

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 First Virtual Training

Short-terms training for staff

On 12th, 13th and 14th October APCOI team organized a virtual training for the staff members included in the project for each partner organization. The training was aimed at sharing experiences, knowledge, practices and methods between experts from each involved 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.



Child obesity

Facts and Numbers

According to WHO definition "overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health".

Childhood obesity is a multifactorial disease that frequently persists from childhood to adulthood. Statistics report that **1 in 5 children are overweight: more than 38 million under 5 were living with overweight or obesity in 2017.**

The adoption of a healthier lifestyle, with dietary changes and the practice of physical activity, is crucial for weight management and overweight treatment.



The “Fruit Super Squad”

methodology, basing on the experience of **Heròis da Fruta** project and of other EU good practices, will aim to provide an effective strategy to **change childrens' eating habits**, taking in consideration 3 elements:

- The program will take place at school.... when children go to school, the **influence of parents** on the diet **decreases**, and the **influence of peers and food provided at school becomes more important.**
- **Teachers** need more support and **adequate training** in knowledge techniques and nutritional assessment.
- **Parents** who are **more informed about nutrition** are more likely to **make healthy food choices** and their **involvement** has been associated with **greater success.**



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