

The background of the slide features a person in a handstand position on a textured, light-colored surface. The person is wearing a dark tank top and shorts. The overall aesthetic is clean and modern, with a focus on physical activity and health.

**Healthy week at
Joniškis
Matas Slančiauskas
gymnasium**

*Last week the members of Comenius
Project organized a Healthy week at
school.*

*The task of Healthy
week was to show
how to live and eat healthy.*

Every day menus at our school canteen and at a snack-bar were written in Lithuanian and in English . Also we counted calories for all dishes.

Members of Comenius project showed sports exercises for primary school students.

We would like to share some photos of this week.

Enjoy!

Menu

Potatoes soup with pearl - barley (137 kcal, proteins – 2.67 g, fats – 5.3 g, carbohydrates – 20.76 g)	0.30 Lt
Schnitzel (with boiled potatoes, sauce and slaw) (481 kcal, proteins – 25.5 g, fats – 27.61 g, carbohydrates – 34.24 g)	2.43 Lt
Sausage (with boiled potatoes, sauce and slaw) (357 kcal, proteins – 7.65 g, fats – 26.61 g, carbohydrates – 23.21 g)	1.59 Lt
Cepelinai with curd and sour cream (366 kcal, proteins – 11.21 g, fats – 17.3 g, carbohydrates – 42.08 g)	1.42 Lt
Cepelinai with meat and sour cream (397 kcal, proteins – 14.96 g, fats – 19.63, carbohydrates – 41.63 g)	1.72 Lt
Pancakes “Žemaičių” with sour cream (519 kcal, proteins – 3.9 g, fats – 3.7 g, carbohydrates – 18.5 g)	1.92 Lt
“Varškėčiai” with sour cream (484 kcal, proteins – 25.1 g, fats – 27 g, carbohydrates – 35.5 g)	2.25 Lt
Chicken cutlet (with boiled potatoes, sauce and slaw) (402 kcal, proteins – 20.51 g, fats – 28.31 g, carbohydrates – 22.67 g)	2.76 Lt
Grated potatoes cepelinai (334 kcal, proteins – 3.8 g, fats – 3.4 g, carbohydrates – 57 g)	1.74 Lt
Semolina (328 kcal, proteins – 10.3 g, fats – 1g, carbohydrates – 67.7g)	0.60 Lt



I'm happy and sleepy. Where's my bed?



One more, one more!



Look at me girls, I'm strong!



Are you ready?



Clap your hands!



Hands up!



Shake your hands!



Smile! ☺

*Results of Healthy week at Joniškis
Matas Slančiauskas gymnasium:*

- 1) Primary school students promised to do exercises every morning.
- 2) Students improved English vocabulary on food and sports.
- 3) It was interesting to count calories.

*PowerPoint presentation
by Simona
and Mingle. ☺*