



# The wellbeing revolution in innovation and citizenship

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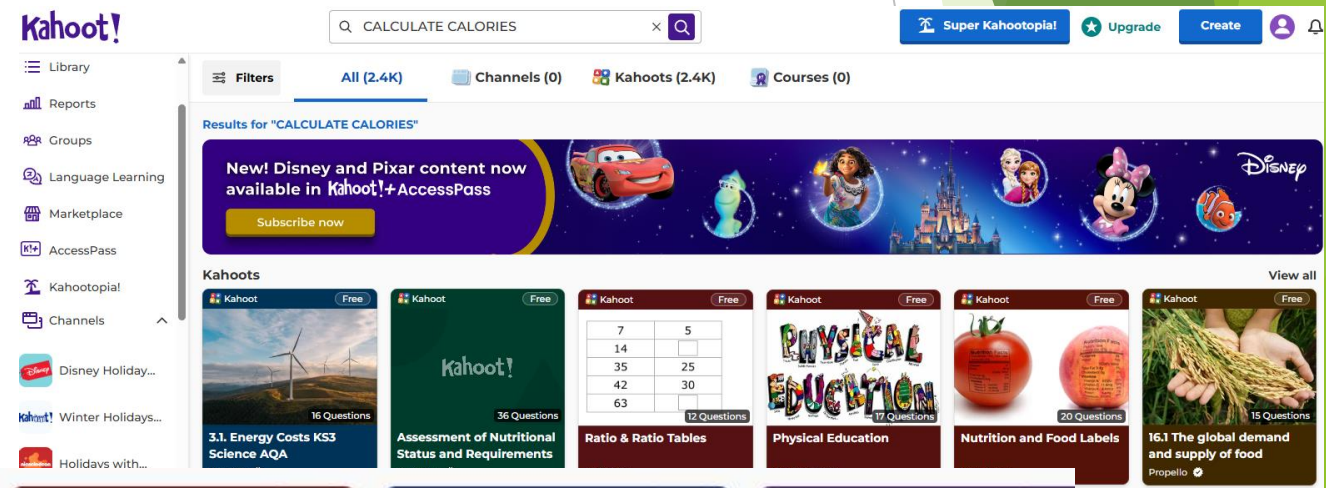
DECEMBER ACTIVITIES

# HEALTH AWARENESS



## ► ACTIVITY : CALCULATE CALORIES - UNDERSTANDING DAILY NUTRITION

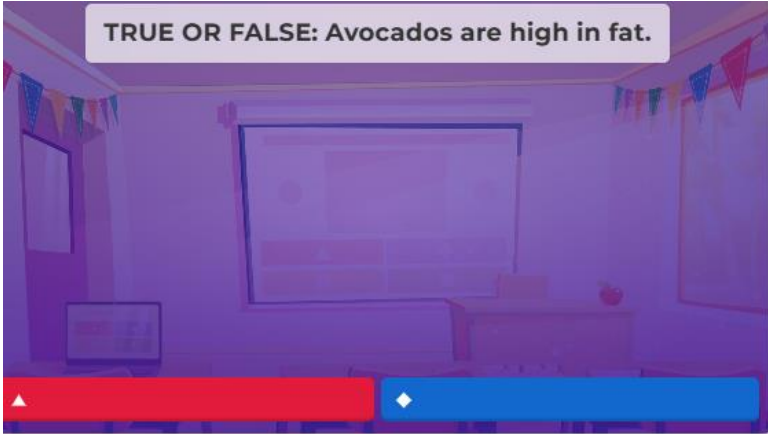
Students were able to complete surveys on kahoot platform on available free quizzes about calorie count, nutrition and reading food labelling.





► RESULTS

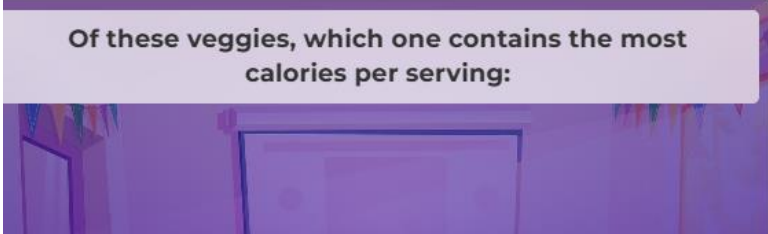
TRUE OR FALSE: Avocados are high in fat.



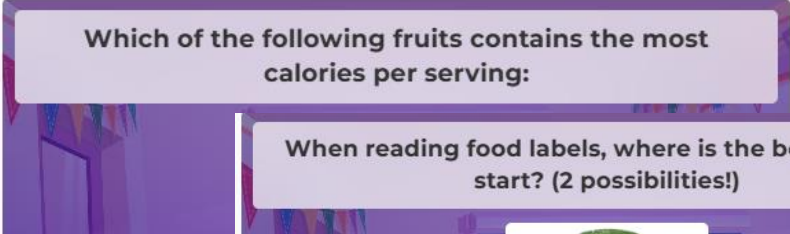
Carrots contain about \_\_\_\_ grams of fat per serving.



Of these veggies, which one contains the most calories per serving:



Which of the following fruits contains the most calories per serving:



When reading food labels, where is the best place to start? (2 possibilities!)



Name one source of healthy fats/oils.



Calories from fat should be less than \_\_\_\_ of the total calories.



What are the 3 simple, and most important steps for reading labels?





Which nutrient is the primary source of energy for the body during exercise?



Which nutrient is essential for muscle repair and growth?



How many calories are in 1 gram of fat?



Which nutrient supports immune function?



Which nutrient is important for a healthy immune system?



Which nutrient helps in the absorption of fat-soluble vitamins?



What is the function of electrolytes in sports nutrition?



Which nutrient is important for reducing inflammation and aiding recovery?



Which nutrient is important for preventing muscle cramps during exercise?



Which nutrient provides the most energy per gram?





## ► CONCLUTIONS

- The project's post-survey results show that students improved their awareness of daily calorie needs, portion sizes, and the role of macronutrients, with many reporting greater confidence in reading food labels and planning balanced meals. Responses also revealed common misconceptions—such as overestimating the benefits of “low-fat” products and underestimating the impact of sugary drinks—along with barriers like time, budget, and inconsistent routines.
- Despite these challenges, a majority indicated intentions to adopt small, sustainable changes (e.g., adding one fruit or vegetable serving per day, preparing simple snacks, and drinking more water).
- Importantly, students who engaged in reflective tracking—not just counting calories—reported a healthier mindset around food and less all-or-nothing thinking.
- Going forward, we recommend brief, skills-based sessions on meal planning, label literacy, and snack swaps; school-supported access to nutritious options; and ongoing check-ins to reinforce progress and address obstacles without promoting restrictive dieting.



### **Dietary Supplements**

Ergogenic supplements matching performance goals and micronutrients or essential fatty acids when the basic diet is lacking these nutrients.

### **Sport specific nutrition**

If the basic diet is not compensating the need for specific macronutrients, athletes are advised to add specific sport nutrition products to their diet.

### **Basal diet**

All athletes are advised to consume their diet as recommended by the Netherlands Nutrition Centre.

# Using the app “Lino it” students created a board of healthy tips to use in their everyday life.

Students took some time to write down their thoughts and then used linoit app to present their fitness and nutrition tips.

The linoit board is shown on the next slide





### How to Eat Less

COACHINGLEE.COM  
@olghemurati

Brush your teeth after eating

Drink a glass of water before your meal

Include high volume and low calorie foods

Eat more lean protein

Use smaller plates

Don't eat out of the packaging

## MOVE YOUR BODY DAILY

My students brainstormed about healthy tips and posted on a board shown here. Then they discussed ways to apply those tips on their everyday life

## HEALTHY TIPS

### Fitness Tips



Drink more water

TAKE LONG WALKS IN NATURE OR ALONG THE BEACH

NO SMOCKING

BREATH MORE CLEAR OXYGEN

avoid oily foods

EXPRESS YOURSELF

TAKE CARE OF YOUR HYGIENE

EAT YOUR FRUITS  
"AN APPLE A DAY TAKES THE DOCTOR AWAY"

REDUCE ALCOHOL

AVOID FAST FOOD

HAVE A DAILY EXCERCISE IN YOUR ROUTINE

SLEEP WELL

GET SOME SUNLIGHT

REDUCE PROSSECED FOODS

EAT YOUR VEGGIES

EAT MORE SALADS AND FRUITS

Add a fruit or vegetable to each meal today.

Drink more water. (Try infused water)

Drink one less soda or caffeinated beverage.

Move for 15 minutes.

Show gratitude to 2 people.

Take 100 steps outside.

www.sustainyourlife.com

### #CHOOSEHEALTH

12 TIPS TO BE HEALTHY

1. EAT A HEALTHY DIET
2. BE PHYSICALLY ACTIVE EVERY DAY, YOUR WAY
3. GET SLEEPING
4. DON'T USE ANY TOBACCO OR DRUGS
5. LIMIT OR AVOID ALCOHOL
6. MANAGE STRESS FOR YOUR MENTAL AND PHYSICAL HEALTH
7. PROTECT YOUR SKIN
8. DON'T OPEN UP YOUR HANDS
9. WASH YOUR HANDS
10. PROTECT YOUR EYES
11. REGULARLY CHECK YOUR BLOOD PRESSURE
12. REGULARLY CHECK YOUR BLOOD SUGAR

World Health Organization

Main

Fitness Tips

Someday



Taking part in the school sport tournament.  
Photos below show some students that participate at the program, taking part at the school sports tournament.

