**“A look to the teaching of essential life skills: the Mediterranean diet”** - workshop and lecture

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***Key contents****:*

* ***European Reference Framework of Key Competences for Lifelong Learning (2018)***
* ***The essential knowledge on the Mediterranean diet***
* ***Examples of tools and strategies for teaching ELS (Essential Life Skills) as part of a lesson plane about a healthy lifestyle***

Are you unsure about how to eat healthily? Do you find all the messages about food and nutrition confusing?

Good nutrition is essential for everyone, but it’s especially important for growing teenagers.

The idea behind this workshop is to provide students with a basic knowledge they can later apply to their everyday lifestyle, improving their essential life skills by giving them the right tools, information and opportunity to change incorrect habits, for example by reading food labels to make healthy choises or being able to plan a health-related physical activity.

In the last part of the work you can find some examples of innovative strategies to propose this topic to students, for example ***Cooperative learning***, ***Role playing*** or ***Gamification***. The use of these strategies, especially in combination with e-sources, is a great way to meet students’ individual needs and to make a classroom a dynamic and motivational environment for them.