



Erasmus+

Liceul Unitarian János Zsigmond



H.E.A.L.T.H.

Help Everyone Achieve
Lifelong Total Health



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July 11 Monday	July 12 Tuesday	July 13 Wednesday	July 14 Thursday	July 15 Friday
9:30 – Welcoming guests in the school's <u>Festivity Room</u>	9:30 – Meeting at the school's <u>Festivity Room</u>	9:30 – Meeting at the school's <u>Festivity Room</u>	7:45 – Meeting at Házsongárdi Cemetery	9:30 – Meeting at the school's <u>Festivity Room</u>
10:00 – School presentation guided by the vice-principal (EN)	10:00 – <u>Workshop</u> : Creating different types of tasks	10:00 – <u>Workshop on the movie</u> : Our Daily Bread	Trip to: <ul style="list-style-type: none"> • Salt Mine of Torda • Torda Gorge • Torockó Village 	10:00 – Presenting final work results in the <u>Festivity Room</u>
11:00 – Ice breaker, Forming work groups, School presentation by vice-principal (HUN/teachers*)	12:30 – Collecting and presenting tasks	14:00 – Free time <i>Suggestion: Organ concert in the Reformed Church at 19:00</i>		13:00 – <i>Teacher's meeting in the <u>Teacher's room</u></i>
11:30 – Distributing tasks	13:00 – Free time			13:00 – Free time for students with host families
12:00 – The drama <u>Troy</u> performed by students in the <u>Festivity Room</u>	16:00- 19:00 – City Tour for the students – Discover Cluj!			19:00 – Dinner for the teachers at <u>Bistro 1568</u>
13:00 – Free time with host families <i>Suggestion: Organ concert in Saint Michael's Church at 19:00</i>	16:00 – <i>Suggestion for teachers: Guided walk in the old town</i>			



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9:30 – Welcoming guests in the school's Festivity Room

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12:00 – The drama Troy performed by students in the Festivity Room

13:00 – Free time with host families

Suggestion: Organ concert in Saint Michael's Church at 19:00

20:00 – Dinner for the teachers at Boema House



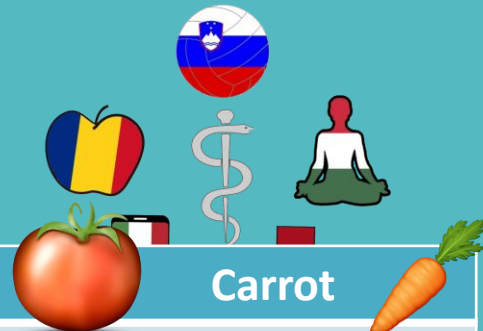
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Sweet potato 	Eggplant 	Avocado 	Broccoli 	Tomato 	Carrot 
Benedikti Anna	Böröndy Kata	Németh Viola Panna	Deme Lola	Luxl Sára	Molnár Márk
Matteo Colleluori	Scarpone Francesca	Cardona Gonzales Iris	Di Paolo Anna	Aleks Grum Orešnik	Miha Zafošnik
Stržinar Nika	Demšar Manca	Friškovec Kumar Sara	Žiga Režek	Piccari Rosita	Mancebo Laguna Laura
Csidei Boglárka	Reynés Fernández Gema	Ferencz Péter	Rodríguez Pérez Álvaro	Lopez Gomez Antonio	Cantarini Alessia
Akerman Ágota	Török-Schuller Lilla	Békési Rebeka	Nagy Eszter	Ambarus Egyed Andris	Hegedűs Éva
Pálfi Hanga	Baki Tímea	Tamás Kriszta	Dénezi Ágoston	Jánosi Dücskő Antónia	Horváth Tamás
Pascual Sebastián Raquel	Venczel Hanna	Linares Carfagnini Rodrigo A.	Kun Szabolcs Nimród	Tánczos Dorottya	Juhász Kincső
	Laping Dávid		Szabó Boglárka		Pápai Anita



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The six groups are challenged to complete the following tasks within the course of this week, having at their disposal 50 lei. Each group will purchase ingredients and cook the dish according to the instructions they picked. By the end of the week, each group must present their work to the teachers!

1. You must buy ingredients on your own!
2. Prepare the dish!
3. Film the process of preparation (the video must not be longer than 2 mins.)
4. Measure the amount of calories of the dish!
5. Taste it! XD



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**!!!!!! FOR THE CITY TOUR YOU NEED TO BRING A
PENDRIVE AND A LAPTOP TOO !!!!!!**



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Tuesday:

9:30 – Meeting at the school's Festivity Room

10:00 – Workshop: Creating different types of tasks

12:30 – Collecting and presenting tasks

13:00 – Free time

16:00-19:00 – City Tour for the students – Discover Cluj!

16:00 – Suggestion for teachers: Guided walk in the old town



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Compose exercises considering a healthy diet taking examples from the workbook! (solutions also attached!)



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1- Write letter „T” if the statement is true, and letter „F” if it is false!

- a. The fishing most important reason we do not develop our fisheries is that we do not do coastal
- b. Mediterranean takes first place in the seafood production
- c. Our fish consumption is not too much because of our culture
- d. The most fished species of fish in our seas, is salmon and turbot

T
F
T
F



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Write a text containing these words “health, Black Sea, saurel, omega 3 fatty acid, culture, and trout.

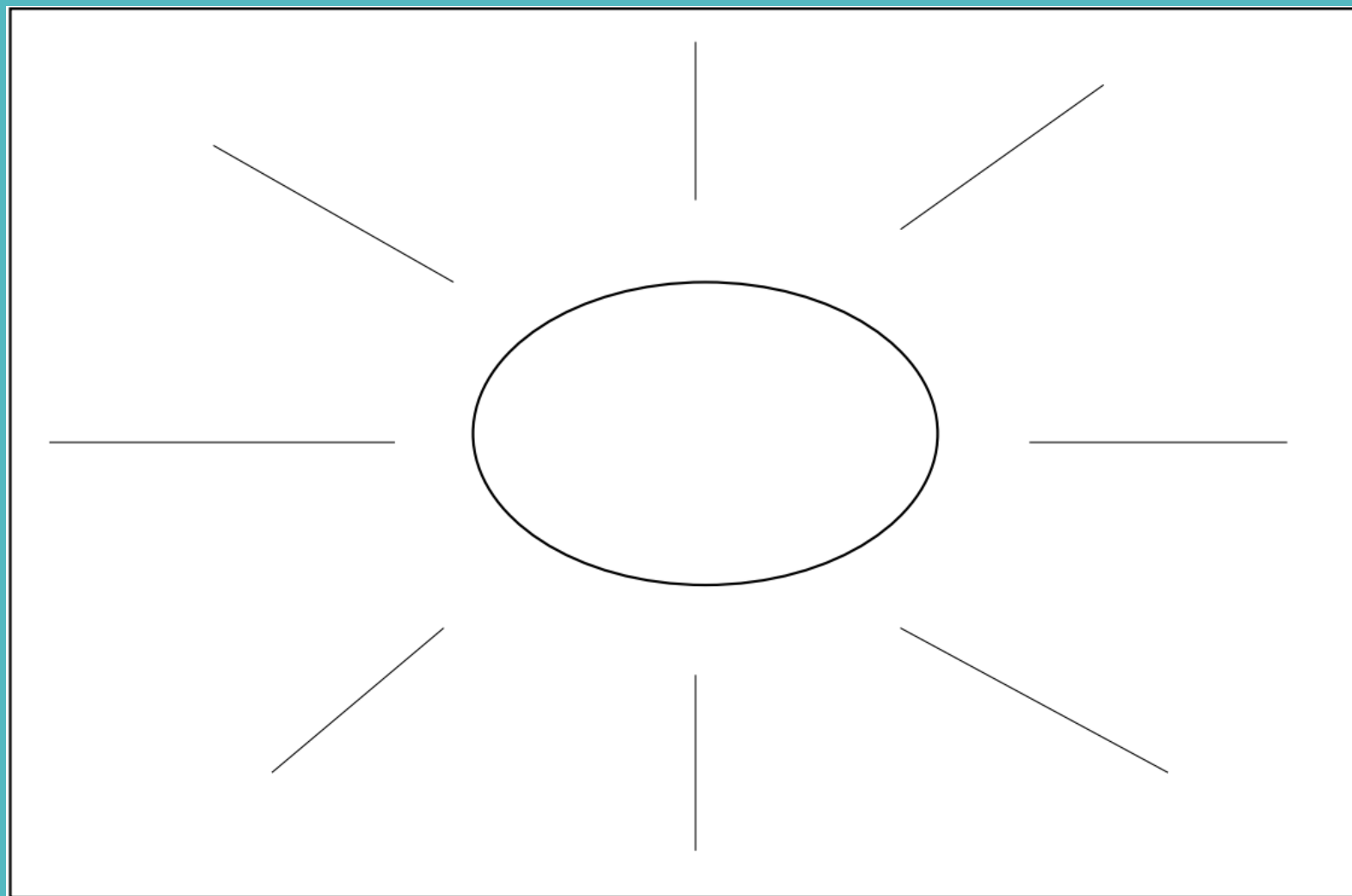
Solution

Consuming fish, such as saurel has a huge benefit to your health due to the high amount of Omega 3 it's meat has. Fishing has become a big cultural phenomenon, for example the Black Sea coast is one of the most popular coasts among Turkish fishers.



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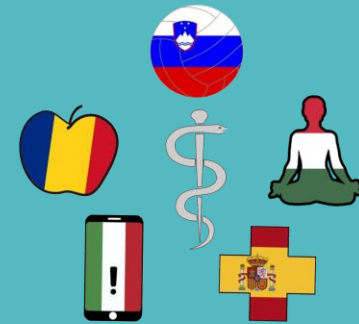
Fill in the gaps with the words given storage, technologic, hunting, coastal, shipping, sea

Reasons of fishing not being developed enough in Turkey: We have common **coastal** fishing, we don't have **technologic** ship, lack of facilities in **shipping** , and **storage**, not obeying **hunting** ban and **sea** pollution.



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J	S	O	L	U	T	I	S
S	U	N	A	R	U	U	A
N	E	P	T	U	N	E	T
S	O	N	I	E	I	S	U
R	C	E	V	T	R	E	R
A	H	T	R	A	E	S	N
M	M	E	R	C	U	R	Y

J	S	O	L	U	T	I	S
S	U	N	A	R	U	U	A
N	E	P	T	U	N	E	T
S	O	N	I	E	I	S	U
R	C	E	V	T	R	E	R
A	H	T	R	A	E	S	N
M	M	E	R	C	U	R	Y

EARTH
 JUPITER
 MARS
 MERCURY

NEPTUNE
 SATURN
 URANUS
 VENUS



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Wednesday:

9:30 – Meeting at the school's Festivity Room

10:00 – Workshop on the movie: Our Daily Bread

14:00 – Free time

Suggestion: Organ concert in the Reformed Church at 19:00



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Workshop on the movie:

In this task each group will get a short fragment of the movie "Our Daily Bread". The short videos will be about 1,5 minutes long and each group has to write and perform a fitting narration. The groups should use their phones to do this task. Suggestion: The video should be played on the phone while it is being narrated and you should record the display with the microphone at the same time



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1

2

3

4

5

6



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!!!!!! TOMORROW AT 7:45 WE'RE MEETING AT HÁZSONGÁRDI CEMETERY, BRING FOOD WITH YOU !!!!!!



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Thursday:

7:45 – Meeting at Házsongárdi Cemetery

Trip to:

- Salt Mine of Torda
- Torda Gorge
- Torockó Village

19:00 – traveling back to Cluj



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Friday:

9:30 – Meeting at the school's Festivity Room

10:00 – Presenting final work results in the Festivity Room

13:00 – Teacher's meeting in the Teacher's room

13:00 – Free time for students with host families

19:00 – Dinner for the teachers at Bistro 1568