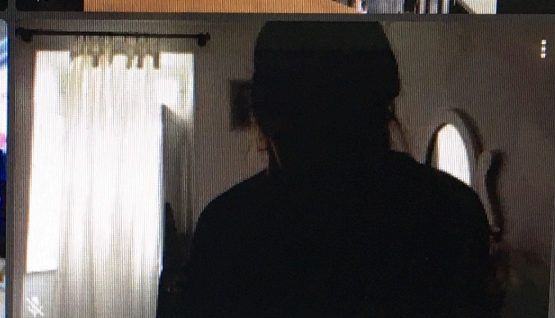
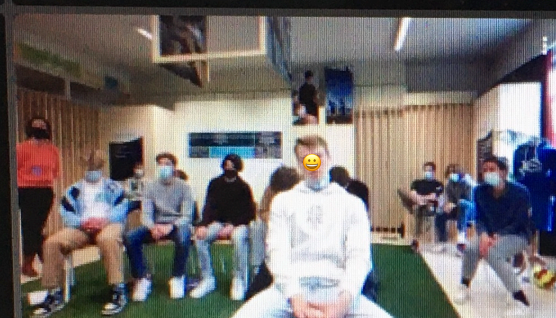
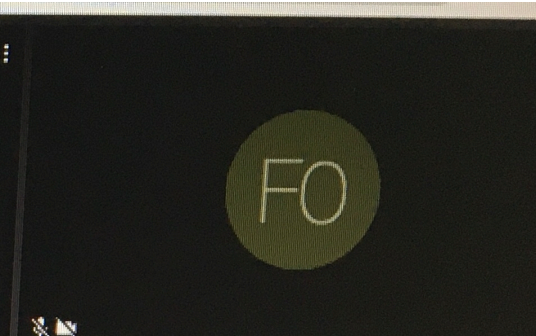
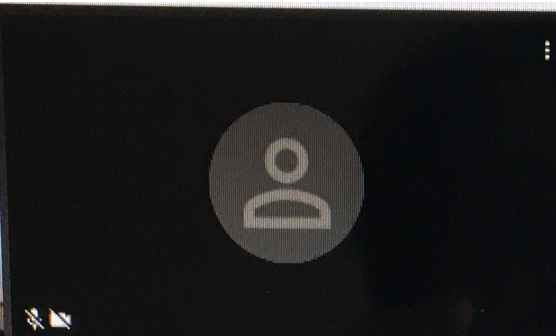
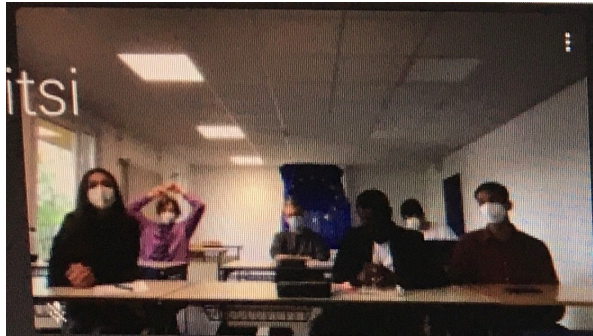
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## The path through Europe ....



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## Schedule of the video conference

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<b>08.30h</b>	Introduction of the teacher and the students
<b>09.15h</b>	First survey „Am I eating healthy?“
<b>09.30h</b>	„Let´s talk together!“ - Quotes of Nutrition
<b>10.00h</b>	Introductory lecture - Basics of a healthy diet
<b>11.00h</b>	Second survey „Am I eating healthy?“
<b>11.15h</b>	Feedback and finish



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Use your mobile phone .....

First survey regarding the food diary  
„Am I eating healthy?“



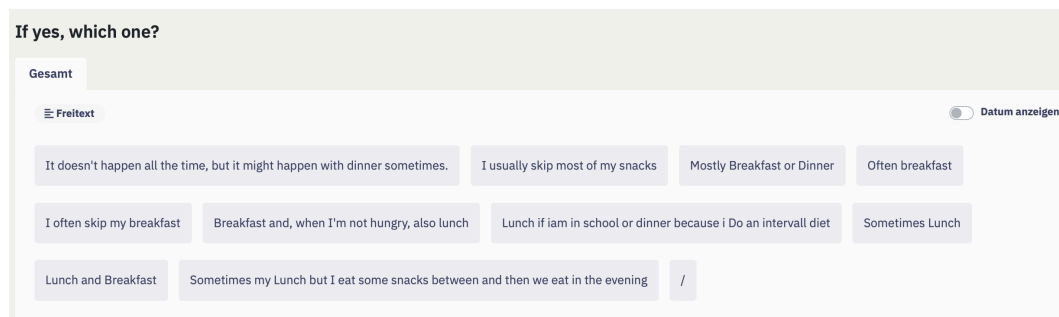
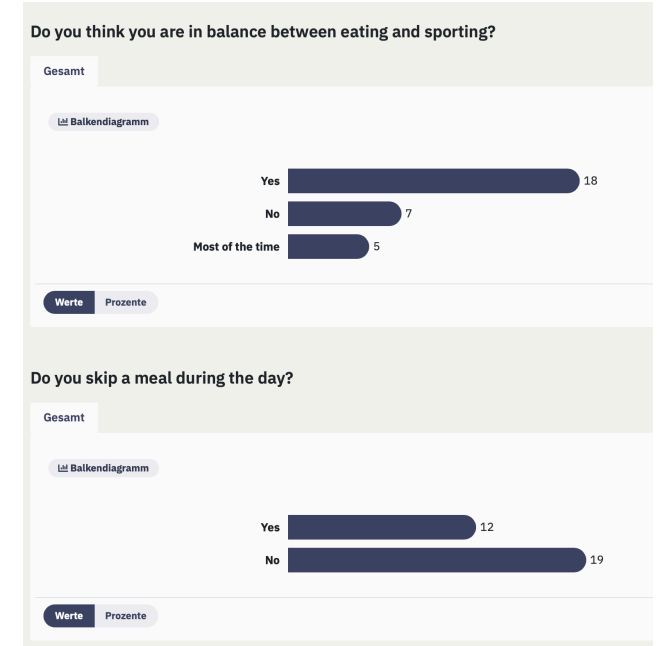
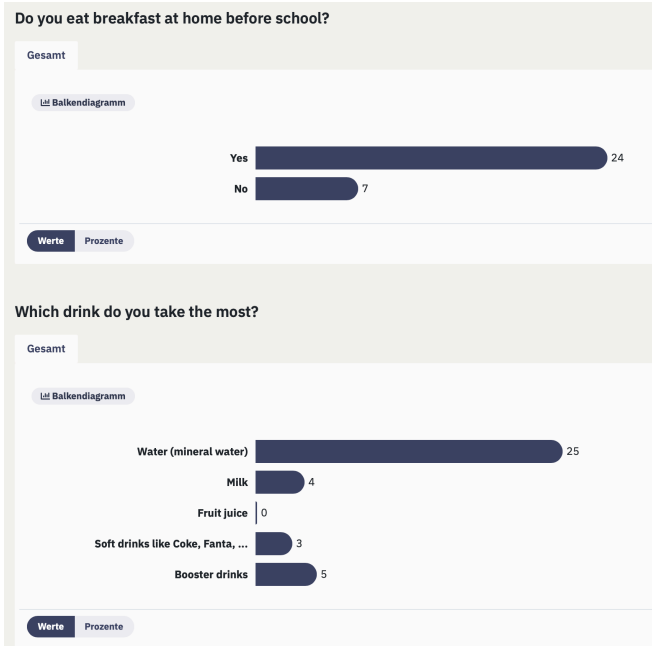
<https://app.edkimo.com/feedback/gesegi>



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# Results of the first survey regarding the food diary

## „Am I eating healthy?“



## Quotes of Nutrition

***„Let your food be your medicine.“***

- Hippocrates



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***„When I am excited, there is only one means to calm me down completely: Eating!“***

- Oscar Wilde

***„Nothing will increase the chance for survival on earth like the step to a vegetarian diet.“***

- Albert Einstein

***„One should offer something good to the body, so that the soul may have a desire to dwell in it.“***

- Winston Churchill


Use your mobile phone .....

Second survey regarding the new knowledge  
about healthy eating  
„Am I eating healthy?“

Feedback-Code für die Gruppe

**acwaop**

☒ Befragung aktiv



QR Link

<https://app.edkimo.com/feedback/acwaop>



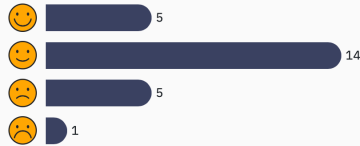
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## Results of the second survey regarding the new knowledge about healthy eating „Am I eating healthy?“

Do you eat wholemeal products for breakfast and break?

Gesamt

Balkendiagramm



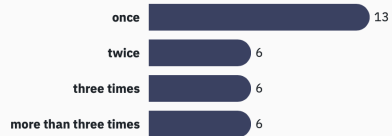
Werte

Prozente

How often do you eat sweets during the week?

Gesamt

Balkendiagramm



Werte

Prozente

Do you keep to the recommended amount of 300 - 600 grams of meat per week?

Gesamt

Balkendiagramm



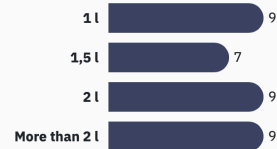
Werte

Prozente

Estimate the amount of water you drink per day.

Gesamt

Balkendiagramm



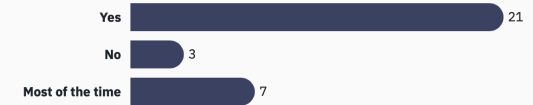
Werte

Prozente

Do you take enough time for meals during the day?

Gesamt

Balkendiagramm



Werte

Prozente

How many hours per week do you exercise?

Gesamt

Balkendiagramm



Werte

Prozente



See you .....

Berufskolleg AHS  
Berufliches Gymnasium für Gesundheit und Soziales  
Erasmus-Klasse im Schuljahr 20/21  
Bildungsgang AHR/Freizeitsportleiter\*in FFA00