

Intercultural Guidelines:

Examples of Good Practice

<p>Name of activity: Healthy Eating</p>	<p>Year group Junior years</p>
<p>Procedure</p> <p>To learn about each other in a very simple way, schools can run an initiative to promote a healthy eating policy or even incorporate this into intercultural week.</p> <p>The school could serve healthy snacks from a different culture once a month or once a week. Some ideas to get started are:</p> <ol style="list-style-type: none"> 1. Think about planning healthy snacks from around the world. 2. Consider what snacks are healthy in different countries. 3. Make a fruit and vegetable platter for snack time. Discuss the colour, texture and taste of known and new snacks. 4. Students explore how to take care of their bodies through healthy eating. 	
<p>Annual initiative/embedded in classroom practice</p> <p>Annual initiative or embedded in the school healthy eating policy</p>	
<p>Cross-curricular links</p> <p>Home Economics/Healthy Eating Committee/Wellbeing/Parental involvement</p>	
<p>Key skills</p> <ol style="list-style-type: none"> 1. Working with others 2. Communicating 3. Being creative 	
<p>Looking at Our Schools: A Quality Framework for Post-Primary Schools</p> <p>DOMAIN 2: LEARNER EXPERIENCES</p> <p>Students make meaningful connections between school-based learning and learning that takes place in other contexts.</p>	

An Intercultural Look at our Schools is an adaptation of the project “A roadmap for schools to support the language(s) of schooling” (2017-2019) of the European Centre for Modern Languages (ECML). The ECML is a Council of Europe institution promoting excellence in language education in its member states. www.ecml.at/roadmapforschools

Value-added (e.g. well-being, digital skills, presentation skills/confidence-building, cross-curricular links) Intercultural skills / Supporting diversity and wellbeing across the school

Active citizenship

Widened knowledge of other peoples and cultures

Helping to raise awareness of our own culture

Links and resources

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