

FRUIT SUPER SQUAD

a project funded by Erasmus+ Programme 2019-1-PT01-KA201-060904



FRUIT HEROES
FOR CHILDREN'S
HEALTH

a programme for
schools in Europe

The Project

Healthy food education

The latest data (2015–2017) from the WHO Childhood Obesity Surveillance Initiative (COSI) show that southern European countries have the highest rate of child obesity, approximately 1 in 5 boys (ranging from 18% to 21%) are obese.

EU Health Ministers declared their commitment to fight overweight and obesity in children and young people. indeed, there was broad consensus on giving them priority on the health agendas of Member States, and on addressing this issue in an EU-wide context.



Healthy body, Healthy life

The role of school education

The school is a privileged and decisive place for the promotion of health, namely for the daily teaching and practice of healthy eating and physical activity. Importance and efficacy of food education are recognised, alongside with actions of health promotion and education. Food education presents itself as an essential component of learning in a school context, since the school is the place where children spend much of their day and due to the fact that healthy eating behaviours should be acquired during childhood.



Given the crucial role of schools and teachers, it is vital to promote their understanding on the topic, to develop their competences, and to give them access to good-quality resources, up-to-date information and training and guidance on food, nutrition and physical activity.

“Fruit Super Squad: Healthy Schools” aims at the exchange of good practices between partners, to develop a European Methodology for promoting healthy eating habits in schools, for children aged 3- 10.

Our work will be based on a good practice from Portugal – “Fruit Heroes”, and by sharing knowledge, practices and support from European partners, we will adapt the methodology for European implementation and create “Fruit Super Squad” methodology.



**stay tuned by
following our
Facebook page
@fruitsupersquad**



Erasmus+