

#ERASMUS

DAYS

13 > 18
octobre
2025

EUROPEAN CIVIC EDUCATION WEEK

by IIS "Einstein De Lorenzo"
Potenza, ITALY



Lessons

Workshops

Events

Schools' Network to share ideas

Testimonials

Erasmus+ project dissemination





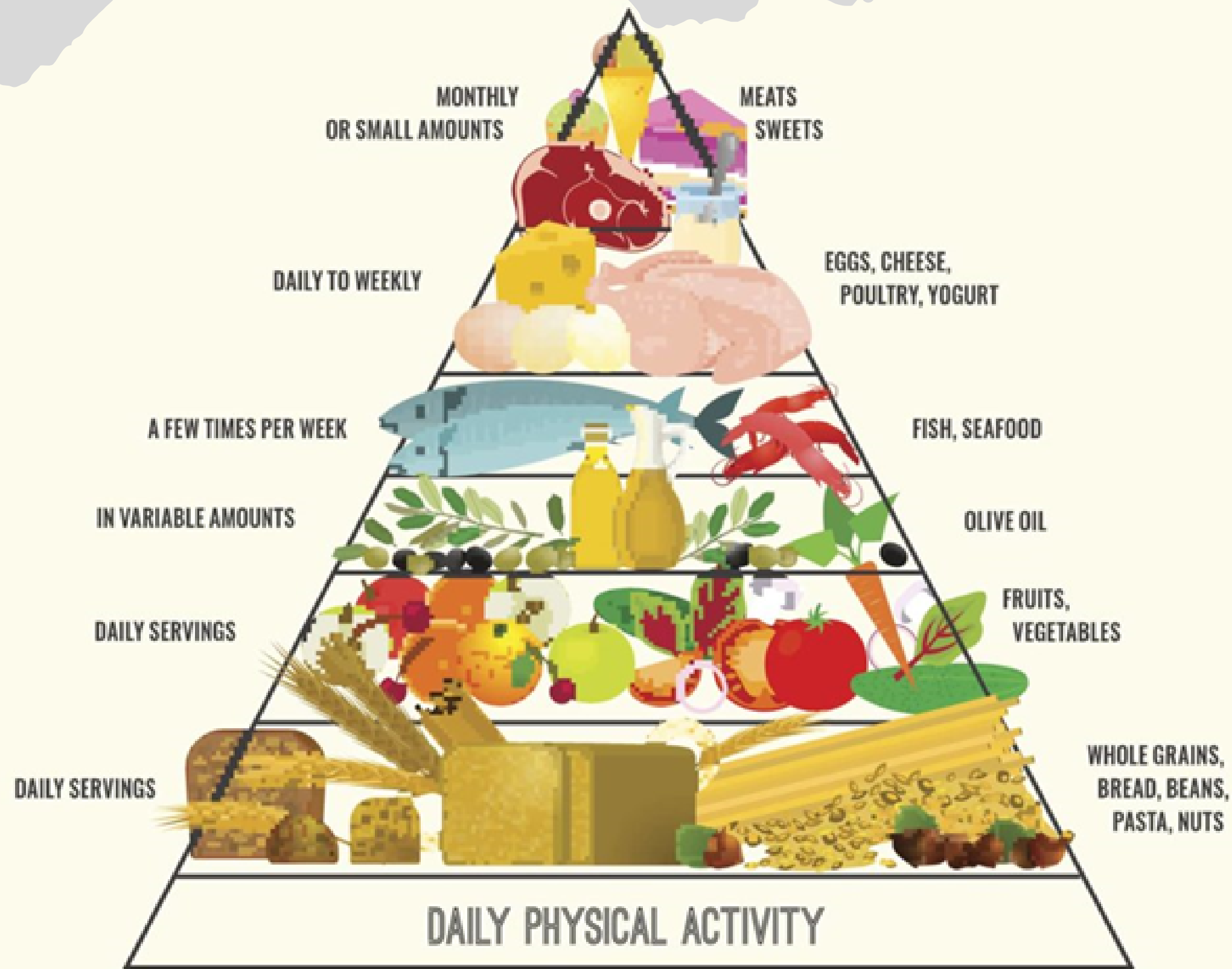
Used Applications:

- QUESTION WELL
- PANQUIZ
- ELEVENLABS
- CANVA



|| Eleven
|| Labs

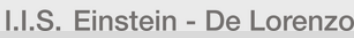




MEDITERRANEAN DIET

The food pyramid is essential for a balanced diet, dividing foods into levels to facilitate daily use.

Potenza Picerno



This type of pyramid shows human responsibility about sustainability, focusing on reducing waste and using resources wisely.

Harmful Foods and Drinks



Eating too much salt, especially from processed foods, can cause high blood pressure and heart issues.

Fried foods and industrial baked goods have saturated fats that can lead to heart problems.

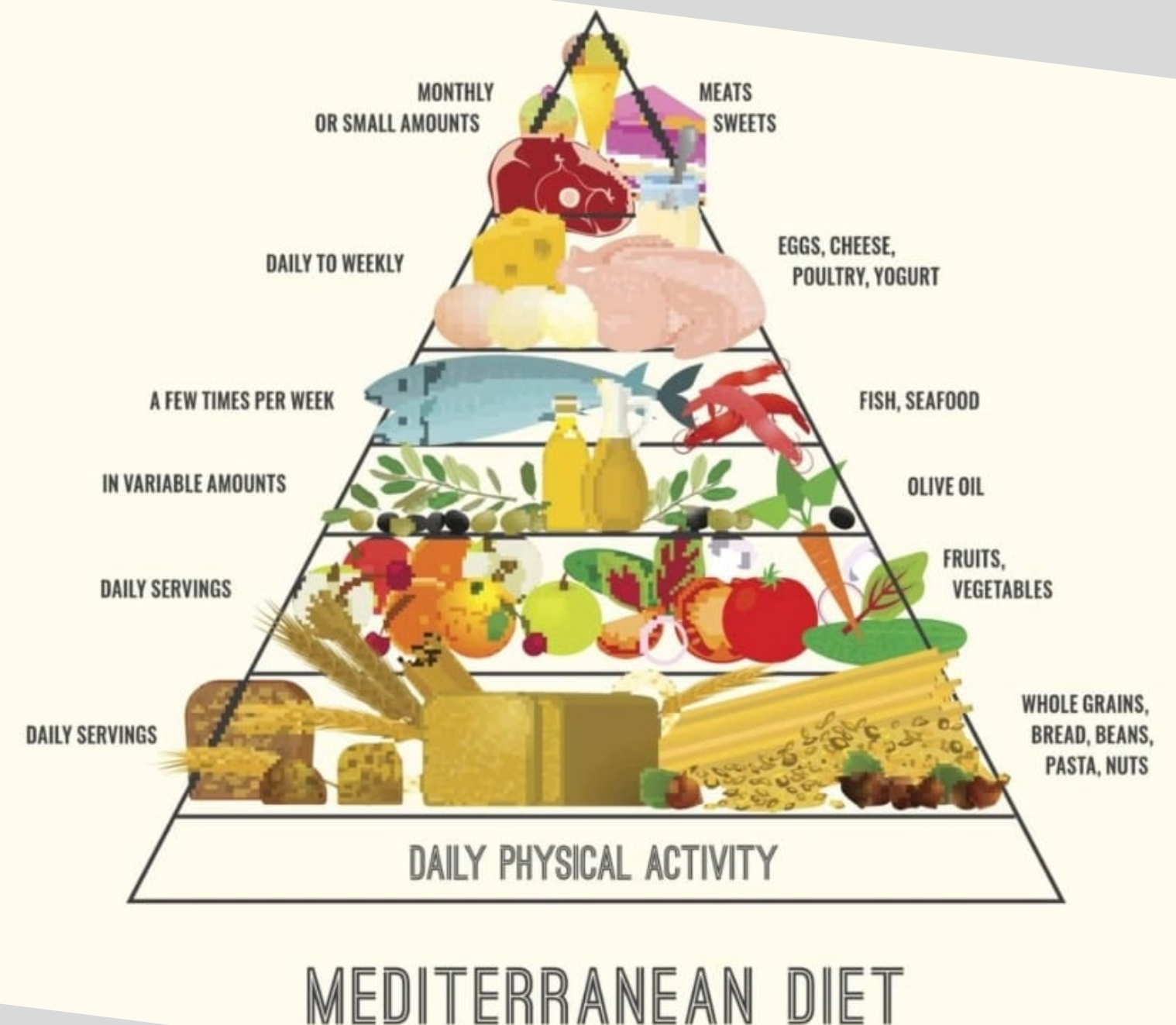


Sugary drinks and sweets can cause obesity and diabetes.

Too much alcohol can hurt the liver and increase cancer risk.

A Balanced Diet: Mediterranean Diet

It is a typical diet of Mediterranean countries like Italy, Greece and Turkey, famous all around the world. This diet not only promotes optimal health but offers a tasty and varied cuisine.



Typical Weekly Meals of an Italian Teenager

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Yougurt with fresh fuit	Toast with jam and a glass of milk	Fruit smoothie and handful of nats	Yogurt with fruit	Bread with jam or Nutella	Milk with cocoa and biscuits	Croissant and coffee or milk
Snack	Sandwich with salame	Cereal bar	chocolate cheaps cookies	Sandwich with ham and tomato	Apple pie	Cupcakes	Crackers
Lunch	Pasta with Tomato and basil, accompanied by green salad	Whole grain sandwich with ham, lettuce and tomato	Brown rice with vegetables and tofu	Tuna salad with beans and corn	Couscous with chickpeas and roasted vegetables	Spaghetti with pesto	Lasagna
Dinner	Lentil soup with a side of steam vegetables	Chicken salad with mixed vegetables and whole grain bread	Baked fish fillet with potatoes and spinach	Grilled chicken with broccoli	Homemade pizza margherita (mozzarella and tomato sauce)	Junk food	beef-steak with potatoes



I.I.S. Einstein - De Lorenzo

Created by the students of class 2N

Information Technology