



Comenius

Workshops

By the Italian Comenius Team



"MANGIAMO L'ARCOBALENO"

Tutti sanno che mangiare frutta e verdura fa bene perché contengono **ACQUA, SALI MINERALI, VITAMINE e FIBRA**, ma c'è un **SEGRETO** in più ...

VOLETE SCOPRIRLO??

Scegliete una data e verremo nella vostra scuola a raccontarvelo.

I ragazzi dell'IPS Ravizza Novara, team COMENIUS "Shop and Eat by the Colours"



Per informazioni e prenotazioni contattare la coordinatrice del progetto Barbara Bianchi al 328-1262374

Calendario Laboratori 2015
Scuole materne ed elementari
h 14.30 - 16.30

Venerdì 6 marzo
Venerdì 13 marzo
Venerdì 20 marzo
Venerdì 27 marzo
Venerdì 10 aprile
Mercoledì 15 aprile
Venerdì 17 aprile
Mercoledì 22 aprile
Venerdì 24 aprile
Venerdì 8 maggio
Mercoledì 13 maggio
Venerdì 15 maggio
Venerdì 22 maggio
Mercoledì 27 maggio

Potrete scegliere tra la formula "classica" o "English by the Colours"

Comenius Project

This project is addressed to children from 5 to 11 years old. Our purpose is to teach and promote the right way to eat : the importance of **healthy food** and **colorful fruits and veggies** in our diet.

We also teach them how much it's important to vary the food we eat and the benefits of following a diet based on the **food pyramid**.

We created some games in English to make pupils involved and they had a lot of fun during all of our activities.

We also reserved a moment for their questions, and another one to eat colorful fruits they brought from home.

This project is also interesting for us because we interact with children, which is always a great experience.

Elementary Schools





A young woman with long hair and glasses, wearing a maroon and white long-sleeved shirt with a large 'V' logo and black pants, stands in front of the screen. She is gesturing with her hands as if presenting.

A young woman with her hair in a bun, wearing a black top and a light-colored scarf, sits on a desk in the foreground, looking towards the presenter.

A woman with dark curly hair, wearing a dark long-sleeved shirt, stands with her arms crossed, looking at the presentation.

A woman with short brown hair and glasses, wearing a light-colored blazer over a patterned top, stands on the right side of the frame, looking towards the screen.



La DOPPIA PIRAMIDE



Quali cibi fanno più male all'ama

AVENGERS' KING

FANTASTIC 5

SUPERHEROES TEAM

MULK TEAM

X-MEN TEAM

V. MARTIN 17/03
STUDIO H.P.L.G.
L.7.2014

We talked about the Comenius project and what we do during our mobilities.



La mappa del testo narrativo

TESTO NARRATIVO

TESTO NARRATIVO

welcome to Britain and

UNITED KINGDOM

1000

1000

| M | da | centinaia di migliaia | decine di migliaia | unità di migliaia | centinaia semplici | decine semplici | unità semplici | decine |
|---------|--------|-----------------------|--------------------|-------------------|--------------------|-----------------|----------------|--------|
| 100.000 | 10.000 | 1.000 | 100 | 10 | 1 | 0,1 | 0,01 | |





3^B – San Rocco



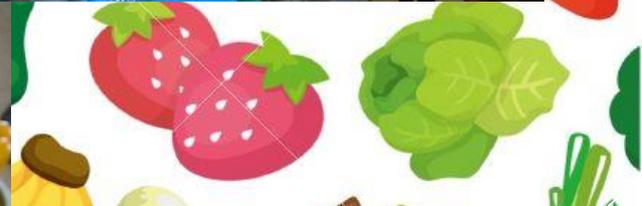
5^B - Castano Primo

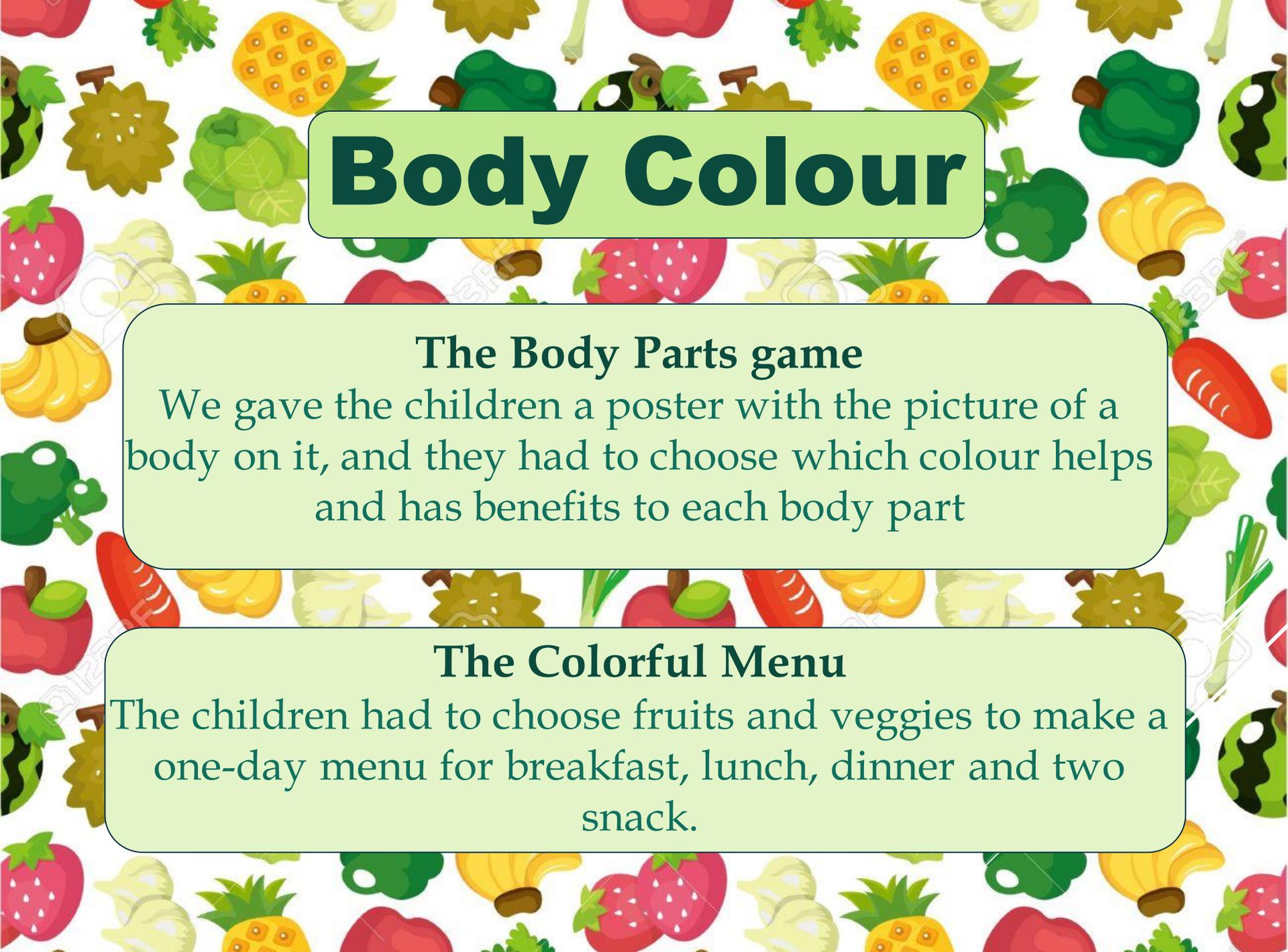


We also reserved a moment for their questions,
and another one to eat colorful fruits
they brought from home



5^A - Castano Primo





Body Colour

The Body Parts game

We gave the children a poster with the picture of a body on it, and they had to choose which colour helps and has benefits to each body part

The Colorful Menu

The children had to choose fruits and veggies to make a one-day menu for breakfast, lunch, dinner and two snack.

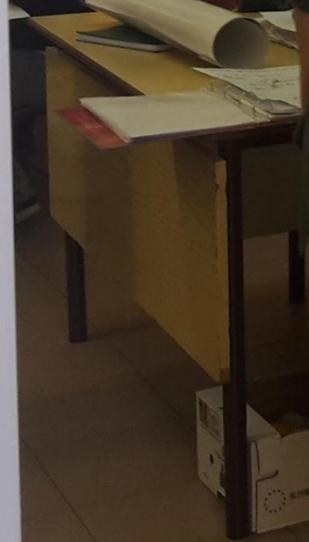
BODY COLOURS

ATTIVITA' di GRUPPO

Assegnate a ciascuna parte del corpo il suo giusto colore (o colori):

The screen displays several anatomical diagrams of the human body, each with a colored star placed on a specific part. The diagrams include: a brain with a blue star; eyes with green and yellow stars; a mouth with a green star; a nose with a red star; an ear with a red star; a full human skeleton with a green star on the torso; lungs with a yellow star; a heart with a yellow star; and a kidney with a red star. There are also several other colored stars (blue, red, yellow) scattered on the screen, likely intended for students to use in their coloring activity.

STUDIARE
VIVERE
STUDIARE
VIVERE
STUDIARE
VIVERE



Games

Body Colours



Body Colours



The Posters

We gave the children a blank poster and many pictures of fruits and veggies with their mixed names in English and Italian

They had to match the fruits and veggies with their names and stick them on the poster. They also **create a slogan** (with rhymes) to promote healthy eating.



The Posters

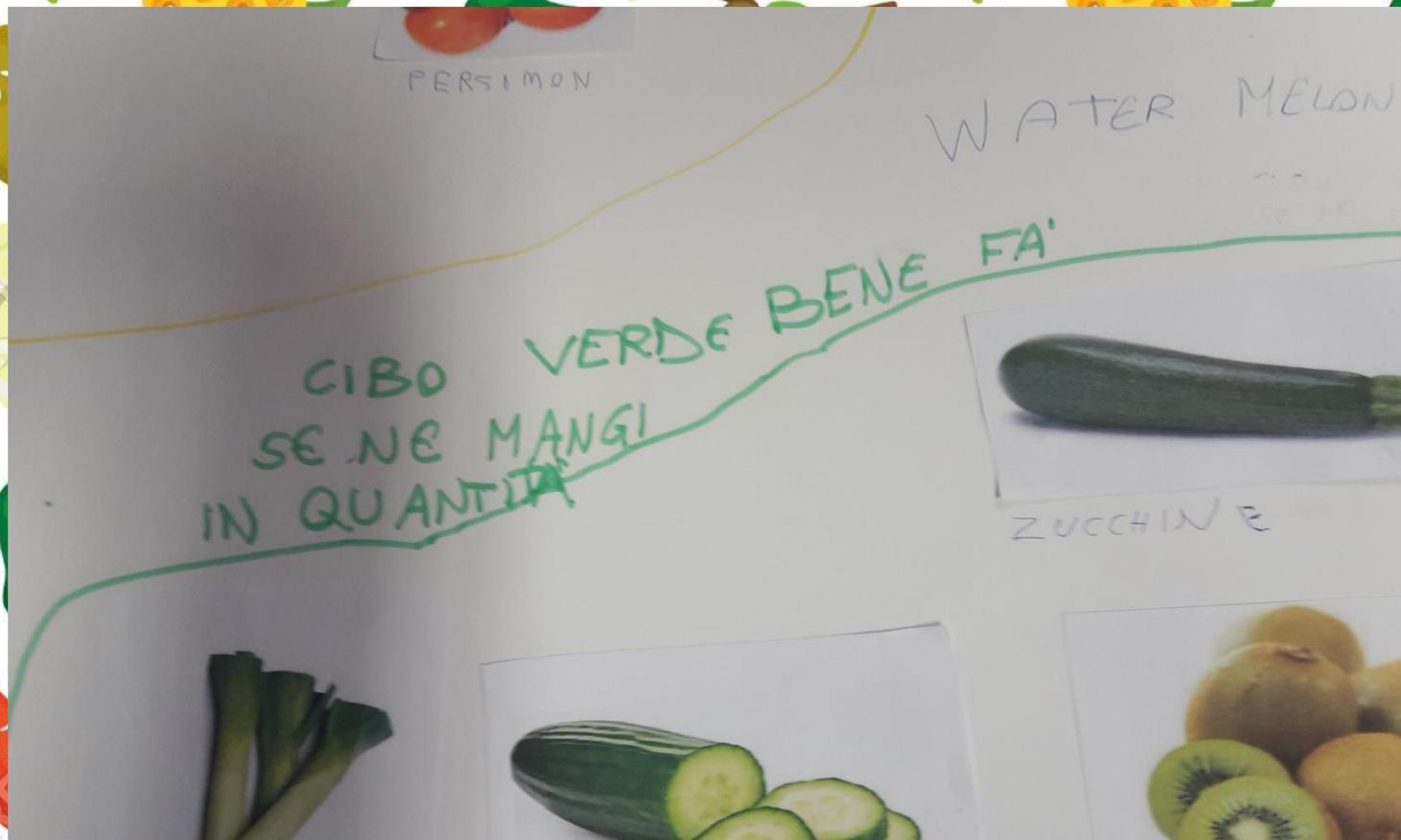


The Posters

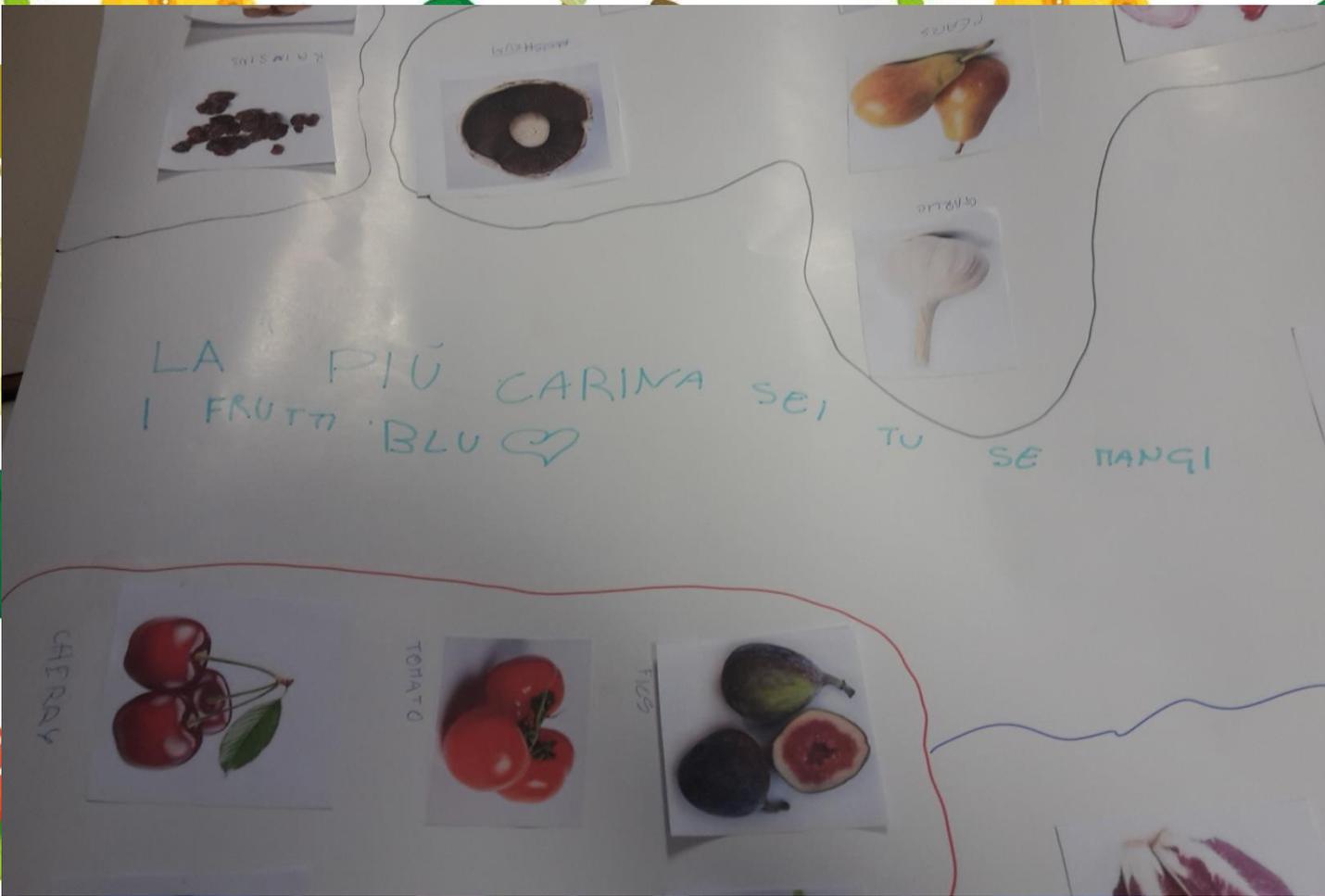


If you eat healthy food
You will never regret it





**Green food is healthy
when you eat it in big quantities**



**If you want to look nice
you should eat blue fruits**

Group Photos





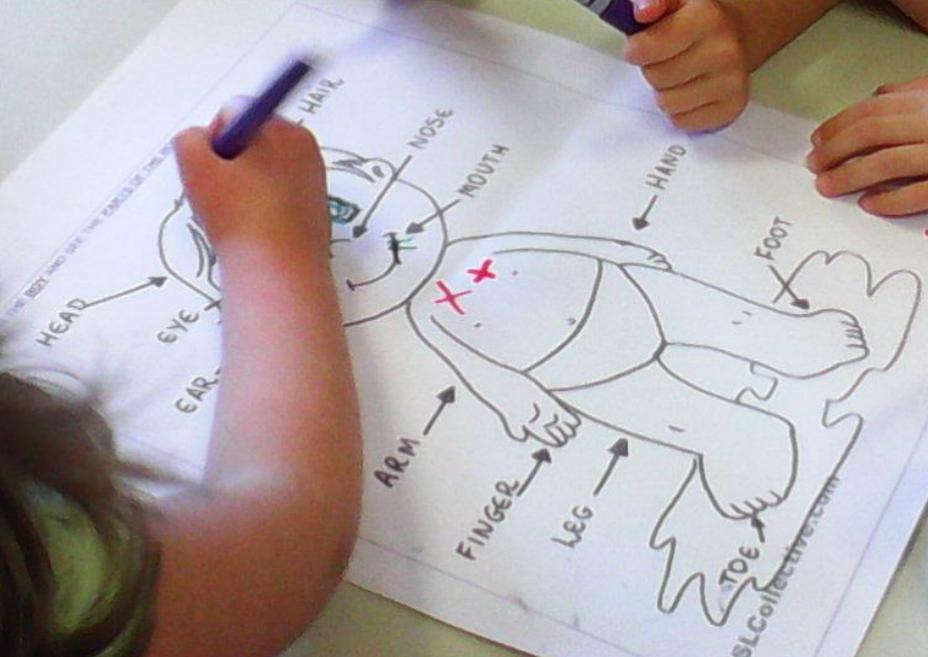


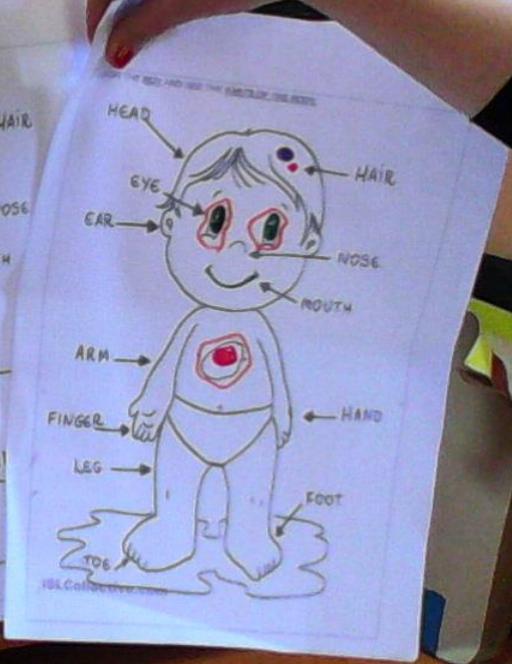
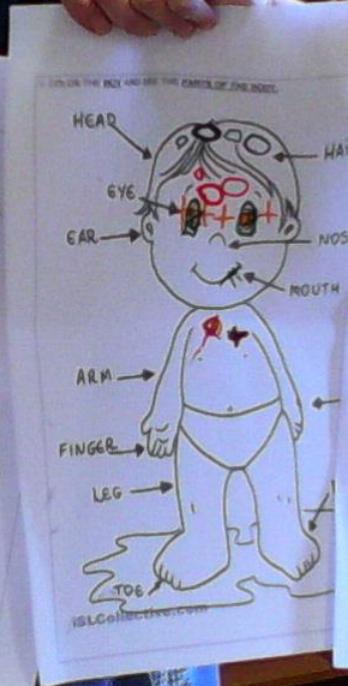
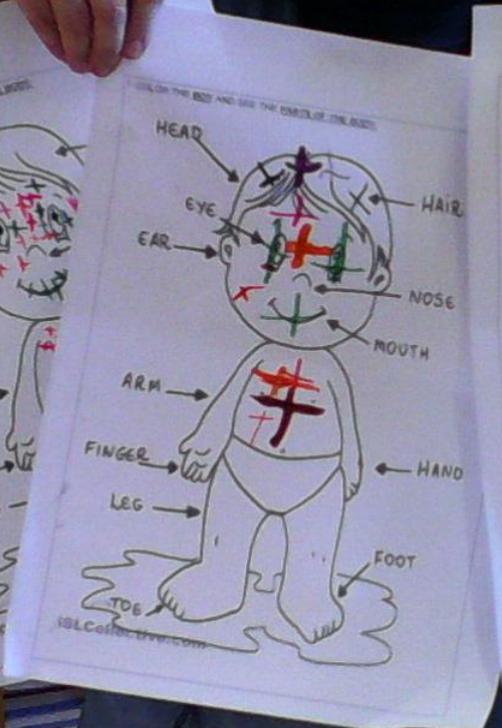
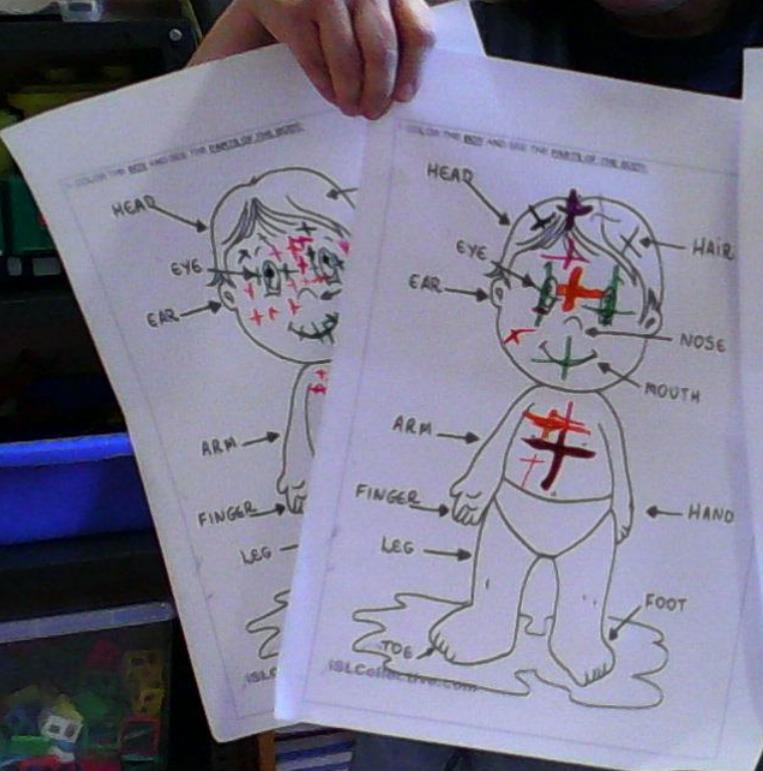
Kindergarten











**When you choose colourful food
You can also improve your mood**

**Red, yellow, white and green
They are rich in vitamins**

**If a healthy life is what you wish
Put many veggies in your dish!**