



Co-funded by
the European Union

WELL BEING 4 YOU: SPORT & MEDITERRANEAN DIET
101089938 - ERASMUS-SPORT-2022-SSCP



Info pack, meeting agenda and report

WLL BEING 4 YOU REPORT D.2.1.



Co-funded by
the European Union

Dear Partners,

We are thrilled to extend an invitation for you to join us at the forthcoming Erasmus+ meeting "**WELL BEING 4 YOU: SPORT & MEDITERRANEAN DIET.**" This engaging event is scheduled to take place from **21st to 27th February 2024**, in the city of Knin, Croatia.

TIME, DATE & LOCATION

21.2.-27.2.2024. in Knin, Croatia

ACCOMMODATION

We suggest Hotel Mihovil, a well-regarded establishment known for its hospitality and comfort. Located conveniently close to the meeting venue, Hotel Mihovil offers easy access to our event location and the heart of Knin.

WEATHER

The weather in Knin during late February can be quite variable, typically ranging from cool to moderately cold. We advise you to bring warm clothing and prepare for the possibility of rain. Despite the chill, the city's charm is undeniable, with its beautiful landscapes and inviting atmosphere.

ADDITIONAL INFORMATION

Knin, a picturesque town in Croatia, is renowned for its rich history and cultural heritage. Dominating the landscape is the formidable Knin Fortress, a medieval stronghold perched atop a hill, offering panoramic views of the surrounding area, including the Krka River. The town is also home to several historical churches and buildings, showcasing a blend of architectural styles that tell the story of its past. Moreover, Knin serves as a gateway to the Krka National Park, a natural paradise of waterfalls, gorges, and lush vegetation, attracting nature lovers and outdoor enthusiasts alike.

We are looking forward to a productive and enjoyable meeting in Knin. Further details regarding the agenda, specific sessions, and other logistical information you can find under.

If you have any inquiries or require assistance with your travel and accommodation arrangements, feel free to contact us.

Warm regards,

GK KNIN



Contents

Info pack, meeting agenda and report.....	1
TIME, DATE & LOCATION.....	2
ACCOMMODATION.....	2
WEATHER.....	2
ADDITIONAL INFORMATION.....	2
Project WB4Y - "Well-being4you: Sport & Mediterranean Diet" Sports Workshop Report.....	4
Agenda, Knin, Croatia (21st - 27th February)	5
Project WB4Y Workshops Report - Knin, Croatia (21st - 27th February)21st February (Arrival Day).....	6
22nd February	7
23rd February.....	10
24th February.....	12
25th February.....	14
26th February.....	17
27th February (Departure Day).....	19
Participants list, Knin, 21.2.-27.2.2024.....	20
Test of participants	22
Project WB4Y - Staff Report on Sports & Nutrition Workshops.....	23
Materials of workshops.....	85



Co-funded by
the European Union

Project WB4Y - "Well-being4you: Sport & Mediterranean Diet" Sports Workshop Report

Host Organizations: Association of Paraplegics, Tetraplegics, and Physically Disabled of Kavala (Greece) and GK-KNIN (Croatia).

Event Duration: 7 Days.

Event Date: February 2024.

Location: Croatia.

The sports workshops, integral to the "Well-being4you: Sport & Mediterranean Diet" project, unfolded over seven days in Croatia, in May 2024. Orchestrated by the Association of Paraplegics, Tetraplegics, and Physically Disabled of Kavala, alongside GK-KNIN as host, the program featured an array of sports and nutrition-focused activities aimed at endorsing a comprehensive approach towards health and well-being.

The workshops saw participation from a diverse group of individuals from Turkey and Greece and Croatia, through a series of theoretical workshops delved into the importance of sports and nutrition in maintaining health. These sessions discussed the negative impacts of poor nutrition, the diseases it can precipitate, and the numerous advantages of the Mediterranean diet in staving off chronic diseases and enhancing overall health. The role of sports in promoting both physical and mental well-being was also a focal point.

The program also included seven dynamic sports workshops that were inclusive and tailored to meet the needs of both able-bodied and disabled participants. These sessions covered fitness activities, gymnastics, volleyball, table tennis, ballet and dance, adapted sport games, basketball, and swimming. Beyond fostering physical health, the workshops aimed to cultivate team spirit, resilience, and camaraderie among the participants.

Logistical support, including venue and equipment provision, was managed by GK-KNIN, ensuring the workshops' seamless execution. The expert management by the staff from the Greek Association guaranteed that each session was not only educational but also engaging and accessible to all attendees.



Co-funded by
the European Union

Agenda, Knin, Croatia (21st - 27th February)

Date	Morning	Afternoon	Evening
21st February (Arrival)	Travel Day for Partners	Travel Day for Partners	Travel Day for Partners
22nd February	09:30 - 10:00 Coffee 10:00 – 12:00 Sport Workshop no1 - Gymnastics	12:30 - 14:00 Lunch	14:00 - 16:00 Theoretical Workshop no1 - Introduction to Healthy Nutrition and the Nutrition Pyramid
23rd February	09:30 - 10:00 Coffee 10:00 – 12:00 Sport Workshop no2 - Ballet and Dance	12:30 - 14:00 Lunch	14:00 - 16:00 Sport Workshop no3 - Adapted Sport Games
24th February	09:30 - 10:00 Coffee 10:00 – 12:00 Sport Workshop no4 - Table Tennis	12:30 - 14:00 Lunch	14:00 - 16:00 Theoretical Workshop no2 - Understanding Macronutrients and Balanced Diets
25th February	09:30 - 10:00 Coffee 10:00 – 12:00 Sport Workshop no5 - Swimming	12:30 - 14:00 Lunch	14:00 - 16:00 Sport Workshop no6 – Basketball and Football
26th February	09:30 - 10:00 Coffee 10:00 – 12:00 Sport Workshop no7 - Volleyball	12:30 - 14:00 Lunch	14:00 - 16:00 Theoretical Workshop no3 - The Role of Micronutrients and Dietary Supplements
27th February (Departure)	Travel Day for Partners	Travel Day for Partners	Travel Day for Partners



Co-funded by
the European Union

Project WB4Y Workshops Report - Knin, Croatia (21st - 27th February)

21st February (Arrival Day)

- Travel Day for Partners from Turkey and Greece: The day was reserved for the arrival of participants, ensuring a warm welcome and comfortable accommodations to foster an inclusive and friendly atmosphere.





Co-funded by
the European Union

22nd February

- **Morning Coffee (09:30 - 10:00):** An informal gathering to kickstart the day with energy, offering an opportunity for participants to mingle and discuss the day ahead.





Co-funded by
the European Union

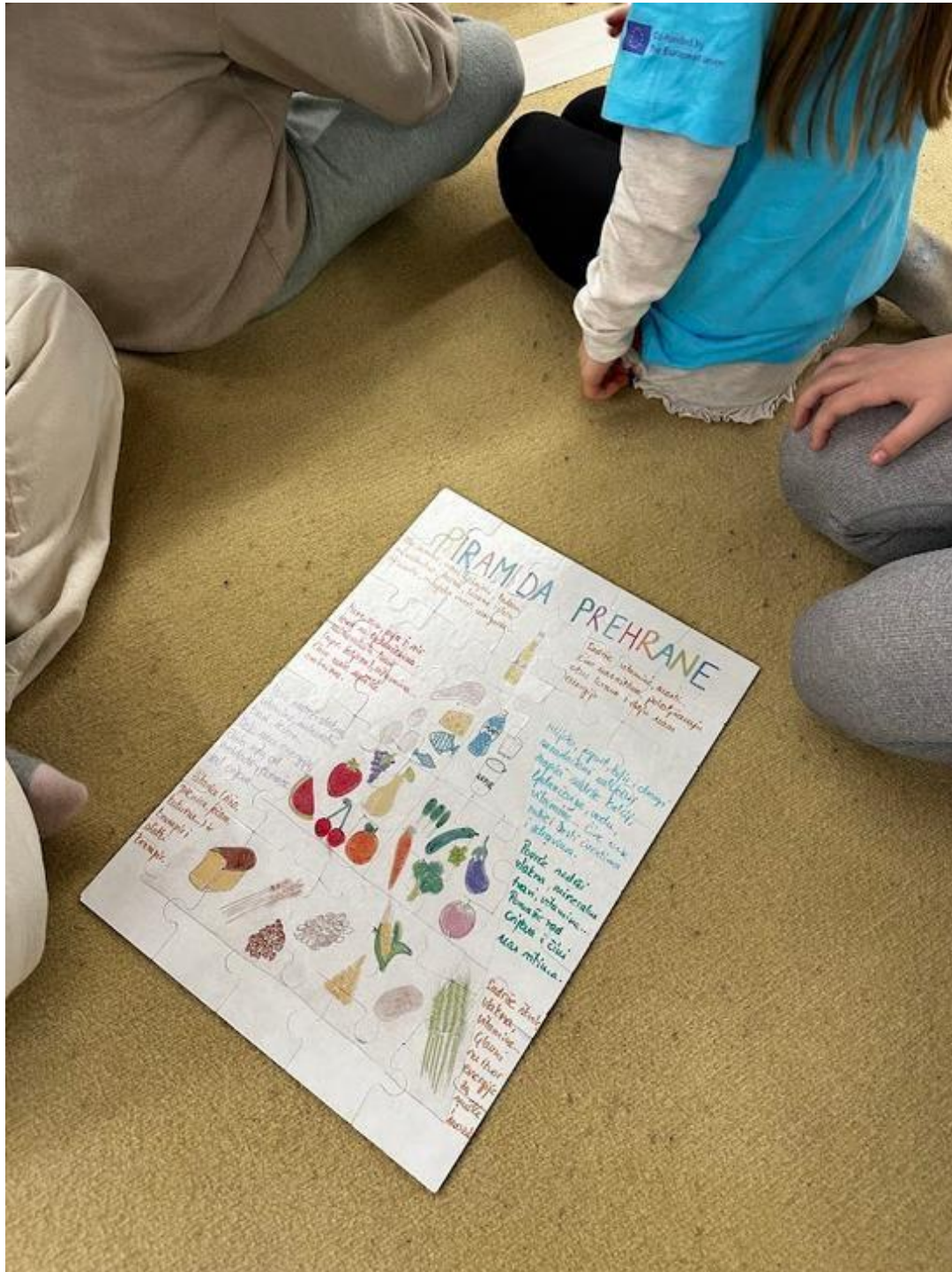
- **Sport Workshop no1 - Gymnastics (10:00 – 12:00):** Focused on introducing basic gymnastic movements, this workshop aimed to emphasize agility and fitness as fun and engaging ways to combat youth obesity





Co-funded by
the European Union

- **Lunch (12:30 - 14:00):** A communal meal featuring a healthy Mediterranean diet, demonstrating balanced eating practices.
- **Theoretical Workshop no1 - Introduction to Healthy Nutrition and the Nutrition Pyramid (14:00 - 16:00):** Educated participants about the basics of nutritional science, healthy eating habits, and the benefits of the Mediterranean diet.





Co-funded by
the European Union

23rd February

- **Morning Coffee (09:30 - 10:00):** Provided a comfortable environment for participants to prepare for the day's activities.
- **Sport Workshop no2 - Ballet and Dance (10:00 – 12:00):** Encouraged creative expression and physical fitness through the discipline of dance, highlighting its role in maintaining an active lifestyle.



- **Lunch (12:30 - 14:00):** Participants enjoyed another nutritious meal, reinforcing the practices preached during the theoretical sessions.



Co-funded by
the European Union

- **Sport Workshop no3 - Adapted Sport Games (14:00 - 16:00):** Offered a variety of sports adapted for all levels of ability, promoting inclusivity and the idea that sports can be modified to suit everyone's needs.





Co-funded by
the European Union

24th February

- **Morning Coffee (09:30 - 10:00):** A daily ritual to energize and encourage discussions on sports and nutrition among participants.
- **Sport Workshop no4 - Table Tennis (10:00 – 12:00):** Participants engaged in a sport that enhances hand-eye coordination and agility, while fostering a spirit of friendly competition.





Co-funded by
the European Union

- **Lunch (12:30 - 14:00):** A time for rest and refueling with healthy, diet-friendly cuisine.
- **Theoretical Workshop no2 - Understanding Macronutrients and Balanced Diets (14:00 - 16:00):** Delved into the details of macronutrients and their role in a balanced diet, tailored to a youthful audience for maximum engagement and understanding.





Co-funded by
the European Union

25th February

- **Sport Workshop no5 - Swimming (9:00 – 12:00):** This session highlighted swimming as a life-saving skill and an effective means of exercise, suitable for all ages and abilities.





Co-funded by
the European Union

- **Lunch (12:30 - 14:00):** A hearty and healthy lunch that exemplified the principles of the Mediterranean diet.





Co-funded by
the European Union

- **Sport Workshop no6 - Basketball and Football (14:00 - 16:00):** Focused on team sports, this workshop promoted cooperation, strategic thinking, and physical endurance.





Co-funded by
the European Union

26th February

- **Morning Coffee (09:30 - 10:00):** A gentle start to the day with coffee and conversation.
- **Sport Workshop no7 - Volleyball (10:00 – 12:00):** Taught the basics of volleyball, stressing the importance of teamwork and physical fitness.



- **Lunch (12:30 - 14:00):** Continued to provide a showcase of Mediterranean dietary options.



Co-funded by
the European Union

- **Theoretical Workshop no3 - The Role of Micronutrients and Dietary Supplements (14:00 - 16:00):** This session aimed to educate on the smaller, yet vital, components of nutrition and the judicious use of supplements.





Co-funded by
the European Union

27th February (Departure Day)

- Travel Day for Partners to Turkey and Greece: The camp concluded with farewells, with participants departing with new knowledge, skills, and memories.





**Co-funded by
the European Union**

Test of participants

Workshop-1: Diseases Caused By Poor Nutrition

<https://forms.gle/7MkWPvS6XNcFCaUk6>

Workshop-2: Benefits of the Mediterranean diet

<https://forms.gle/4wX8PD2aBXfR3FuR7>

Workshop-3: Benefits of sports activities

<https://forms.gle/RrmG9LStqP4JcvXx9>

Workshop - 4: Gymnastic

<https://forms.gle/W5WabJN7geun55p98>

Workshop-5-: Volleyball

<https://forms.gle/72VoN8bGFjSZnv1A6>

Workshop-6- Table Tennis

<https://forms.gle/z2af75DZ3etMuknY7>

Workshop-7: Basketball

<https://forms.gle/JaJnsMcgbNuk3ugTA>

Workshop-8: Swimming

<https://forms.gle/Yj5JoK9fupKRcp4u8>

Workshop-9- Sports Nutrition and Health

<https://forms.gle/4gYnSVpkqsH1jpza6>

Workshop-10- Athletic

<https://forms.gle/kwDynj6kY3vPU1ia9>



Co-funded by
the European Union

**Well-being4you: Sport &
Mediterranean Diet Project
101089938 Workshop-1: Diseases
Caused By Poor Nutrition**



Erasmus+



**Co-funded by
the European Union**



Co-funded by
the European Union

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or EACEA. Neither the European Union nor the granting authority can be held responsible for them.”





1. Which of the following is not one of the symptoms of malnutrition?

10 points

Mark only one oval.

- Sleep disturbances.
- Irritability.
- Depression and anxiety.
- Oedema formation
- Increase in height growth

2. Which people are more likely to suffer from malnutrition?

10 points

Mark only one oval.

- Infants and children
- Premature babies
- Adolescents
- Pregnant and lactating women
- Elderly

3) Which of the following cannot be said for the treatment of malnutrition?

10 points

Mark only one oval.

- Early diagnosis of nutritional deficiency increases the success of treatment.
- Consuming food groups that are deficient in nutritional deficiencies ensures that the problem is largely eliminated
- Underlying causes are not important in the treatment of malnutrition.
- Especially in case of malnutrition due to a disease, measures should be taken against malnutrition as soon as the disease is diagnosed.
- A healthy and balanced nutrition plan is created and vitamin and mineral supplements are included in this plan.



Co-funded by
the European Union

4) Nutrients are collected in 5 groups. Which of the following is not included in this group?

10 points

Mark only one oval.

- Drinks
- Milk and milk products
- Meat-chicken-fish, eggs, legumes
- Fruits
- Bread and cereals

5) Which of the following is not true about healthy eating?

10 points

Mark only one oval.

- All age groups, especially children, adolescents and pregnant women, should consume milk and dairy products every day.
- Vegetable group should be consumed 3-4 portions a day and fruit group should be consumed 2-3 portions a day.
- Healthy cooking methods such as grilling, boiling and baking should be preferred in healthy nutrition.
- The portion to be consumed does not vary according to gender, weight and physical activity status of individuals.
- Vegetables and fruits play a role in growth and development, gum health, skin, eye health, blood production, tissue repair.



Co-funded by
the European Union

6) Inadequate intake of nutrients causes some diseases. Which of the following is not one of these diseases and deficiencies?

10 points

Mark only one oval.

- Tooth decays - calcium deficiency
- Scurvy - vitamin C deficiency
- Night blindness - vitamin A deficiency
- Goitre - Iodine deficiency
- Haemophilia- Blood clotting deficiency

7) Which of the following is the deficiency that causes scurvy?

10 points

Mark only one oval.

- Calcium deficiency
- Vitamin C deficiency
- Vitamin A deficiency
- Iodine deficiency
- Vitamin D and calcium deficiency

8) Which of the following is not a person or group with malnutrition?

10 points

Mark only one oval.

- In developing countries with food access problems
- In people who cannot get enough nutrients as a result of inadequate malnutrition
- Unidirectional nutrition (as a result of wrong dietary practices, etc.)
- In people with reduced absorption of vitamins and minerals in the body due to frequent alcohol consumption
- In people who do professional intensive sports every other day



Co-funded by
the European Union

9. Which of the following is not one of the causes of malnutrition?

10 points

Mark only one oval.

- Eating less than the body needs
- One-way nutrition
- Eating less due to psychological reasons and stress
- Misinformation, lack of information, lack of awareness
- Fashion sports practice

10. Which of the following is not one of the characteristics seen in people with inadequate, unbalanced and unhealthy nutrition?

10 points

Mark only one oval.

- Growth, development and body functioning disruptions occur.
- It causes the immune system to weaken. This causes diseases to occur easily and quickly.
- Dynamic, strong, efficient, developed body, shiny
- hair and skin structure it causes diseases to
- progress slowly and treatment to take a long time.
Causes a decrease in physical strength and efficiency.



Co-funded by
the European Union

**Well-being4you: Sport &
Mediterranean Diet Project
101089938 Workshop-2: Benefits
of the Mediterranean diet**

* Indicates required question



Erasmus+



**Co-funded by
the European Union**



Co-funded by
the European Union

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or EACEA. Neither the European Union nor the granting authority can be held responsible for them.”





Co-funded by
the European Union

1. Which of the following is not one of the benefits of the Mediterranean diet?

* 10 points

Mark only one oval.

- It regulates the digestive system and prevents constipation due to the high pulp it contains.
- It is good for cardiovascular health due to the consumption of fish and seafood, olive oil.
- Strengthens the immune system and has a protective effect against cancer.
- Protects against depression and helps you get rid of stress.
- It does not have a suitable programme content for those with type 2 diabetes.

2) Which of the following is not one of the rules of the Mediterranean diet?

10 points

Mark only one oval.

- 1-2 snacks can be added to 3 main meals a day.
- Unroasted nuts and fruits can be consumed in snacks according to the situation.
- Fats of animal origin such as butter, margarine, tail fat should be preferred.
- Vegetables and fruits should be predominantly eaten and vegetables should be cooked with healthy methods such as boiling, oven, steam.
- Fish should be consumed at least 2-3 times a week and should not be fried.



Co-funded by
the European Union

3) Which of the following is not one of the foods that should not be eaten in the Mediterranean Diet?

10 points

Mark only one oval.

- Solid fats such as butter, tail fat, internal fat, margarine
- Sugar and sugar-containing foods and drinks
- Pre-packaged and additive foods
- Fried and roasted foods
- Fish made in season and without frying

4) The Mediterranean diet list includes a wide variety of foods and drinks that promote healthy eating. What is not one of the staples of the Mediterranean diet?

10 points

Mark only one oval.

- Cereals such as whole grain breads, bulgur, brown rice and whole grain pasta
- Tomatoes, peppers, aubergines, spinach and other vegetables
- Grapes, oranges, apples and other fruits
- Processed meats such as salami, sausage.
- Fish, chicken, turkey, eggs, legumes



Co-funded by
the European Union

5) Which of the following is not one of the reasons why the Mediterranean diet is healthy?

10 points

Mark only one oval.

- It is possible to have adequate and balanced nutrition with Mediterranean type diet
- The Mediterranean diet can be applied not only for maintaining health but also for effective weight management.2. seçenek
- The Mediterranean diet is not only a delicious way of eating but also sustainable for a healthy lifestyle.
- Many diseases can be prevented by adopting the Mediterranean diet principles as a dietary habit.
- Some foods in the Mediterranean diet may show allergic effects and affect the individual.

6) Which of the following is not included in the Mediterranean diet list?

10 points

Mark only one oval.

- wholemeal cereals
- vegetable fruit
- seafood
- nuts such as hazelnuts and walnuts
- red meat



Co-funded by
the European Union

7) How many main meals is the Mediterranean diet?

10 points

Mark only one oval.

- 3 main meals a day
- 1 main meal a day
- 2 main meals a day
- 5 main meals a day
- 4 main meals a day

8) I. Consumption of fruits, vegetables, nuts and legumes with Mediterranean-type diet increases pulp intake.

10 points

II. Mediterranean type diet has a protective effect against obesity.

III. Consumption of foods in the Mediterranean diet provides satiety with lower energy intake by increasing pulp intake.

IV. Mediterranean type diet protects against cardiovascular diseases.

V. Solid fats such as butter, tail fat, internal fat, margarine in Mediterranean type diet support brain health.

Which of the above numbered sentences are related to the benefits of the Mediterranean diet?

Mark only one oval.

- A) I-II-III-V
- B) I-II-IV-V
- C) I-II-III- D)
- I-II-III-IV E) II-
- III-IV-V



Co-funded by
the European Union

9) What should be the minimum water consumption in the Mediterranean diet?

10 points

Mark only one oval.

- Drink at least 2 litres of water every day.
- Drink at least 1 litre of water every day.
- Drink at least 2 litres of water at every meal.
- Drink at least 1 litre of water with each meal.
- Drink half a litre of water for every 3 main meals and 3 snacks.

10. Which of the following should not be done while following the Mediterranean diet?

10 points

Mark only one oval.

- During the day, 4 - 5 cups of light and unsweetened black tea, a larger amount of unsweetened herbal tea and a maximum of 2 cups of coffee can be drunk.
- Water consumption should be at least 8 - 10 glasses for women and at least 10-12 glasses for men.
- 1 teaspoon of olive oil is sufficient for salads. 1 teaspoon of olive oil can be replaced with 5 olives.
- In meatless vegetable dishes, 2 tablespoons of olive oil should be used for 1 kg, there are no forbidden vegetables, all vegetables can be consumed (potatoes should not be considered as a bread substitute vegetable).
- Meat products and other processed foods can be eaten as much as desired during the day.



Co-funded by
the European Union

Well-being4you: Sport &
Mediterranean Diet Project
101089938 **WORKSHOP-3: Benefits
of sports activities**



Erasmus+



Co-funded by
the European Union



Co-funded by
the European Union

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or EACEA. Neither the European Union nor the granting authority can be held responsible for them.”





Co-funded by
the European Union

1. The positive effects of regular exercise on the immune system can be associated with which intensity of exercise?

10 points

Mark only one oval.

- High Intensity Exercises
- Low Intensity Exercises
- Moderate Intensity Exercises
- Only Long Duration Exercises
- None of them

2. What is the ideal duration of physical activity to support immunity?

10 points

Mark only one oval.

- 30 minutes
- 45 Minutes
- 60 Minutes
- 90 Minutes
- 120 minutes

3. What is the main reason why it is recommended to do physical activity 3 days a week?

10 points

Mark only one oval.

- For Weight Control Only
- To Strengthen the Immune System
- For Muscle Building Purposes Only
- To Improve Mental Health
- To promote high-intensity exercise



4. Which of the following is among the biological benefits of sport?

Mark only one oval.

- Providing cultural pleasure
- To develop social responsibility
- Supporting physical development
- To develop an honest character
- Increasing tensions

5. What is the contribution of sport to the personal development of people in terms of psychological benefits? 10 points

Mark only one oval.

- Increasing aggression tendencies
- Reinforcing feelings of loneliness
- Develop integrity and character
- Directing to harmful activities

6. Which of the following is true about the effect of sport among social benefits? 10 points

Mark only one oval.

- It keeps individuals away from tensions.
- It reduces creativity and productivity.
- Reduces respect for laws.
- It develops feelings of co-operation and sharing.
- It weakens social responsibility.



Co-funded by
the European Union

7. In which case it is emphasised that doing sports can change both body and mind structure?

10 points

Mark only one oval.

- It affects only the body.
- Focuses only on mental factors.
- It affects both body and mind.
- It is only valid for young people.
- It is only possible with aerobic activities.

8. What is the main reason underlying the difficulties in starting and committing to sports?

10 points

Mark only one oval.

- Lack of awareness of the impact of physical activity on psychology
- Considering that a very long time is required to achieve the objectives
- Dislike to move
- Suggesting that only young people should do sport
- Easier to drive over short distances

9. Which of the following is among the risks associated with a sedentary lifestyle?

10 points

Mark only one oval.

- Hair Loss
- Obligation to wear glasses
- Low Bone Density and Osteoporosis
- Allergic Reactions
- Hand tremor



Co-funded by
the European Union

10. Which of the following stands out among the negative effects of a sedentary lifestyle?

10 points

Mark only one oval.

- Development of insulin resistance
- Increased bone density
- Reduction of high blood pressure
- Obligation to use glasses Nervous
- System strengthening



Co-funded by
the European Union

**Well-being4you: Sport &
Mediterranean Diet (Project
101089938) WORKSHOP- 4:
Gymnastic**



Erasmus+



**Co-funded by
the European Union**



Co-funded by
the European Union

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or EACEA. Neither the European Union nor the granting authority can be held responsible for them.”





Co-funded by
the European Union

1.What do muscle strengthening exercises work?

10 points

Mark only one oval.

- Only arms
- Only legs
- Only the abdomen
- All large muscle groups
- Shoulders only

2.At least how many minutes of moderate intensity physical activity is recommended every day?

10 points

Mark only one oval.

- 15 minutes
- 30 minutes
- 45 minutes
- 60 minutes
- 90 minutes

3.How does gymnastics contribute to the physical and spiritual development of children?

10 points

Mark only one oval.

- It supports only physical development.
- It prevents spiritual development.
- It only helps to gain flexibility.
- It strengthens the muscle-bone structure and increases nerve-muscle coordination.
- It is only effective in hyperactive children.



Co-funded by
the European Union

4. Which is correct about the age of starting rhythmic gymnastics in children?

10 points

Mark only one oval.

- The most appropriate age is between 10-12.
- The starting age of each child is the same.
- 2 to 5 years is the recommended starting age.
- It is not appropriate to start before the age of 15.
- It is only suitable for girls.

5. Which is not among the features that children can gain with rhythmic gymnastics?

10 points

Mark only one oval.

- Gaining body balance and flexibility
- Having an honest character
- Developing a sense of rhythm and co-ordination
- Developing a sense of personal responsibility
- Gaining elegance and aesthetics

6. Which is not among the features that children can gain with gymnastics?

10 points

Mark only one oval.

- Gaining posture habit
- Calmer behaviour
- Focusing only on a specific sport
- Correcting balance problems
- Gaining the ability to socialise



Co-funded by
the European Union

7. Which is a feature given as one of the benefits of gymnastics for children?

10 points

Mark only one oval.

- Increasing symptoms of depression
- Create more restlessness in hyperactive children
- Causing weakening of the musculoskeletal structure
- Ensuring that they become social and extroverted individuals
- Increasing balance problems

8. Which of the following suggestions is wrong for a gymnast to be successful?

10 points

Mark only one oval.

- Set goals for yourself.
- Create a training programme that you can stick to.
- Be closed to criticism from your coach.
- Ask him/her to evaluate the criticism.
- Regular training and commitment to the goal.

9. Which of the following is the most important factor for a person interested in gymnastics?

10 points

Mark only one oval.

- Regular training
- Neglecting training
- Depending only on the coach's instructions
- Not practising enough
- Being closed to criticism



Co-funded by
the European Union

10. Which of the following is not among the instruments used in gymnastics shows? 10 points

Mark only one oval.

- Barfik
- Ring
- Handle horse
- Hammer
- Trampoline



Co-funded by
the European Union

**Well-being4you: Sport &
Mediterranean Diet Project
101089938 WORKSHOP-
5-:Volleyball**



Erasmus+



Co-funded by
the European Union



Co-funded by
the European Union

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or EACEA. Neither the European Union nor the granting authority can be held responsible for them.”





Co-funded by
the European Union

1. What is the most important point in the falling phase of a dunk?

10 points

Mark only one oval.

- Paying attention to the condition of the air
- Falling on only one foot when falling to the ground
- To pass quickly into the opponent's area
- Falling on both feet
- Making visual effects when falling

2. At the end of pulling the arm back while hitting the ball in the dunking movement, where is the hand taken with a movement from the elbow?

10 points

Mark only one oval.

- Over the head
- Over the back
- Behind the shoulder
- Abdominal area
- Between the feet

3. What is the aim of the game of volleyball?

10 points

Mark only one oval.

- To make the most spikes during the game.
- Passing the ball into the opposing team's court.
- To block the opposing team's players.
- To score the most points among the players.
- Knocking down the rival players at the net.



Co-funded by
the European Union

4. How is the muscle development of a child playing volleyball affected?

10 points

Mark only one oval.

- It strengthens only the leg muscles.
- It develops only the muscles of the arms.
- It activates many muscle groups of the body.
- It strengthens only the trunk muscles.
- None of them

5. The coordination skill developed while playing volleyball includes which pair?

10 points

Mark only one oval.

- Hand and nose coordination
- Eye-hand and eye-foot coordination
- Hand and knee coordination
- Ear and mouth coordination
- None

6. What is one of the psychological benefits of playing volleyball?

10 points

Mark only one oval.

- Creating extreme stress
- Weakening team spirit
- Reducing social skills
- Increasing self-confidence
- None



Co-funded by
the European Union

7. What effect can a successful move or score have on a child?

10 points

Mark only one oval.

- Increases self-confidence.
- Decreases social skills.
- Reduces stress level.
- It weakens discipline.
- None of them

8. Children who play volleyball have the opportunity to develop which skill?

10 points

Mark only one oval.

- Individual skills only
- Academic skills only
- Sport skills only
- Ability to work and act collectively with teammates
- None

9. In a volleyball match, how many points must a team reach in order to win a set?

10 points

Mark only one oval.

- 15
- 20
- 21
- 25
- 30



Co-funded by
the European Union

10. In volleyball matches, a player is allowed to touch the ball at most how many times consecutively? 10 points

Mark only one oval.

- 1
- 2
- 3
- 4
- 5



Co-funded by
the European Union

**Well-being4you: Sport &
Mediterranean Diet Project
101089938 Workshop-6- Table
Tennis**



Erasmus+



**Co-funded by
the European Union**



Co-funded by
the European Union

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or EACEA. Neither the European Union nor the granting authority can be held responsible for them.”





Co-funded by
the European Union

1. Over how many sets is table tennis played?

10 points

Mark only one oval.

1 set

2sets

3sets

4sets

5sets

2.How many games are usually played in singles in table tennis matches?

10 points

Mark only one oval.

3

5

7

9

11

3. When the score is 10-10 in a table tennis game, how many points must be scored to win the game?

10 points

Mark only one oval.

1

2

3

5

7



Co-funded by
the European Union

4. Who determines the right to serve in table tennis?

10 points

Mark only one oval.

- The player who wins the draw
- Away player
- Home player
- Player who won the set
- Player with a point advantage

5. Which of the following is one of the health benefits of constant movement while playing table tennis?

10 points

Mark only one oval.

- Increasing fat accumulation
- Reducing mental clarity
- Improving heart and lung function
- Reducing muscle strength
- Reducing bone density

6. Which muscle groups work while playing table tennis?

10 points

Mark only one oval.

- Only foot muscles
- Only back muscles
- Various muscle groups such as hands, arms and legs
- Only abdominal muscles
- Neck muscles only



Co-funded by
the European Union

7. Why is table tennis effective for improving mental clarity?

10 points

Mark only one oval.

- Because it is a slow-paced game
- It is a game that requires quick thinking and strategy
- It is only a physical activity, it has no mental effect
- It has a decreasing effect on thinking skills
- Table tennis does not affect mental clarity

8. Which of the following is one of the social benefits of table tennis?

10 points

Mark only one oval.

- Increasing isolation
- Strengthening social ties
- Increasing stress
- Reducing endorphin secretion
- Limiting social interaction

9. What should be considered when serving in table tennis?

10 points

Mark only one oval.

- The ball should be held in the free hand and the thumb should be dimpled. Contact
- with the ball should be below the table level.
- The ball should fall to the ground when hitting the ball.
- The ball should be thrown at least 5 cm upwards.
- Let serves are not repeated, the opponent scores immediately.



Co-funded by
the European Union

10. In table tennis, a player can score points, but in which case he/she cannot score points? 10 points

Mark only one oval.

- The opponent cannot return the ball
- Ball caught in the net
- The ball does not bounce when the opponent kicks the ball
- The ball does not cross to the opponent's side
- The opponent strikes the ball powerfully



Co-funded by
the European Union

**Well-being4you: Sport &
Mediterranean Diet Project
101089938 Workshop-7: Basketball**



Erasmus+



**Co-funded by
the European Union**



Co-funded by
the European Union

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or EACEA. Neither the European Union nor the granting authority can be held responsible for them.”





Co-funded by
the European Union

1. How many referees are there in basketball competitions?

10 points

Mark only one oval.

- 1
- 2
- 3
- 4
- 5

2. In which situation an air throw is made at the centre court to start the game?

10 points

Mark only one oval.

- At the beginning of the first period
- At the beginning of the second period
- Start of the game
- At the beginning of the third period
- At the beginning of the fourth period

3. In which situation does the attacking team's right of possession pass to the opposing team?

10 points

Mark only one oval.

- Failure to complete the attack
- In case of foul play
- If the ball goes out of bounds
- Failure to complete the offence within two minutes
- In case of a foul by the player



Co-funded by
the European Union

4. How many minutes of extra time is played in case of a draw?

10 points

Mark only one oval.

1

2

3

4

5

5. In which situation can a player not be involved in the game for the rest of the match?

10 points

Mark only one oval.

Normal foul

Technical foul

Two sportsmanship fouls

Three fouls

5. seçenek

6. In which aspect do children who play basketball develop social skills?

10 points

Mark only one oval.

Physical skills

Intelligence development

Ability to think

Leadership qualities

Communication skills



Co-funded by
the European Union

7. Which of the following is one of the positive contributions of basketball?

10 points

Mark only one oval.

- Acquiring bad habits
- Developing a sense of responsibility
- Being introverted
- Rapid acclimatisation to social groups
- Being quiet and calm

8. What is the duration of a basketball game?

10 points

Mark only one oval.

- 30 minutes
- 40 minutes
- 50 minutes
- 60 minutes
- 70 minutes

9. How many players does each team consist of?

10 points

Mark only one oval.

- 3
- 4
- 5
- 6
- 7



Co-funded by
the European Union

10. What is a limitation faced by teams in terms of substitutions?

10 points

Mark only one oval.

- Total number of players*
- Head coach decision*
- Limited to 7 players*
- Number of substitutes*
- There is no limit to the number of substitutions*



Co-funded by
the European Union

**Well-being4you: Sport &
Mediterranean Diet Project
101089938 Workshop-8:
Swimming**



Erasmus+



**Co-funded by
the European Union**



Co-funded by
the European Union

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or EACEA. Neither the European Union nor the granting authority can be held responsible for them.”





Co-funded by
the European Union

1. Which muscles are actively used during swimming?

10 points

Mark only one oval.

- Leg muscles only
- Arm muscles only
- All large muscle groups, core muscles and supporting muscles
- Abdominal muscles only
- Only back muscles

2. Which of the following is the basic training to focus on before starting swimming training?

10 points

Mark only one oval.

- Cardio exercises
- Balance and buoyancy training
- Leg training
- Running training
- Stretching exercises

3. Why is expert guidance and direction important in swimming training?

10 points

Mark only one oval.

- Only to avoid wasting time
- To learn safe swimming techniques
- Only to reduce costs
- To be competitive in training
- Only to increase motivation



Co-funded by
the European Union

4. Which of the following statements about the effect of buoyancy during swimming is correct?

10 points

Mark only one oval.

- Swimming weakens the joints due to the buoyancy of the water.
- Buoyancy makes limbs and joints more difficult to move.
- Swimming increases the pressure on the joints due to buoyancy.
- Moving only by buoyancy does not increase muscle strength.
- The buoyancy of the water makes the limbs and joints move more easily.

5. Which part of the breaststroke style swimming technique moves by floating upside down?

10 points

Mark only one oval.

- Legs
- Arms
- Head
- Body
- Feet

6. Why does the swimmer's head protrude sideways during freestyle swimming?

10 points

Mark only one oval.

- To take heat from the water
- For breathing air
- For breathing under water
- To provide visual balance
- To cool the scalp



Co-funded by
the European Union

7. Which body part is submerged during prone style swimming?

10 points

Mark only one oval.

- Head
- Legs
- Body
- Arm
- Feet

8. Which movement underwater pushes the body forwards during butterfly style swimming?

10 points

Mark only one oval.

- Legs spread to the side
- Circular movement of the arms
- Lifting the head up
- Moving on your back
- Joining the toes

9. Which of the following is one of the psychological benefits of swimming?

10 points

Mark only one oval.

- Reducing high blood pressure
- Increasing concentration
- Strengthening muscles
- Body temperature regulation
- Controlling anxiety and stress



Co-funded by
the European Union

10. Which of the following is one of the effects of swimming on health? 10 points

Mark only one oval.

- Reducing bone density
- Reducing muscle mass
- Raising blood pressure
- Negatively affecting mental health
- Reducing mental coordination.



Co-funded by
the European Union

**Well-being4you: Sport &
Mediterranean Diet Project
101089938 Workshop-9- Sports
Nutrition and Health**



Erasmus+



Co-funded by
the European Union



Co-funded by
the European Union

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or EACEA. Neither the European Union nor the granting authority can be held responsible for them.”





Co-funded by
the European Union

1. Carbohydrates, which are an important source in athlete nutrition, undertake which task?

10 points

Mark only one oval.

- Muscle building and repair
- Supporting energy generation
- Vitamin and mineral supply
- Maintaining fluid balance
- Increasing protein synthesis

2. What percentage of daily energy in athletes should come from fats?

10 points

Mark only one oval.

- %5-10
- %15-20
- %25-30
- %35-40
- %45-50

3. Why is iron mineral important in athletes?

10 points

Mark only one oval.

- Energy storage
- Protein synthesis
- Muscle contraction
- Oxygen transport
- Nerve conduction



Co-funded by
the European Union

4. Which type of food should be avoided in the meal before sport?

10 points

Mark only one oval.

- Complex carbohydrates
- Oilseeds
- Dairy products
- High protein foods
- Vegetables such as cabbage, cauliflower

5. Which foods are recommended for athletes to consume for best tolerance after training?

10 points

Mark only one oval.

- High fat foods
- Foods containing only carbohydrates
- Foods containing only protein
- Foods containing complex carbohydrates and protein
- Only fruit and vegetables

6. What kind of fluid consumption is recommended to prevent diseases that may occur during exercise in athletes?

10 points

Mark only one oval.

- Increasing the carbohydrate content of beverages
- Water consumption only
- Preference for drinks containing electrolytes
- Consumption of sugary drinks
- Consumption of beverages with high caffeine content



Co-funded by
the European Union

7. When should fluid intake be done after exercise in athletes?

10 points

Mark only one oval.

- During exercise
- Before exercise
- Immediately before exercise
- Within 3 hours after exercise
- Regularly throughout the day

8. Which factors determine the energy and nutrient needs of athletes?

10 points

Mark only one oval.

- Age only
- Only by gender
- Only the type of sport
- Training frequency only
- Factors such as age, gender, type of sport, body weight

9. What is a point to be considered in nutrition before sports?

10 points

Mark only one oval.

- High protein intake
- Less fluid consumption
- Consumption of raw vegetables and fruits
- Prefer slowly digested foods
- Trying new foods



Co-funded by
the European Union

10. Which nutrient is important to meet the energy needs of athletes?

10 points

Mark only one oval.

- Carbohydrate
- Oil
- Protein
- Fibre
- Vitamins



Co-funded by
the European Union

**Well-being4you: Sport &
Mediterranean Diet Project
101089938 Workshop-10- Athletic**



Erasmus+



**Co-funded by
the European Union**



Co-funded by
the European Union

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or EACEA. Neither the European Union nor the granting authority can be held responsible for them.”





Co-funded by
the European Union

1. Which of the following is the most important factor in the 100 metres sprint?

10 points

Mark only one oval.

- Endurance
- Technical
- Force
- Flexibility
- Tactics

2. What is the method of determining the time in 100 metres sprint?

10 points

Mark only one oval.

- Electronic stopwatch
- Observation based estimation
- Arbitral award
- Photo finish
- Competitors telling their own time



Co-funded by
the European Union

3. How is a settlement made between athletes who are tied in the 100 metres sprint?

10 points

Mark only one oval.

- Re-race
- Arbitral award
- Electronic measurements
- Fastest start time
- Drawing of lots
- Other: _____

4. When is the highest speed reached in the 100 metres sprint?

10 points

Mark only one oval.

- At the start
- At the centre point
- Approaching the finish line
- When the finish flag is displayed
- Every moment is equal

5. Athletics generally does not require large structural or technological materials and has simple rules. What is the reason why this is seen as one of the features that make athletics stand out?

10 points

Mark only one oval.

- Athletics is not dangerous
- Unpopularity of athletics
- Athleticism is not fast
- Athletics is economical
- Athletics is not fashionable



Co-funded by
the European Union

6. Which is the correct statement about the age of starting athletics?

10 points

Mark only one oval.

- It is between the ages of 8-12.
- 14-18 years old.
- Between the ages of 20-25.
- Between the ages of 6-10.
- 16-20 years old.

7. In which of the following are the types of athletics listed correctly?

10 points

Mark only one oval.

- Walking, Running, Jumping, Throwing
- Jumping, Walking, Throwing, Running
- Running, Throwing, Walking, Jumping
- Throwing, Jumping, Running, Walking
- Walking, Throwing, Running, Jumping
- Other: _____

8. Which type of obstacles are not found on the track in hurdles?

10 points

Mark only one oval.

- Climbing obstacles
- Water barriers
- Fire barriers
- Vertical climbing obstacles
- There is no track without obstacles.



Co-funded by
the European Union

9. Which of the following is true about the health benefits of athletics?

10 points

Mark only one oval.

- Athletics is ineffective in preventing ailments.
- Athletics only strengthens muscles and does not affect bone development.
- Athletics negatively affects heart health.
- Athletics prevents diseases such as obesity and diabetes.
- Athletics reduces flexibility and causes posture disorders.

10. What is the positive effect of healthy running on the musculoskeletal system?

10 points

Mark only one oval.

- It causes muscle loss.
- Negatively affects bone development.
- Provides strengthening of the musculoskeletal system.
- Reduces flexibility.
- It causes muscle ache



Co-funded by
the European Union

Project WB4Y - Staff Report on Sports & Nutrition Workshops

The "Well-being4you: Sport & Mediterranean Diet" workshops, as a part of our ongoing commitment to enhancing youth health and wellness across Europe, took place over **seven days in February 2023, in Knin, Croatia**. Orchestrated by GK-KNIN, the event was designed to underscore the importance of an active lifestyle and a balanced diet through a blend of theoretical knowledge and practical sporting activities. Event gathered over 50 persons from different backgrounds.

Throughout the duration, participants engaged in a series of theoretical and practical sessions. The theoretical workshops covered critical topics such as the **negative implications of poor nutrition, the physiological and psychological benefits of regular exercise, and the foundational principles of the Mediterranean diet**. The practical sessions encompassed a wide array of physical activities, including **gymnastics, sport games, dance, volleyball, table tennis, basketball, and swimming**. These activities were carefully chosen to be inclusive, catering to both able-bodied and disabled participants, and to showcase the versatility of sports as a tool for health. Our staff played a crucial role in the seamless execution of these workshops. From coordinating logistics and managing equipment to facilitating discussions and guiding physical activities, their involvement was integral to the project's success. Notably, the staff observed a significant positive shift in participants' attitudes towards physical health and nutrition. Engaging with the youth and witnessing their journey from initial apprehension to genuine enthusiasm and understanding of the workshops' core messages was profoundly rewarding. The transformation seen in participants' confidence and knowledge has been equally mirrored in our staff, fostering a deeper sense of purpose and commitment to our mission. The success of the workshops not only advanced our project's goals but also had a notable impact on our staff. Working directly with a diverse group of young individuals, including those with physical disabilities, offered unique insights into the challenges and triumphs of promoting health inclusivity. The experience has enriched our team's professional and personal growth, enhancing their skills in adaptability, empathy, and effective communication. Furthermore, observing the immediate positive effects of our efforts on the participants reinforced the staff's belief in the transformative power of sport and nutrition education. This has spurred a renewed enthusiasm for continuing to advocate for and implement programs that drive meaningful change in communities across Europe.



Co-funded by
the European Union

Materials of workshops

Diet and health



WELL BEING 4 YOU: SPORT & MEDITERRANEAN DIET

KNIK, CROATIA

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or EACEA. Neither the European Union nor the granting authority can be held responsible for them."



A balanced diet

A balanced diet is based on the Eatwell Guide.

An unbalanced diet can lead to dietary related diseases.



Malnutrition

Having intakes of energy and/or nutrients below or in excess of needs for long periods of time can affect health. This is called malnutrition.

Severe under nutrition (having an intake of energy and/or nutrients below what is needed) is rare in the United Kingdom, but can be common in some developing countries. However, under nutrition does occur in the UK, e.g. micronutrient deficiencies.

Children suffer the effects of starvation (not enough food) more quickly than adults.





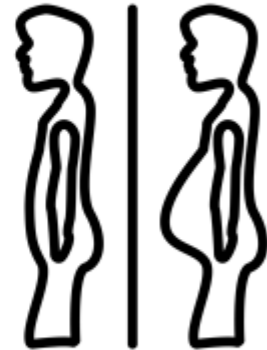
Co-funded by
the European Union

Undernutrition

Worldwide, Kwashiorkor and marasmus are two common diseases caused by a lack of protein and energy.

Fat soluble vitamins (A, D, E and K) and minerals are stored in the body so it takes time for deficiency diseases to develop.

Water soluble vitamins are not stored in the body so low intakes usually lead to signs of deficiency relatively quickly.



kwashiorkor

Over nutrition

Over nutrition is a problem usually associated with developed countries, such as the United Kingdom.

The most common over nutrition problem is obesity caused by too much energy being consumed, or high levels of inactivity.





Co-funded by
the European Union

Cancer

Cancer occurs when abnormal cells in the body develop and increase rapidly. The abnormal cells can also spread to other parts of the body and multiply.

Cancer can occur in different parts of the body.

In the UK, the most common cancers in men are lung, prostate or bowel cancer. The most common cancers in women are lung, breast or bowel cancer.



Cancer prevention

The World Cancer Research Fund has released nine cancer prevention recommendations.

- Be a healthy weight.
- Move more.
- Avoid high-calorie foods and drinks.
- Enjoy more grains, veg, fruit and barley.
- Limit intake of red meat and avoid processed meat.
- Don't drink alcohol.
- Eat less salt.
- Don't rely on supplements.
- Breastfeed your baby.





Co-funded by
the European Union

Coronary heart disease

Coronary heart disease (CHD) is caused by a narrowing of the blood vessels to the heart. This reduces the flow of blood to the heart.

If one of the blood vessels becomes completely blocked, the blood supply to part of the heart stops and that part is damaged. This is called a heart attack.



Coronary heart disease

It is estimated 7 million people in the UK are living with Coronary heart disease (CHD), which costs the NHS £6.8 billion a year. CHD is the leading cause of death in the UK, with around 1 person dying from CHD every 8 minutes.

However, it is believed 80% of CHD and strokes could be prevented by changes to lifestyle factors, such as diet, physical activity and smoking.





Co-funded by
the European Union

Body Mass Index (BMI)

The chance of suffering from CHD is affected by many factors. These are called risk factors. Factors that increase the risk of CHD include being:

- male;
- older;
- a cigarette smoker;
- overweight;
- inactive;
- stressed.

Factors that increase the risk of CHD also include having:

- a family history of CHD;
- high blood cholesterol level;
- high blood pressure;
- high intake of saturated fats;
- diabetes.

Coronary heart disease

Changes to the diet to reduce the risk of CHD include:

- increasing oily fish intake;
- reducing salt intake;
- increase fruit and vegetables;
- decreasing alcohol consumption.





Physical activity

If a person regularly consumes more energy from food and drink than they need, they will start to gain weight, eventually becoming overweight. For example, energy in > energy out.

Extra energy from food and drink is stored in the body as fat. There are a range of weights which are considered healthy for a given height. These can be calculated by calculating BMI (Body Mass Index).

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)} \times \text{height (m)}}$$

Recommended BMI range	
Underweight	Less than 18.5
Normal	18.5 – less than 25
Overweight	25 – less than 30
Obese	30-40
Very obese	Over 40

Obesity

People who are obese are more likely to suffer from:

- coronary heart disease;
- type 2 diabetes;
- gall stones;
- arthritis;
- high blood pressure;
- some types of cancers, i.e. colon, breast, kidney and stomach.





Co-funded by
the European Union

Bone health

Calcium is important for strong bones. Vitamin D is needed for calcium to be absorbed from food.

Osteoporosis is a disease where bones become weak, brittle and break easily. It is caused by severe losses of calcium.

During childhood, adolescence and early adulthood, calcium and other substances are added to the bone. This makes it stronger.

After the age of 30-35, bone loss begins. After the menopause women lose bone at an increased rate.



Bone health

Strong bones contain plenty of calcium and their strength is affected by:

- genetics;
- sex;
- diet;
- exercise;
- body weight;
- hormones.



Consuming adequate amounts of calcium and vitamin D throughout life will help with bone health and strength.



Co-funded by
the European Union

Anaemia

The mineral iron is vital for making red blood cells. Iron from the diet forms haemoglobin, which carries oxygen in the blood.

If the body's store of iron is low and there is too little iron in the diet, the symptoms of iron deficiency anaemia will start to develop. This is particularly common in young women who have higher iron requirements due to their menstrual cycle.

Iron from animal sources is generally more easily absorbed than iron from plant sources. Vitamin C increases absorption of iron from plant sources.





Co-funded by
the European Union

Dangers of the Internet and social networks

Co-funded by
the European Union

WELL BEING 4 YOU: SPORT & MEDITERRANEAN DIET

KNIK, CROATIA

*Funded by the European Union. Views and opinions expressed however those of the author(s) only and do not necessarily reflect the European Union or EACEA. Neither the European Union granting authority can be held responsible for them.

Koristi li vaše dijete internet?

- u **SVAKOM** trenutku milijuni mladih koriste internet
- **nalazi** se u vašem domu, u školi, kod prijatelja ili gotovo *bilo gdje drugdje* (mobilni telefon)
- ako ste roditelj, morate se suočiti s činjenicom da se u tom novom **virtualnom svijetu** vaša djeca vjerojatno puno bolje **snalaze** nego vi





Co-funded by
the European Union

Što je to internet?

- mreža svih mreža
- javno dostupna **globalna** podatkovna mreža koja **povezuje** računala i računalne mreže korištenjem internetskog protokola
- neiscrpan izvor **informacija** dostupnih na dlanu



- internet je izvanredno **sredstvo** koje nam omogućuje **komunikaciju, edukaciju i zabavu** – u isto vrijeme

- internet je najveća **knjižnica podataka** kojom čovječanstvo raspolaze

- internet je vrlo koristan pri pisanju domaćih **zadaca** ili **pripremi školskih projekata**, sjajan je medij koji djeci omogućuje da upoznaju druge ljude i kulture

- istodobno – internet predstavlja najjeftiniji način **putovanja** po cijelome svijetu





Co-funded by
the European Union



- internet je **najmoćniji** obrazovni i komunikacijski medij u povijesti svijeta
- internet je i **sjajno okruženje** u kojemu djeca – učenici mogu podijeliti svoju **stvaralačku energiju** s drugima; mogu pisati, izvještavati o raznim temama, crtati i pokazivati svoj umjetnički rad ili skladbu milijunima ljudi širom svijeta
- internet je također i najveća **improvizirana govornica** na svijetu



- internet je **zajednica** koja ima svoje dobre i loše članove, svoja sigurna i opasna mjesta; omjer dobrih i loših ne razlikuje se od tog omjera u stvarnom svijetu



- naša najveća zadaća je **naučiti** dijete gdje se kriju opasnosti i kako ih izbjeći... ne smijemo zaboraviti da je najveći rizik koji prijeti našoj djeci mogućnost da budu **prikraćena** za uporabu ovog nužnog medija





Najveći rizici uporabe interneta za djecu i mlade

- **izloženost** uznemirujućim, agresivnim ili nepristojnim e-mail porukama
- izloženost općem ili vršnjačkom nasilju i zlostavljanju,
- medijska **manipulacija**,
- direktna **komunikacija** s osobom koja traži neprimjerene odnose,
- izlaganje **seksualnim** sadržajima
- pretjerana **izoliranost** djeteta koje proizlazi iz prečestog/dugotrajnog korištenja kompjutera/interneta i sl.



Novi fenomen - *cyberbullying*

- elektroničko nasilje je **oblik nasilja** koji se odnosi na situacije kada je dijete izloženo **napadu** od strane druge osobe ili grupe **putem interneta** (npr. društvene mreže, e-mail, blog i sl.) ili mobilnog telefona s ciljem **uzrokovanja štete ili neugode**





Co-funded by
the European Union

Percepcija anonimnosti

Udaljenost

24/7-malo odmora

Osoblje jednakomjerno može biti pogođeno

Objavljivanje štetnih slika rijetko može biti povučeno

Brže eskalira

Manje agresivno. Lagano zastrašivanje.

Različiti nasilnički profili

Povećava se broj promatrača

Ne možeš vidjeti ni procijeniti reakciju osobe

Koje su razlike između fizičkog nasilja i cyberbullying-a?

Istraživanje Poliklinike za zaštitu djece grada Zagreba i Hrabrog telefona, 2013.

- Više od 50% svakodnevno se koristi internetom
- 27% djece je bilo izloženo porukama seksualnog sadržaja ili nekom drugom obliku prijetnji





Co-funded by
the European Union

Što su to društvene mreže?

- besplatni online servisi koji omogućuju korisnicima povezivanje i komunikaciju, ali i mogućnost vlastite prezentacije (besplatno postavljanje fotografija, video zapisa, igranje različitih igrica i dr.)



- Najpoznatije društvene mreže današnjice:
Facebook, Myspace, Instagram, Twitter i dr.



facebook®

- **najpoznatija i najraširenija** društvena mreža
- razlog popularnosti – prvo korištenje točnih osobnih podataka i povezivanje ljudi koji se poznaju u stvarnom životu na Internetu..
- **društveni život** u virtualnom svijetu
- u posljednjih nekoliko godina u Hrvatskoj doživjeo neviđeni rast
- druga najposjećenija stranica nakon Googlea
- zajedno sa svojim djetetom pažljivo pročitajte pravila korištenja Facebooka. Ukoliko vaše dijete mlađe od 13 godina, a već ima svoj Facebook profil,

činjeno je protuzakonito djelo





Co-funded by
the European Union



- ideja je jednostavna: registrirate se i zapisujete zanimljive trenutke iz svakodnevnog života, potkrijepljene fotkama i videoisječcima i povezujete se s prijateljima koji rade isto to

- **Zgodno, zar ne?**

- u svakom trenutku možete vidjeti što vaši prijatelji i poznanici rade, čime se bave i kamo putuju, a možete s njima i zaigrati raznorazne igre
- no Facebook sa sobom nosi i **određene opasnosti** koje vas mogu lišiti posla, zdravlja, slobodnog vremena i sličnih sitnica



Što je to *grooming*?

- oblik nasilja na internetu kojemu je cilj zavođenje djece od strane odraslih osoba
- odrasla osoba uznemirava djecu putem poruka, instant poruka ili SMS-a
- osoba se lažno predstavlja kao dijete, te ulazi u komunikaciju s njim i pokušava stvoriti osjećaj povjerenja kako bi razmjenili fotografije ili informacije seksualne prirode
- traži dijete da mu pošalje svoju sliku, video ili da se nađu u stvarnom životu





Co-funded by
the European Union

Potencijalni problemi i rizici za roditelje

- prekršajna prijava
- kaznena prijava
- uništen ugled djeteta
- psihološki poremećaji uzrokovani prije navedenim opasnostima za dijete
- gubitak djeteta



Što kaže Zakon?

- *uvreda, kleveta* i *iznošenje* osobnih i obiteljskih prilika su **kaznena djela**
- djeca mlađa od 14 godina nisu kazneno odgovorna
- zanemarivanje dužnosti zbrinjavanja ili odgoja djeteta znači kaznu zatvora od šest mjeseci do tri godine





Co-funded by
the European Union

Kako si pomoći?

- uz sve opasnosti koje vrebaju na internetu, mnogi bi mogli pomisliti kako je najbolje uopće ga više ne koristiti
- to **uopće nije tako**
- u prvome redu, treba biti svjestan koje sve opasnosti postoje jer jedino ih tako možete prepoznati



Korisni savjeti

1. **Postavite** računalo u dnevnoj sobi – bolja kontrola aktivnosti.
2. **Nučite** dovoljno o računalima!
3. **Povremeno** zajednički **posjećujte** internetske stranice kako bi se upoznali sa sklonostima i navikama vašeg djeteta na internetu.
4. **Ohrabrite dijete** da vas pita o onome što ne zna te potičite razgovore o sadržajima na internetu.





Co-funded by
the European Union



Korisni savjeti

5. **Mlađa djeca** ne bi trebala **posjećivati** chat sobe, forume, Facebook i slična mjesta bez nadzora.
6. **Uspostavite pravila** vezana za **ponašanje** na internetu, zapišite ih i napravite dogovor sa svojim djetetom.
7. **Savjetujte dijete** da se nikada ni pod kojim uvjetima ne **sastaje** s osobama koje upozna putem interneta, osim u vašoj pratnji!



HVALA NA PAŽNJI!





Co-funded by
the European Union

My Pyramid Basics and Dietary Guidelines

My Pyramid Basics and Dietary Guidelines



WELL BEING 4 YOU: SPORT & MEDITERRANEAN DIET

KNIK, CROATIA

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or EACEA. Neither the European Union nor the granting authority can be held responsible for them."

Anatomy of My Pyramid

Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds of amounts of food to eat each day at MyPyramid.gov

Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.



Food Intake Patterns

Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Fruits	1 cup	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups	2.5 cups	2.5 cups	2.5 cups
Vegetables	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups
Grains	3 oz	4 oz	5 oz	5 oz	6 oz	6 oz	7 oz	8 oz	9 oz	10 oz	10 oz	10 oz
Meat and Beans	2 oz	3 oz	4 oz	5 oz	5 oz	5.5 oz	6 oz	6.5 oz	6.5 oz	7 oz	7 oz	7 oz
Milk	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils	3 tsp	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp
Discretionary calorie allowance	165	171	171	132	195	267	290	362	410	426	512	648

Nutrients – Energy Producing

- Carbohydrates
 - Provides Energy
- Protein
 - Builds and Repairs Body Tissue
- Fat
 - Insulation, Protection, Reserve Energy



Co-funded by
the European Union

Nutrients – non energy producing

- Vitamins
 - Assists in the biochemical reactions related to the metabolic process
- Minerals
 - Skeletal structure
- Water
 - Hydration, most essential to life
- Fiber
 - Digestion of food

Grains

- Servings Daily: 3-10 ounces
- Major Nutrient: Carbohydrates, Fiber
- Serving: 1 oz = 1 slice bread – 1 cup dry cereal = ½ cup pasta or rice
- Tips: eat at least 3 oz of whole grains each day





Co-funded by
the European Union

Fruits

- Servings Daily 1-2 ½ cups
- Major Nutrient: Vitamins, Fiber
- Serving: 1 medium/small piece of fruit = 1 cup
- Tips: eat a variety of fruit, go easy on juices



Vegetables

- Servings Daily: 1-4 cups
- Major Nutrient: Vitamins, Fiber
- Serving: Eat a variety of colors
- Tips: Eat more dark green and orange vegetables, eat more dry beans and peas





Milk

- Servings Daily 2-3 cups
- Major Nutrient: Minerals, Protein
- Serving 1 ½ oz cheese – 1 cup milk/yogurt
- Tips: go low-fat or fat free, if you can't consume milk, choose other calcium sources



Meat and Beans

- Servings Daily: 2-7 ounces
- Major Nutrient: Protein
- Serving: 1 oz meat = 1 egg = 1 T peanut butter = ¼ cup cooked beans = ½ oz nuts or seeds
- Tips: choose low fat or lean meats, bake, broil or grill. Vary protein.





Oils

- Servings Daily: 3-11 teaspoons
- Major Nutrient: Fat
- Serving: Watch for it in foods such as nuts, olives, mayonnaise, salad dressing
- Tips: Use canola, olive, peanut, soybean, corn safflower or sunflower oil.



Fats and Oils

- Fats are solid at room temperature and oils are liquid.
- Consume less than 10% of calories from saturated fatty acids and less than 300 mg of cholesterol. Keep trans fatty acid consumption as low as possible.
- Choose meat and dairy products that are low in fat.



Sugar

- Keep sugar within the discretionary calorie allowance.
- Choose water or fat free milk to drink.
- Limit sweet snacks and desserts.
- Select unsweetened cereals.



Discretionary Calorie Allowance

- The calories remaining after accounting for the calories needed for all the food groups. These can be used up with poor food choices in the pyramid or saved for a real treat!





Co-funded by
the European Union

Physical Exercise

- Be physically active for at least 30 minutes a day.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustained weight loss at least 60-90 minutes of physical activity is needed.
- Children and teenagers should be physically active for 60 minutes every day!



The Dietary Guidelines



1. Get adequate nutrients within the calorie needs

Caloric Breakdown

Carbohydrates: 55-60%

Fat: No more than 30%

Protein: 10-15 %

Average American eats too
much fat, sugar, calories &
sodium

Average American doesn't eat
enough fiber.



2. Manage weight, balance food intake with exercise output

SNAPSHOTS by Jeann Love



Kathy decides to remain standing on the scale until she loses weight.



Co-funded by
the European Union

Serving Size Quiz

What does a serving size look like?

QUIZ: What Makes a Serving?

- A huge bag of Ruffles is helping you get through your science homework. You polish off about $\frac{1}{2}$ a bag or 50 chips. How many servings of chips have you just eaten?
 - A. 1
 - B. $2 \frac{1}{2}$
 - C. 5



Co-funded by
the European Union

The Answer: C

- An official serving of Ruffles is one ounce, which is about 10 chips. Half a bag is 5 servings.

QUIZ: What Makes a Serving?

- One serving of steak is about as big as:
 - A. A deck of cards
 - B. A Howie Day CD with case
 - C. A paperback book





Co-funded by
the European Union

The Answer: A

- An official serving of steak is three ounces or about as big as a deck of cards. A typical slab you would get at a steak house would be five times that size.

QUIZ: What Makes a Serving?

- According to the label on a package of Oreos, one serving has 100 calories and five grams of fat. How many cookies are in a serving?

- A. 1
- B. 2
- C. 3





Co-funded by
the European Union

The Answer: B

- An official serving of Oreos is 2 cookies. But who can stop at just 2?

QUIZ: What Makes a Serving?

- The label on your favorite brand of ultrasinful ice cream says that one serving has a killer 300 calories and 15 grams of fat. How many scoops are in one serving?

- A. 3
- B. 2
- C. 1





Co-funded by
the European Union

Answer: C

- One official serving is one scoop, just $\frac{1}{2}$ a cup.

QUIZ: What Makes a Serving?

- On “official” serving of french fries contains 3 ounces. How many servings are in a McDonald’s Super Size french fries?

- A. 1
- B. 2
- C. 3





Co-funded by
the European Union

Answer: C

- A Super Size french fries contains three official servings, adding up to 540 calories.

QUIZ: What Makes a Serving?

- A 7-Eleven Double Gulp contains how many servings of soda?
 - A. 2
 - B. 4
 - C. 8





Answer: C

- A Double Gulp has eight servings, more than enough to quench the thirst of a large family. A can of soda contains 1 ½ servings.

3. Be physically active each day



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"



Co-funded by
the European Union

4. Choose a variety of fruits, vegetables, whole grains and fat free or low fat milk products daily.



5. Monitor your intake of fats

- Watch for naturally occurring invisible fat in foods such as avocados, olives, milk, eggs, etc...





6. Choose carbohydrates wisely

- Choose fruits, vegetables and whole grains. Limit sugar.



7. Watch your intake of sodium

What can too much salt/sodium
do to your body?

Can cause high blood
pressure and heart disease.

Where does it hide?

In prepared foods (frozen,
canned, etc.)





Co-funded by
the European Union

8. If you drink alcohol do so in moderation



9. Keep food safe to eat

