

# PROMOTING A HEALTHY LIFESTYLE IN NORWEGIAN SCHOOL

## SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN

Curriculum general part

Sustainable development as an interdisciplinary theme

Make responsible choices, act ethically and environmentally consciously

## SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN

### KNOWLEDGE PROMISE 2020 - FOOD AND HEALTH

Utilize local foods in cooking and present the links in the production chain from raw material to meal

## SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN

Sort waste in connection with cooking and explain why it is important to do so

## SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN

Utilize foods and leftovers from cooking and reflect on your own food consumption

## SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN

Use food labeling and diet models to put together a healthy, varied and sustainable diet and reflect on their choices

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## SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN

### LOOP ENVIROMENTAL SCHOOL

#### LOOP miljøskole

- Movies with teaching programs
- From kindergarten to USS3



## SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN

Matportalen Teaching materials

[Matportalen](#)

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### NATURSEKKEN

Nature backpack, Front page

[Naturesekken forside](#)

Sustainable product selection

[Bærekraftig produktvalg](#)

Posters of school projects

[Postere av skoleprosjekter](#)

# SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN

News archive

[Nyhetsarkiv](#)

## SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN

Geitmyra Cultural center for children

Geirmyra skole – activities

[Geitmyra skole – aktiviteter](#)

Teaching tools

[Geitmyra undervisningsverktøy](#)

## SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN

Debio has been labeling food and developing ecology in Norway for over 30 years. We also offer guidance and dissemination, because our food choices make a difference.

Debio translated to English language

[Debio oversatt til engelsk](#)



## SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN

Organic food in USS

[Økologisk mat - samarbeid nytter](#)

Cut food waste

[Kutt matsvinnet](#)

Food waste

[Matsvinn](#)

# SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN - WORKSHOP



Green flag

[Grønt flagg - hele dokumentet](#)

## SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN – WORKSHOP

### Nærmiljø og bærekraftig utvikling

#### Goal:

- Increase pupils' awareness and competence regarding the utilization of food resources in the local community.
- Pupils will learn about the production, processing and preparation of food.
- Utilize foods and leftovers from cooking and reflect on your own food consumption

## SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN - WORKSHOP

### Prerequisites:

- Teach pupils the basics of sustainable development
- Learn about the difference between "best before" and "last day of consumption" and how to check if food that has expired is still good
- How they talk to people in the community when they represent the school

## SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN – WORKSHOP

### Nærmiljø og bærekraftig utvikling

- What does the municipality do?
- What does the school do?
- What does the pupils do?
- What does the family do?
- Grocery stores?
- Hotels?
- Farmers?
- Bakers?
- Canteens in different companies?

## SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN - WORKSHOP

- Involve the local community with the results of the survey
- Involve the local community:
- For example: Make a case on the school's website or in a local newspaper about the school's work for sustainable consumption
  
- Poster

## SUNN OG BÆREKRAFTIG LIVSSTIL I SKOLEN - WORKSHOP

- Make a cookbook with local ingredients
- Make a cookbook with «food waste»
- Plan for changes / new routines in school / home
- Enter into agreements with companies?