

FRUIT SUPER SQUAD

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FRUIT HEROES
FOR CHILDREN'S
HEALTH

a programme for
schools in Europe

The Second Virtual Training

Short-terms training for staff

On 1st, 2nd and 3rd March 2021 FSS team organized the second virtual training for the staff members involved in the implementation of FSS methodology. The training was aimed at sharing concept, guideline, practical activities to be implemented during the piloting in each country.

This training has been organized as virtual, due to the health emergency in Europe; the organizers provided effective strategies to ensure the effectiveness of the learning process in the digital environment, supporting the active participation of all the involved learners.



FSS Piloting

The **piloting** took place in Cyprus, Greece, Italy, Portugal and Turkey, from March to May 2021.

Teachers **in pre-primary and primary schools** organized a **5-weeks programme** aimed at **changing children' eating habits**.

You can have a look to the **map of involved schools** here:

<https://europrojectsapcoi.wixsite.com/fruitsupersquad>



Erasmus+

The guidelines offer **pedagogical suggestions** based on a model that uses **non-formal education techniques** to facilitate the **adoption of healthy eating habits by children**, tested over the past 10 years in Portugal.

It focuses on:

- **individual monitoring** by children (reward chart).
- **reinforcement of positive behaviors**
- **storytelling**
- **Super-Powers and Super-Heros.**

The piloting was monitored and evaluated at the beginning and the end of each implementation through questionnaires submitted to teachers and children.

The activities were **very appreciated**. Teachers and students participated in each proposed activity with **great enthusiasm!**



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