

1<sup>st</sup> Primary school of Serres – Greece (grade 1<sup>st</sup> )

1<sup>ο</sup> Δημοτικό σχολείο Σερρών – Ελλάδα (τάξη Α1)



# Ευρωπαϊκό Πρόγραμμα eTwinning

Healthy eating and exercise  
Υγιεινή διατροφή και άσκηση

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Healthy eating and exercise

November



# PROJECT TITLE: Healthy eating and exercise

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ACTIVITY PLAN:

MONTHLY ACTIVITIES

**NOVEMBER** activity: "How students perceive healthy eating and exercise?"

The children start with the **brainstorming** method and report their ideas on what they think is a healthy diet and exercise. The ideas are recorded on the board with the use of ICT and projector.

<https://app.popplet.com/#/p/6906837>