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## Health to meet you

**2019-1-CZ01-KA229-061152**

**Health dimension:**

- Healthy lifestyles
- Screen use
- Environmental factors
- Accessing advertising
- Healthy diet
- Doing sport

**Name of activity:** **Is Was Xunds (Austrian dialect for “eat something healthy)**

**Description of the topic:** Student and teachers motivate each other to do eat healthy by challenging each other to do present their school snacks via Instagram. The goal of the challenges should be to raise awareness for healthy food.

**Initial assessment:** Students and teachers do not eat healthy snacks at school.

**Objectives of the activity:** To encourage the participants to eat healthier snacks at school.

**Target group:** students & teachers

**Activity process structure, implementation:** Teachers and students take pictures of the snacks they bring to / eat at school. Once the picture is taken, it is posted on Instagram, using the hashtag “iswasxunds” and tagging three other teachers or pupils. By doing so, these people are invited to take a picture of the snack they brought to school on this day and again to tag three other people.

**Equipment, aids, tools:** Smart phone, Instagram app

**Expected results, assessment:** The students will motivate each other to eat healthier snacks. Because the teachers are also participating, an extra motivation is being added.