

NEWSLETTER



MUN-SI is a health promotion programme for children, based on local policies that offers an interactive response to childhood malnutrition (thinness and overweight).

For more information www.mun-si.com

We offer internships in the fields of nutrition and communication for students and young graduates.

Sign up for **free!**
You only have to send an [e-mail](#).



MUN-SI Oeiras 2017/2018

MUN-SI Oeiras 2017/2018 intends, this time, to continue the sessions held in the 2016/2017 school year, trying to reach as many participating children as possible.

Mediterranean Diet will continue to be the theme addressed in this school year, but this time, with emphasis on the Mediterranean Food Wheel.

MUN-SI in Action

“The Game of the Mediterranean Wheel”

The **third intervention** should take place during the second school term, and it is intended to be held in the classroom, with the participation of **children and teachers**.

The **main objective** of this intervention will be not only to recall the contents learned in the previous MUN-SI Sessions, but also to deepen the knowledge about the **Mediterranean Diet Food Wheel** in an interactive way.



In order to test, in a playful way, the concepts acquired during this session, a **floor game** will be held with the participation of all the children.

MUN-SI in Action

For this the class will be divided into 4 groups and 4 pawns will be selected, one from each group. The pawns will launch the giant dice, and the remaining elements will have to answer several questions, depending on the game house that the pawn handy.



In some houses only curiosities about one food will be presented, but in others the group will have to answer a question. And, depending on the house, there may be a penalty, a bonus or a special consequence!

The group that first arrives at the center of the Mediterranean Diet Food Wheel, and answer correctly to the question, will win The Game of the Mediterranean Wheel.

MUN-SI in Action

“Mediterranean Wheel Construction”

The **fourth intervention** should occur during the third school term, and it is intended to be held in the classroom, with the participation of **children and teachers**.

The **main objective** will be to train the children in the construction of a Mediterranean Diet Food Wheel, through small portions of food.

Children will also be responsible for sharing with their colleagues the **benefits** of a particular food and how they can use it in a typically Mediterranean meal.

Curiosities

Already know the book "Eat, drink and live" of the National Health Service? Access [here](#).

Get to know more about the Mediterranean Diet, unraveling all the principles with your child!

