**Biography of I. Gelsomino**

**Irene Gelsomino** is a passionate high school teacher of Biology with over 15 years working with students in grades 14-16. She is currently teaching in a Polytechnic school, “C. A. Dalla Chiesa” (Naples), where she is also the coordinator of the Scientific Department. With a degree in Natural Sciences from the “Federico II” University, Naples, her interest particularly extended to the area of nutrition, healthy lifestyle, Mediterranean diet, so she holds a rich background, having participated in extra-curricular activities related to these topics. One of these, for example, includes a course called **“Bio è… logico”**, focused on healthy food, in particular organic one, and lifestyle choices. The general goal was to enhance students’ awareness in regards to motivate them to actually improve their choices. In 2012 she disclosed a project titled **“Keeping Healthy”** during the **SMART EDUcation & TECHnology days** at **Città della Scienza** (Naples), in order to present an e-learning platform (**Learning Management System Platform**) of the school website. Very fond of **ICT** **(Information and Communication Technologies)** and of English language, she obtained a **CERT-LIM** Interactive Teacher Certificate from **AICA** **(Italian Association for Information Technology and Automatic Calculation)** in 2013. Then, having she reached the C1 level in the English language after a lot of exams, she has become a **CLIL** teacher **(Content and Language Integrated Learning)** after an intense course at the Orientale University of Naples. So, over the last five years, she has been actively involved in projects about a healthy nutrition, addictions, eating disorders through the use of English language and of digital and online technology, in order to place a great emphasis on health with a focus on prevention and wellness, making her teaching interactive and supportive, enhancing the application of students’ knowledge to real-life problems. She has displayed her projects, generally PPT, during Erasmus meetings/workshops at school. One of these, for example, **“A balanced nutrition”** (2016), was based on a series of dietary guidelines to achieve a correct inner acid-base equilibrium. Last January 2018 she took part of the **LTT (Learning, teaching, Training)** meeting in Greece for the Erasmus project KA2 **“ELS” (Essential Life Skills)**. Teaching also leaves enough room in her life for her own interests, including: reading scientific journals and magazines, especially in English; writing stories; having yoga lessons and cooking new recipes for her friends.

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