



AMEA TEENS on a TV Show



On 6th of April, CEIDSS was on the TV programme "Grande Tarde da SIC", hosted by João Baião and Andreia Rodrigues. The nutritionist Mariana Pinho Santos was responsible for introducing the main objectives and activities of the AMEA TEENS project on both individual and community levels also, she explained how the adolescent ex-competitors of Biggest Loser Teen (*PESO PESADO TEEN*) were integrated into the project. Sandro da Silva, ex-competitor, was also present and he had the opportunity to talk about his experience regarding *PESO PESADO TEEN* as well as share the biggest challenges and difficulties he faced after he had left the programme.

Watch the interview at:

http://sic.sapo.pt/Programas/grande_tarde/videos/2016-04-06-Aprender-a-ter-uma-vida-saudavel

Healthy Cooking Workshop

In April, in each county of AMEA TEENS project healthy cooking workshops were organized, by involving *chefs* of local restaurants and hotels. Adolescents have learned basic rules of hygiene, sanitation and safety in food preparation as well as nutritional quality of food. Add to this they could make their own tasty meals then enjoy and eat it together with other fellows.



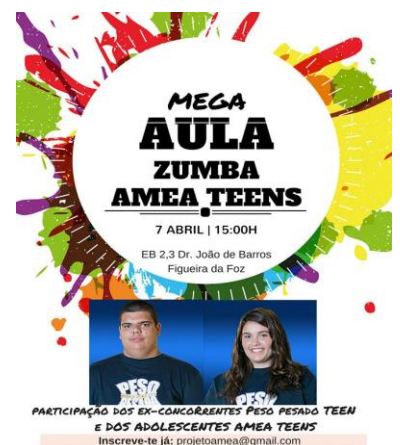
Lecture about Healthy Food

Dr. Marta Ferreira, nutritionist of AMEA TEENS project in Paredes county held a lecture to the students of Lordelo Secondary School on "Mediterranean Diet". Other adolescents of the municipality were also present as well as AMEA teens who shared their experiences particularly about habits changes and healthier diet that they adopted while participating in AMEA TEENS project.



Mega Zumba Class

With the aim of making children associate physical activity with fun, the AMEA TEENS organized a MEGA ZUMBA CLASS in each participating county of the programme. Classes were carried out in secondary schools where all the school community was involved. Additionally teenagers of AMEA program as well as former competitors of PESO PESADO TEEN participated. Mauro Policarpo and Pedro Correia instructors held the classes and guaranteed conviviality!



Watch the video at:

<https://www.youtube.com/watch?v=Q1SsQWk-kBU>



EAT MEDITERRANEAN: A program for eliminating dietary inequality in schools

International Children’s Day

In Santarém, the International Children’s Day was celebrated with activities in the central garden of the city. Children from the kindergarten were invited along with their teachers to get to know more about vegetables and their importance in a healthy diet. Tó and Nini, the project’s mascots, were also there. The day has ended with a small theater play by CED Francisco Margiochi, Quinta do Arrife, where soup consumption was promoted.



Teacher’s Training

In May, there were executed two sessions of nutrition education for the group of teachers in Sá da Bandeira Secondary School. “Mediterranean Diet”, as a theme, was presented and discussed by the participants. In the end, everyone had the opportunity to learn new recipes of healthy snacks and even taste them.



School Group Sessions

From April to June, all participating classes of the EAT MEDITERRANEAN project in Santarém and Alpiarça counties were introduced to the topic “10 good reasons to eat soup” everyday. Withal, students got to know the benefits and importance of vegetables in our daily diet, they also learned how to make soups rich in vitamins, minerals and health.



In the 3rd term, classes who participated in MUN-SI project in Oeiras were quite excited after the first session of nutrition education in the earlier term. It was time the children to show what they have learned about how to prepare a **VENCE Snack** through the challenges and questions they had in the classroom game. (*Abbreviation VENCE stands for V-ariety, E-conomic, N-utritious, C-reative, E-equal*). At the end of the session, everybody learned the lyrics and choreography of the music regarding **VENCE Snack**.

Watch the video at:

<https://www.facebook.com/programamunsi/videos/575349122620710/>

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

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