

Newsletter



“For a Healthier Lifestyle” Erasmus+ project

Third meeting of the project in Jászberény, Hungary (2022-2-LV01-KA210-SCH-000098036)

12-16/02/2024

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Focus on Healthy Eating

Students' presentation and the practice

As the project focuses on healthy lifestyle, eating cannot be left out. The 12th grade students of the school made a presentation on healthy eating involving healthy and unhealthy food, good examples of nutritious breakfast, lunch and dinner. They also spoke about the food and eating habits we should avoid if we want to eat healthily. In the final part of the presentation they mentioned their own eating habits, which showed that they know how to eat healthily in theory, but it does not work in practice. Our participants from Latvia, North-Macedonia and Türkiye and the representatives, the doctor and the nurse of the school, were also involved in the follow-up discussion, they gave their personal experiences about the topic. As the closing of the session we checked what students and teachers eat in the school's canteen. It turned out that it consists of a lot of vegetables and white meat, but also an unhealthy amount of salt, too.



Visiting places of interest in Jászberény

Jászberény, our hometown and the nearby places (Budapest, the capital, and Szalajka-valley) are full of interesting sights to see and activities to do. We visited the local zoo with our guests, where we took part in a fabulous penguin walk. This zoo is highly determined to keep its animals safe and happy, and to organise programmes for visitors. Anyone can adopt an animal, which means they can help its raising with money. Kindergartens are regular visitors of the place.



Budapest and Eger

We took an excursion to Eger and Szalajka-valley, tasted some wine and tried Hungarian specialities, such as goulash which is far from being healthy but very delicious. On our last day we went to Budapest to enjoy an international atmosphere of a vivid culture, where old and new can live simultaneously.

