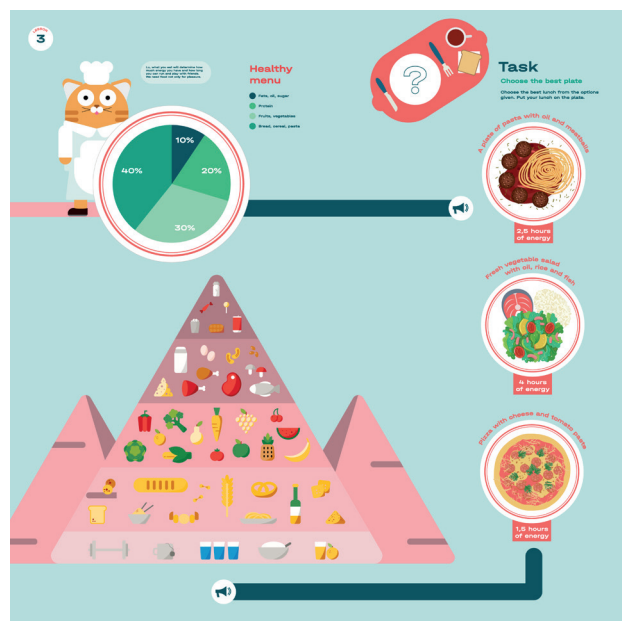
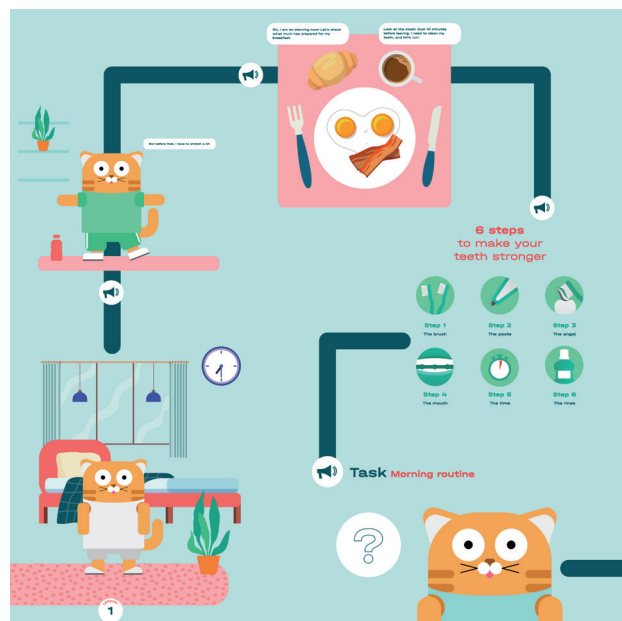
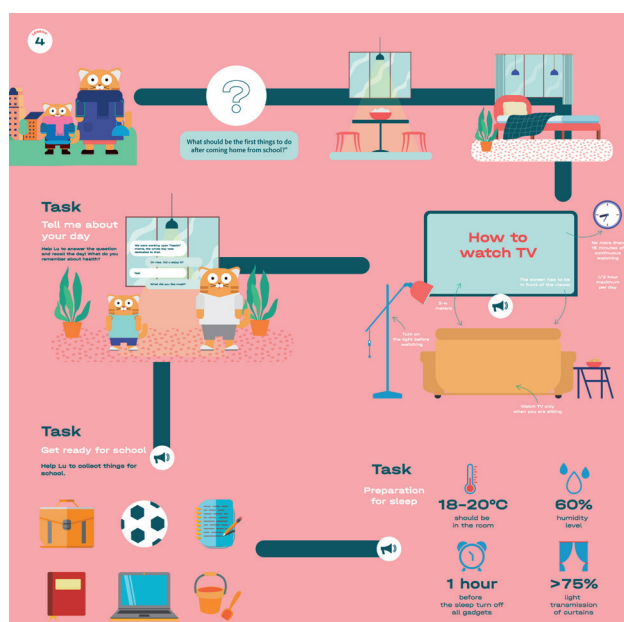
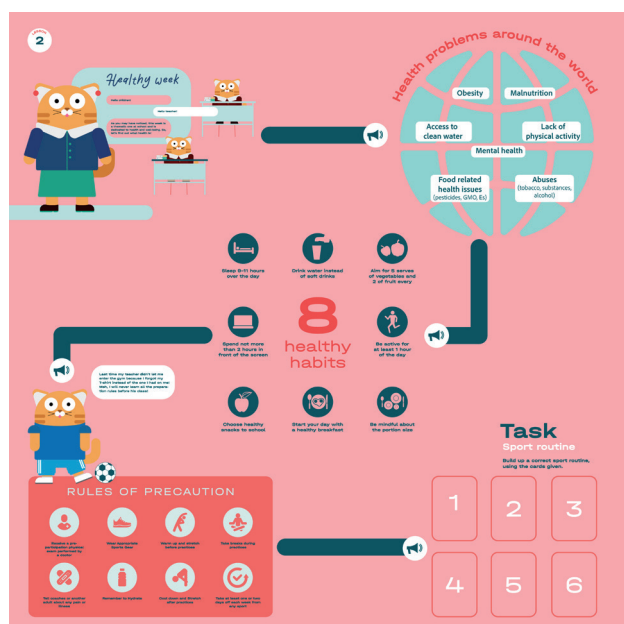


HEALTH AND WELLBEING: TIPS FOR PHISICAL AND MENTAL HEALTH

MAT2. Coding literacy for the lessons.

START



FINISH

Project Number:

2023-1-IT02-KA220-SCH-000157934

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PERSONAL HEALTH & MORNING ROUTINE



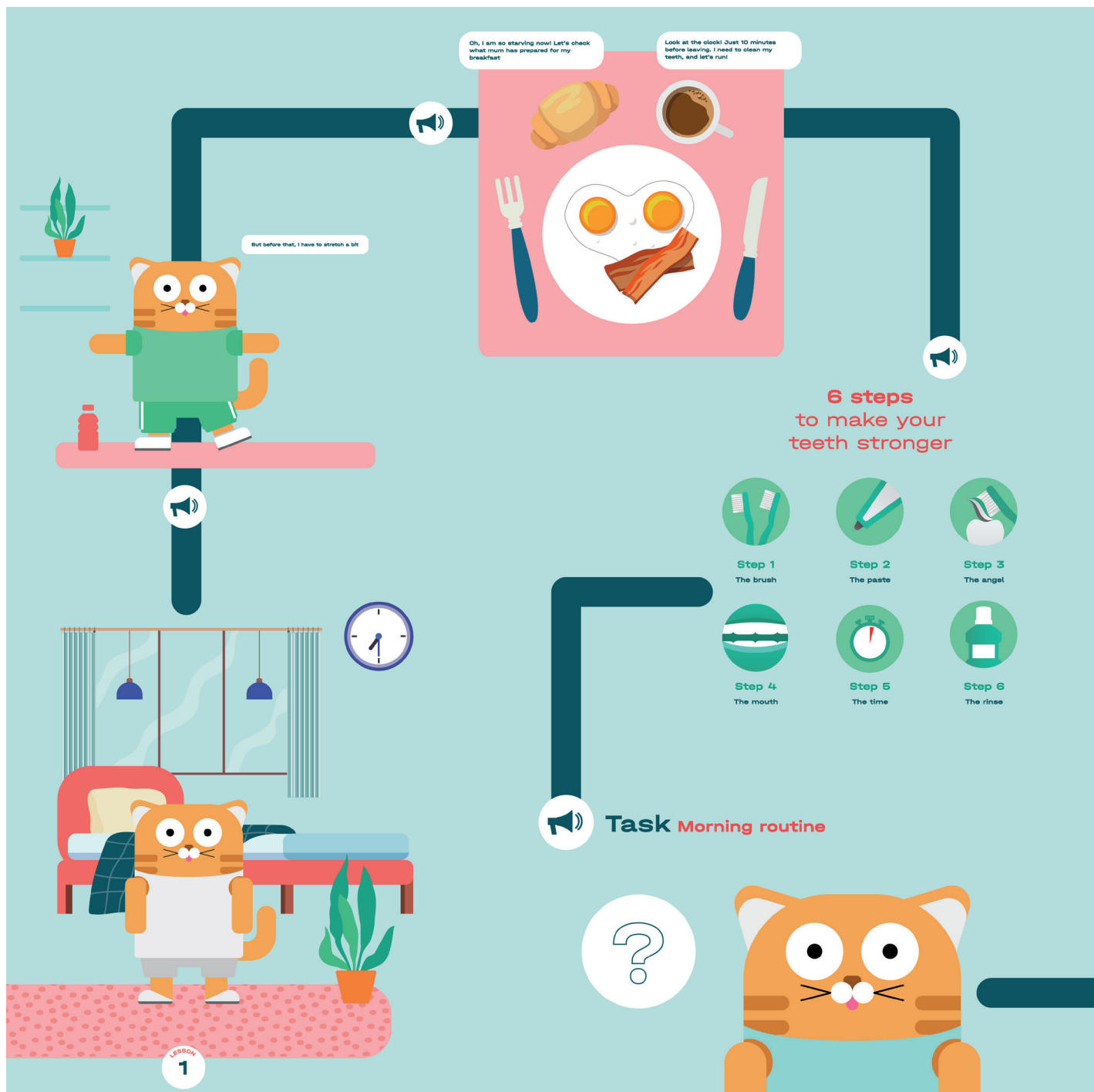
1

LESSON



This section of the map is dedicated to the first lesson and is used as a background on Scratch.

The aim of the first lesson is to understand the basics of personal hygiene: why washing hands, brushing teeth, and bathing regularly are important to prevent illness and maintain overall health.



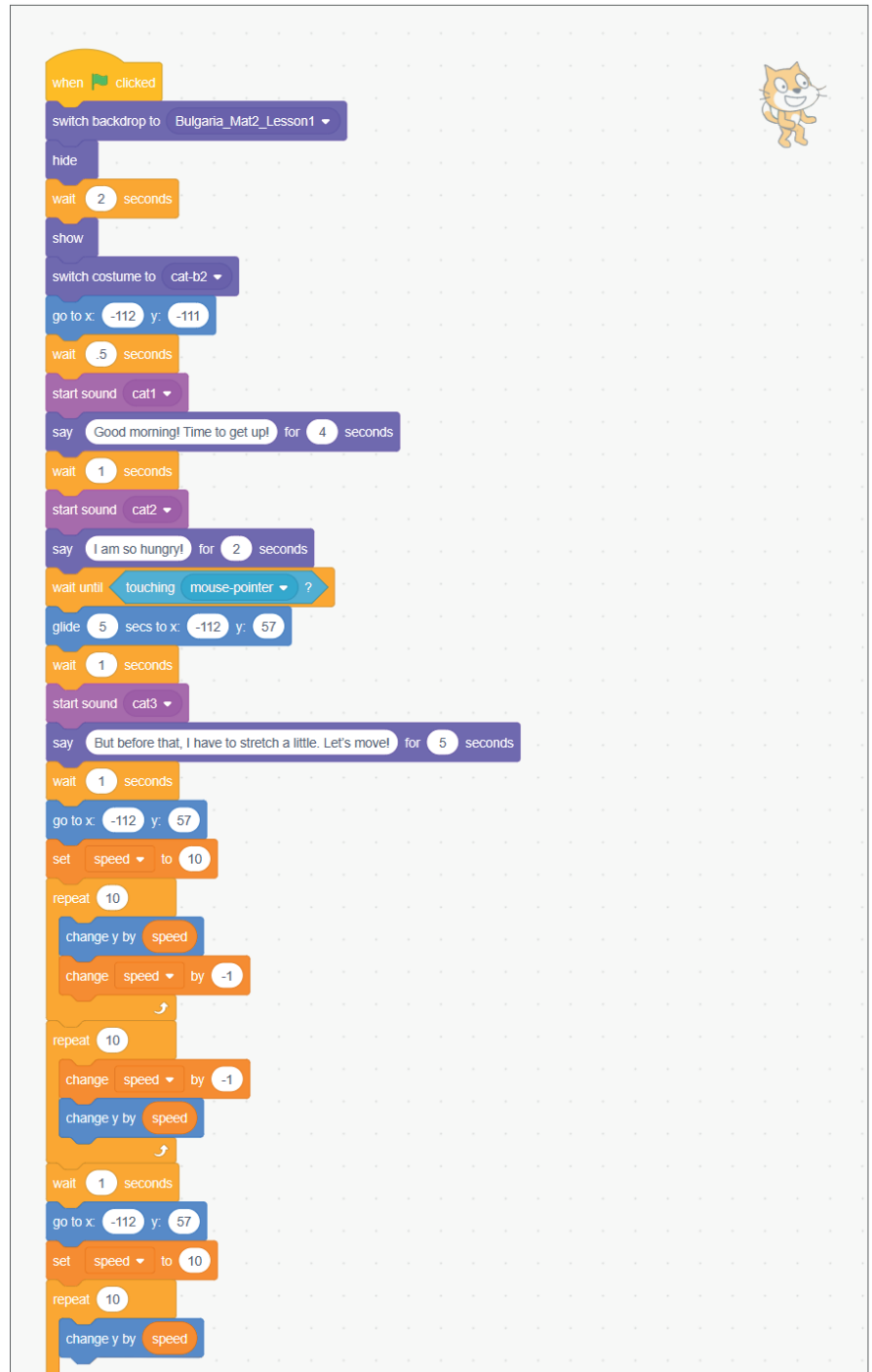
Activities description

The screenshots n. 1a and 1b refer to the code blocks related to the “Cat” sprite

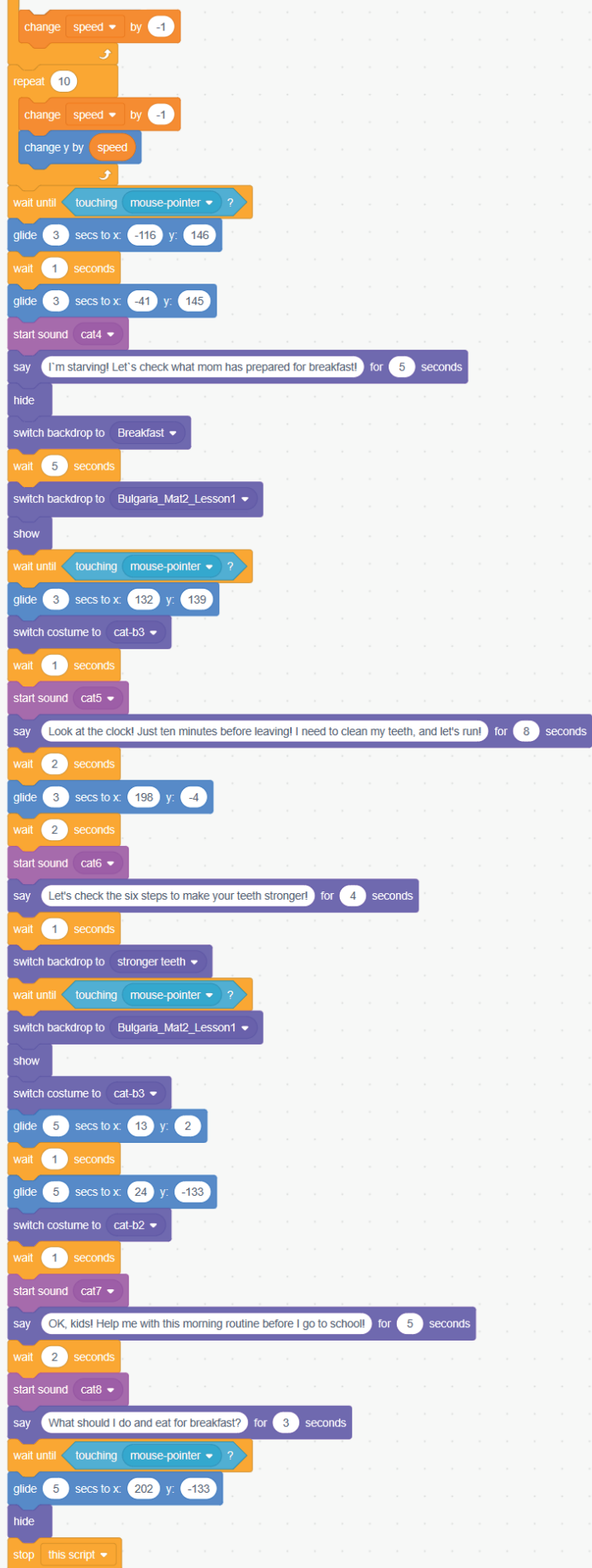
DISCLAIMER:

The screenshots refer to the code for each sprite, in alphabetical order, and not to the individual activities. These sprites can interact with each other within the lesson.

1a



1b



HEALTH PROBLEMS & HOW TO AVOID THEM



Healthy week

2

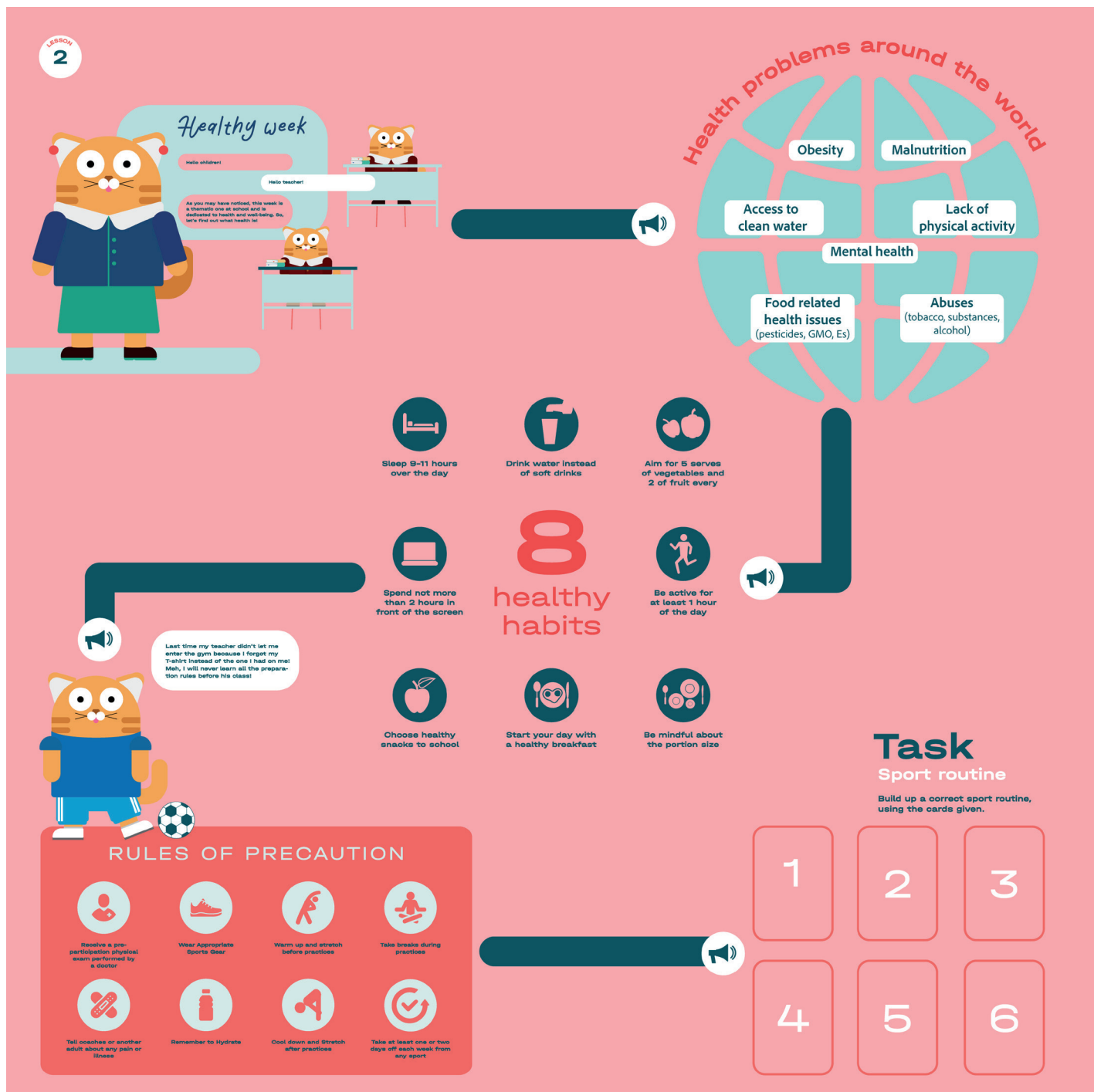
LESSON



Section of the map

This section of the map is dedicated to the second lesson and is used as a background on Scratch.

In the second lesson children will learn about global health problems and how they can be avoided and they will deep-in the importance of physical education and physical exercises for the health of body and mind.



Activities description

The screenshots n. 1 and 2 refer to the code blocks related to the “Fairy” sprite

The screenshot n. 3 refers to the the “Sprite1” sprite

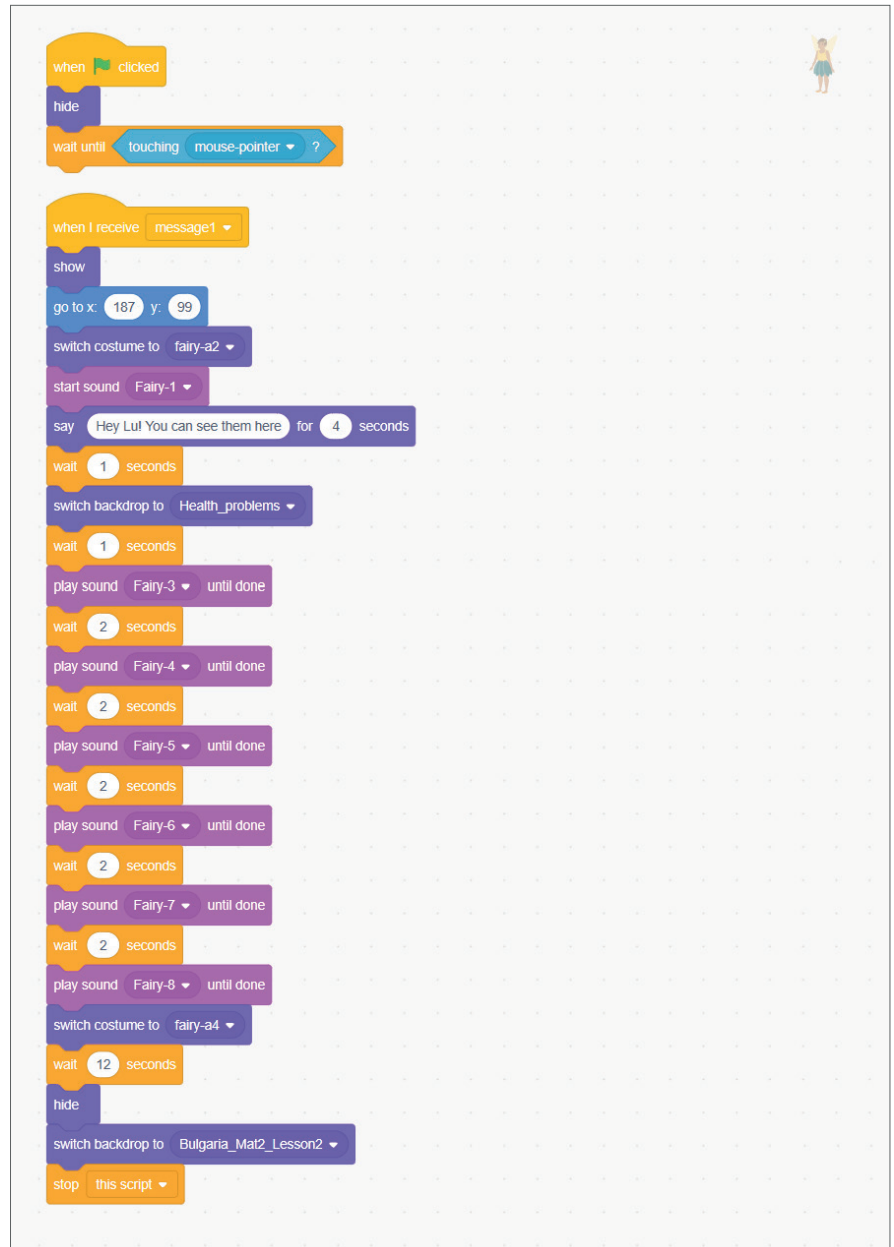
The screenshots from n. 4a, 4b and 4c refer to the code blocks related to the “Sprite1” sprite

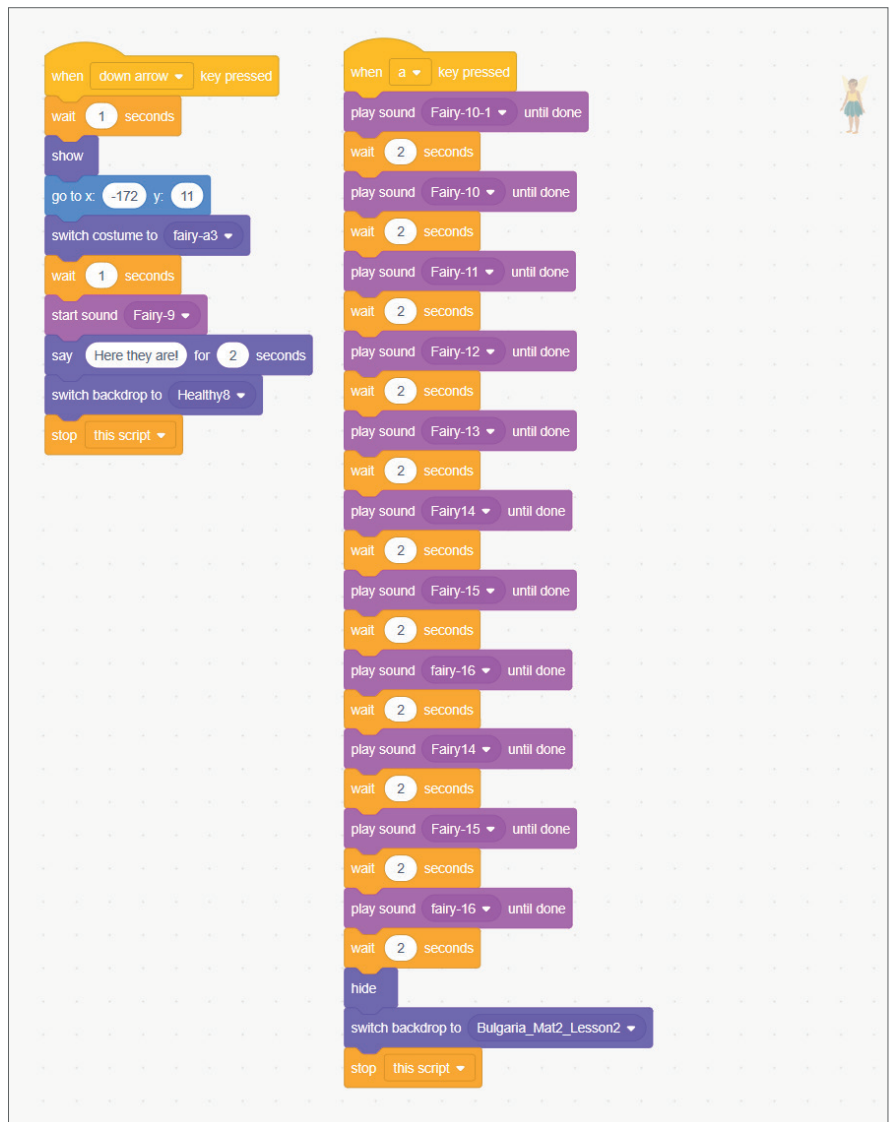
The screenshot n. 5 refers to the code blocks related to the “Teacher” sprite

DISCLAIMER:

The screenshots refer to the code for each sprite, in alphabetical order, and not to the individual activities. These sprites can interact with each other within the lesson.

1





The image displays two Scratch scripts on a grid background. A small fairy character is visible in the top right corner.

Left Script (Trigger: down arrow key pressed):

- when down arrow key pressed
- wait 1 seconds
- show
- go to x: -172 y: 11
- switch costume to fairy-a3
- wait 1 seconds
- start sound Fairy-9
- say Here they are! for 2 seconds
- switch backdrop to Healthy8
- stop this script

Right Script (Trigger: a key pressed):

- when a key pressed
- play sound Fairy-10-1 until done
- wait 2 seconds
- play sound Fairy-10 until done
- wait 2 seconds
- play sound Fairy-11 until done
- wait 2 seconds
- play sound Fairy-12 until done
- wait 2 seconds
- play sound Fairy-13 until done
- wait 2 seconds
- play sound Fairy14 until done
- wait 2 seconds
- play sound Fairy-15 until done
- wait 2 seconds
- play sound fairy-16 until done
- wait 2 seconds
- play sound Fairy14 until done
- wait 2 seconds
- play sound Fairy-15 until done
- wait 2 seconds
- play sound fairy-16 until done
- wait 2 seconds
- hide
- switch backdrop to Bulgaria_Mat2_Lesson2
- stop this script

3



Scratch script for step 3:

- when clicked
- switch backdrop to Bulgaria_Mat2_Lesson2
- hide
- wait 4 seconds
- go to x: -76 y: 104
- show
- switch costume to costume3
- wait 1 seconds
- start sound Class
- say Hello Teacher! for 2 seconds
- wait 11 seconds
- start sound Cat-1
- say It is the Healthy week! I want to find out more! for 4 seconds
- wait until touching mouse-pointer ?
- wait 1 seconds
- switch costume to costume1
- glide 2 secs to x: -3 y: 104
- wait 1 seconds
- start sound Cat-2
- say What are the main health problems? for 3 seconds
- wait 2 seconds
- broadcast message1

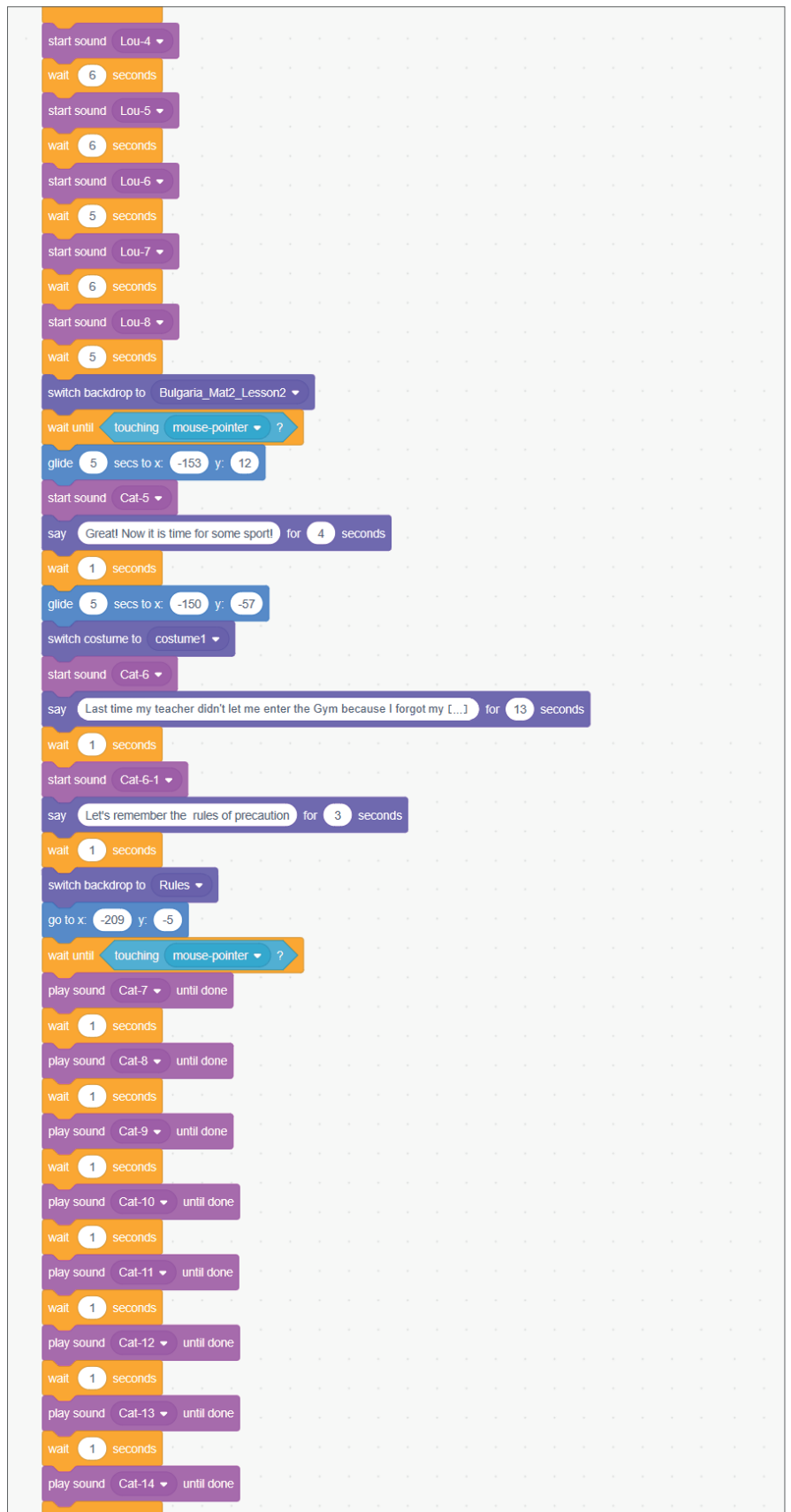
4a



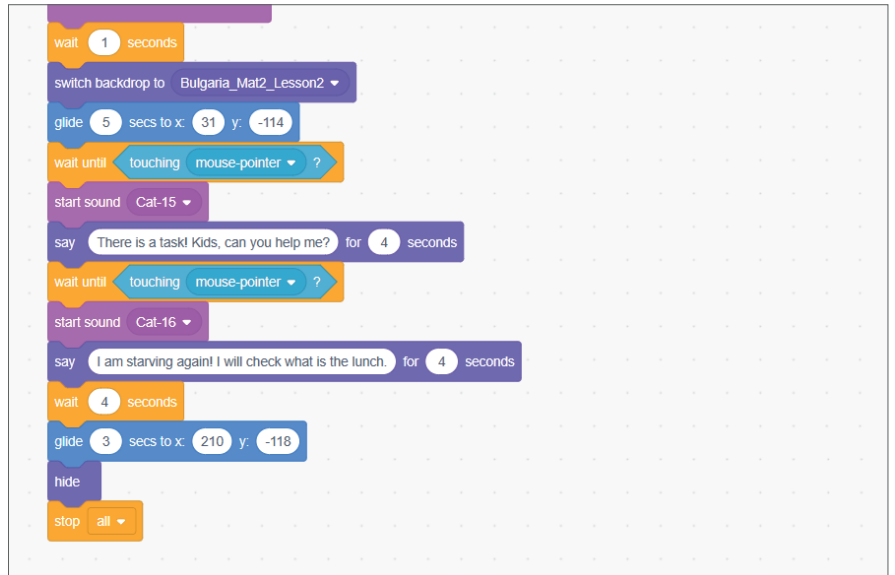
Scratch script for step 4a:

- when backdrop switches to Health_problems
- hide
- wait 38 seconds
- switch backdrop to Bulgaria_Mat2_Lesson2
- show
- wait 3 seconds
- start sound Cat-3
- say Now I know. Thank you, Fairy! for 4 seconds
- wait until touching mouse-pointer ?
- go to x: 102 y: 104
- glide 3 secs to x: 199 y: 9
- switch costume to costume3
- start sound Cat-4
- say There are 8 healthy habits. Let's check them! for 4 seconds
- wait 2 seconds
- switch backdrop to Healthy8
- wait 1 seconds
- start sound Lou-1
- wait 5 seconds
- start sound Lou-2
- wait 6 seconds
- start sound Lou-3
- wait 7 seconds

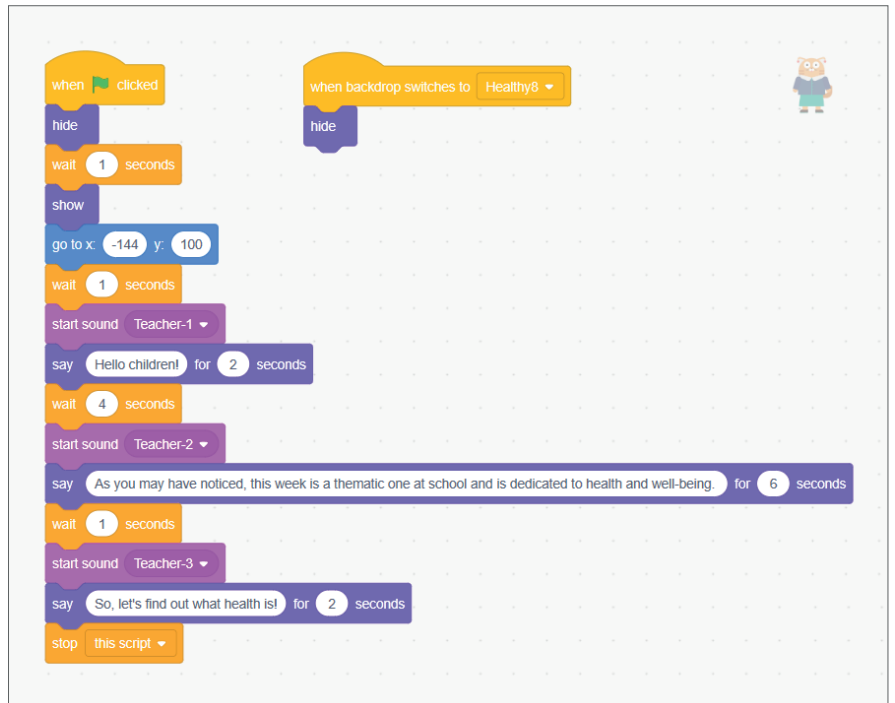
4b



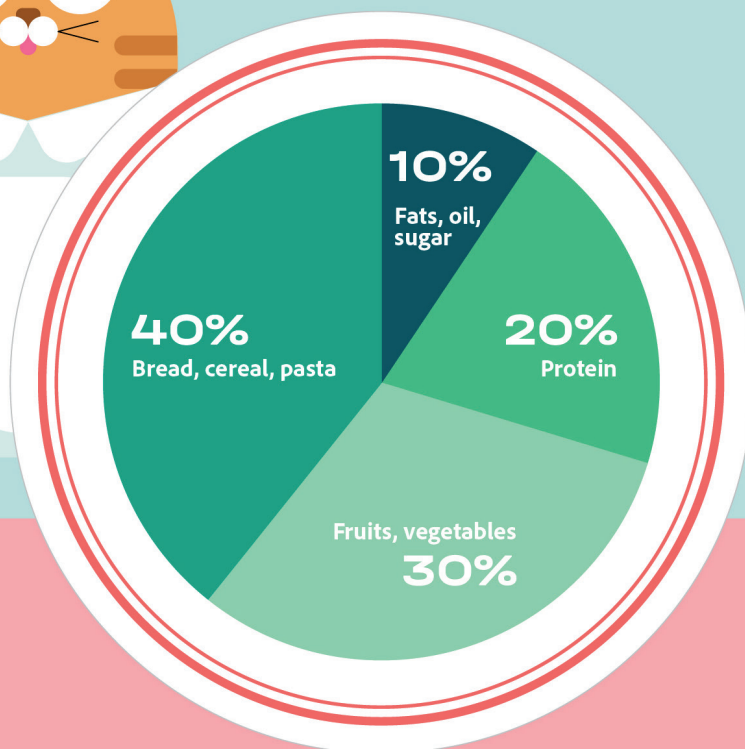
4c



5



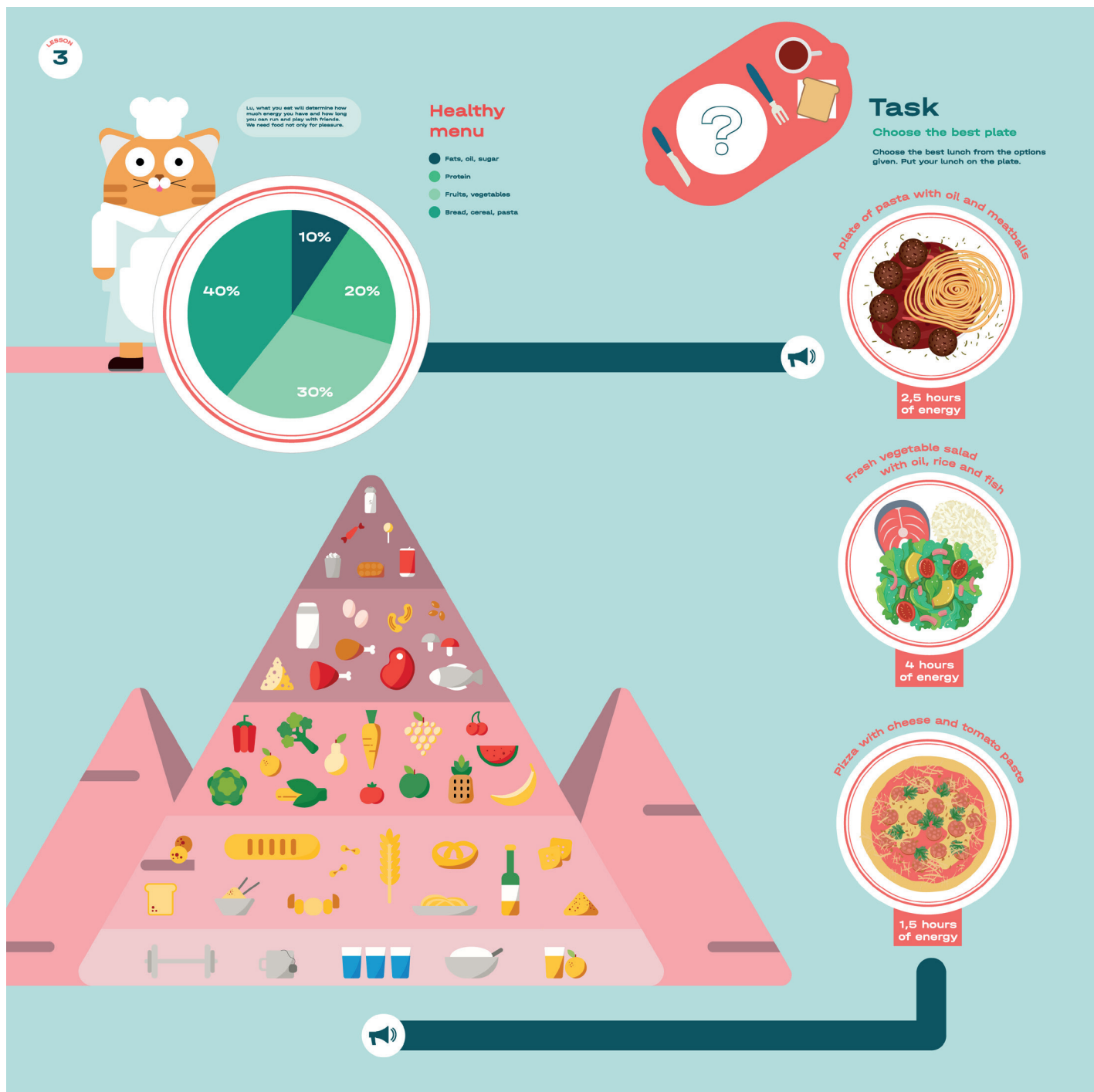
FOOD & NUTRITION



3 LESSON

This section of the map is dedicated to the third lesson and is used as a background on Scratch.

In the third lesson students will discover the importance of variety in meals to ensure the body receives a wide range of nutrients, understand the three primary macronutrients and their specific roles in the body.



Activities description

The screenshot n. 1 refers to the code blocks related to the “Cat-cook” sprite

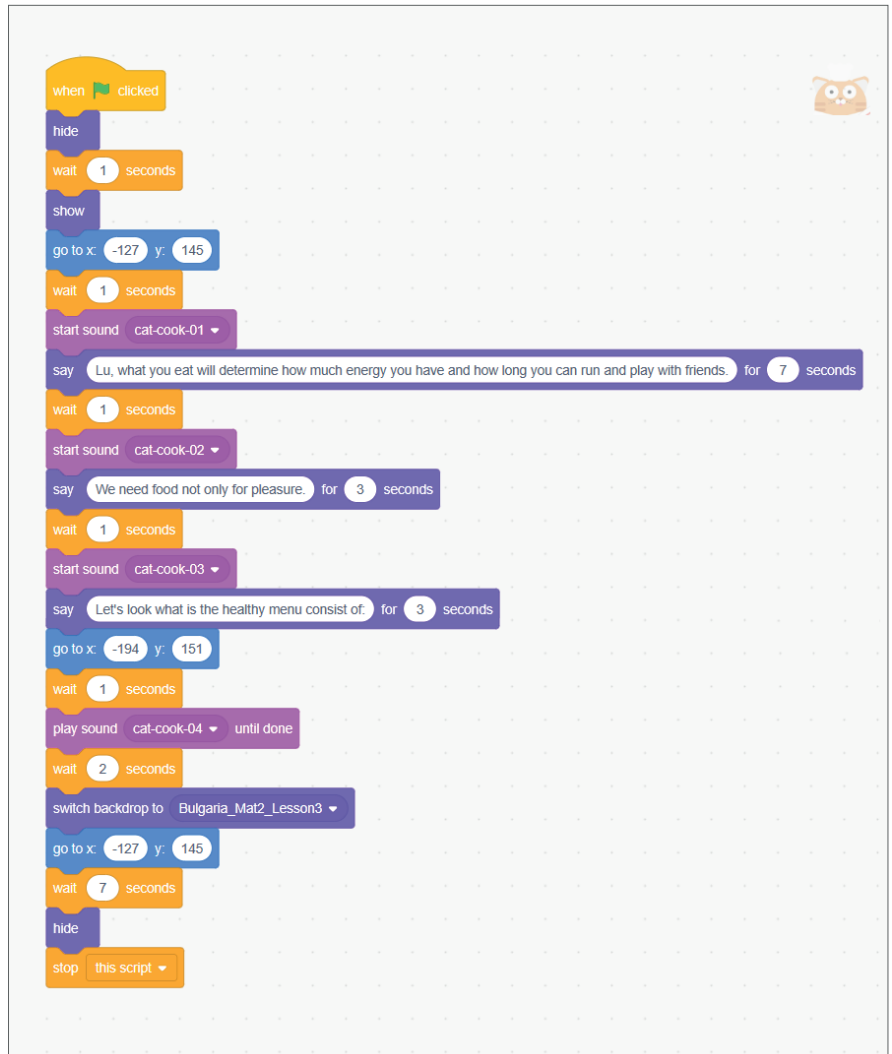
The screenshot n. 2 refers to the code blocks related to the “Elf” sprite

The screenshots n. 3a and 3b refer to the code blocks related to the “Sprite1” sprite

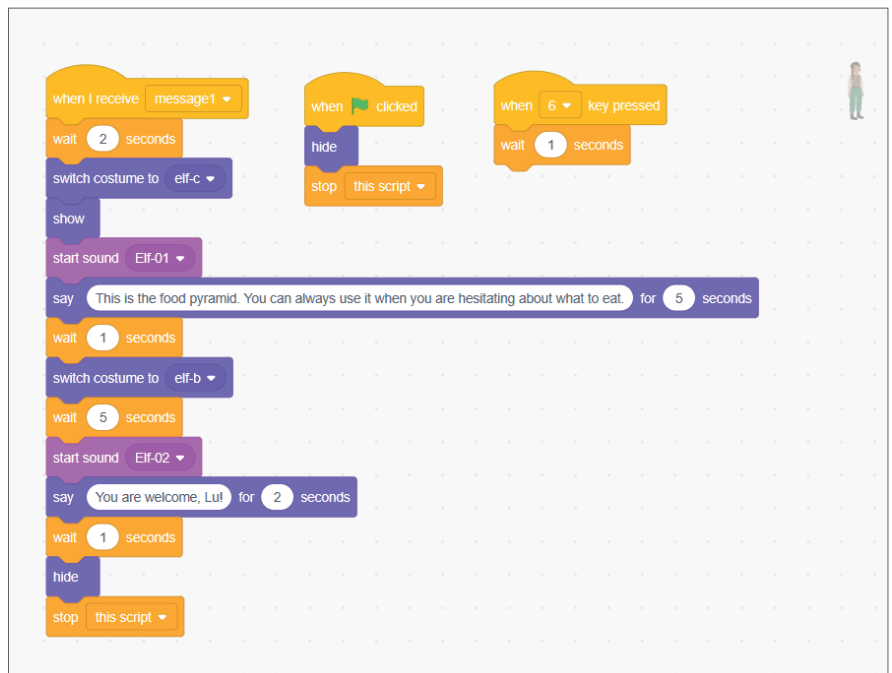
DISCLAIMER:

The screenshots refer to the code for each sprite, in alphabetical order, and not to the individual activities. These sprites can interact with each other within the lesson.

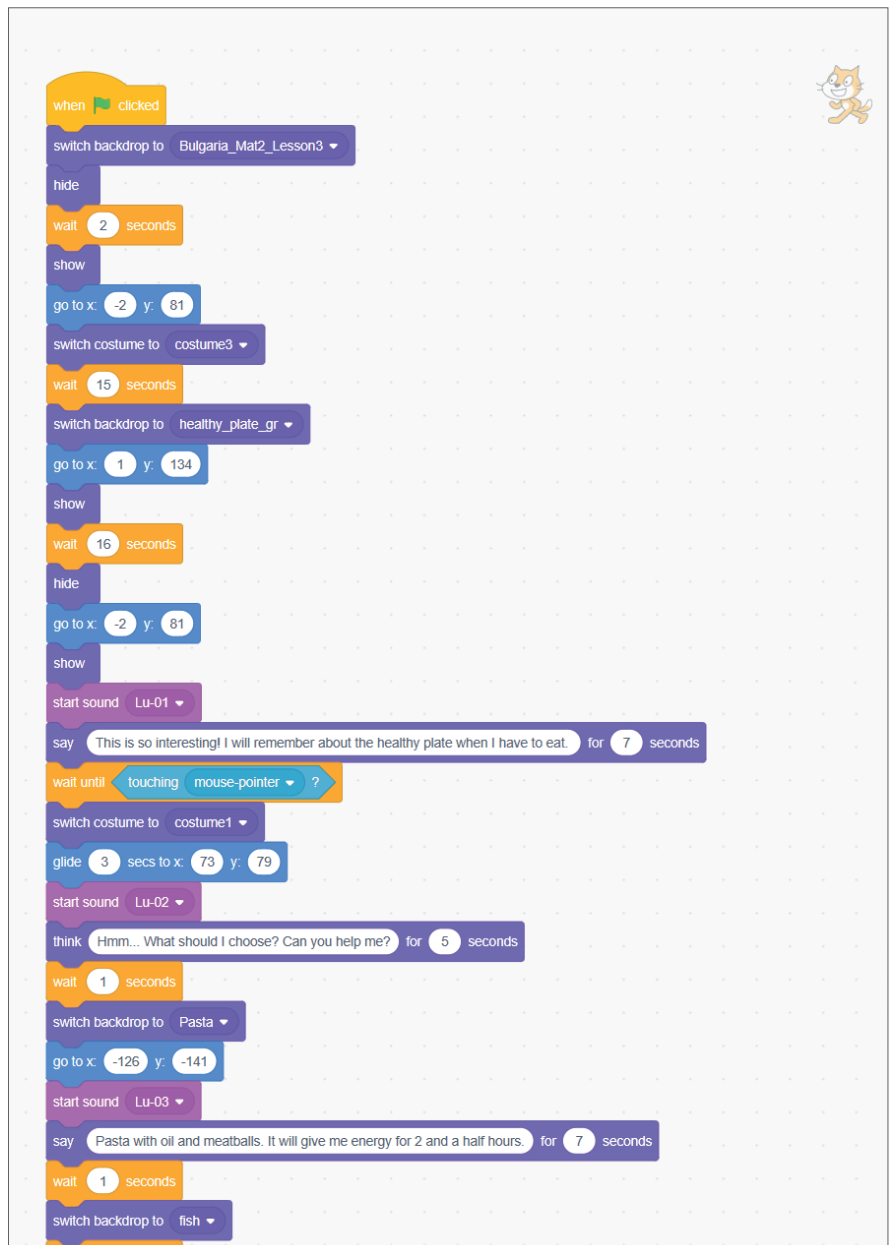
1



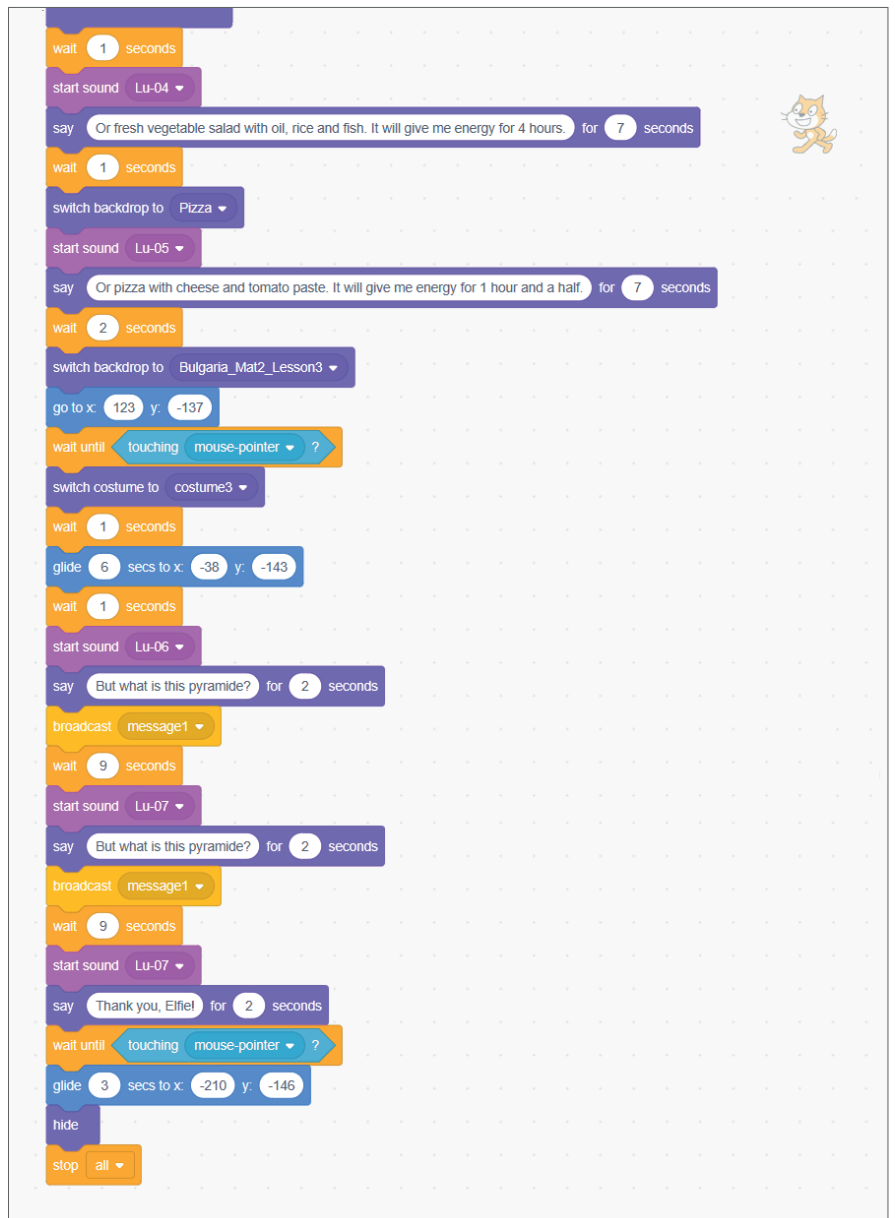
2



3a



3b



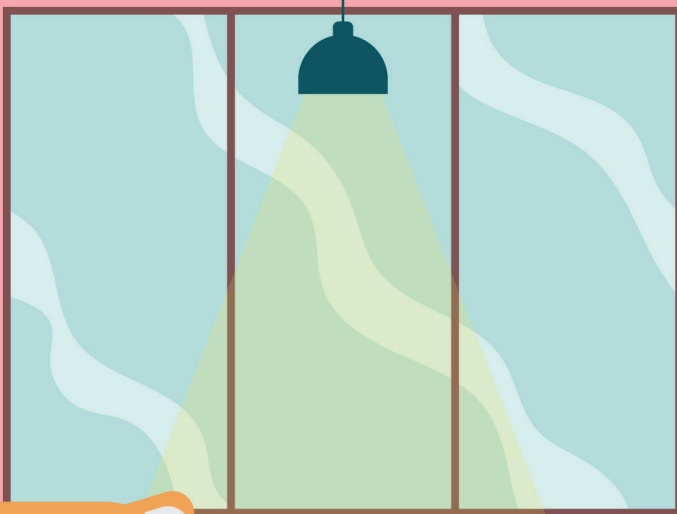
The script is a Scratch code block for a character named Elfiel. It begins with a 'wait 1 seconds' block, followed by a 'start sound Lu-04' block. A 'say' block contains the text 'Or fresh vegetable salad with oil, rice and fish. It will give me energy for 4 hours.' and a duration of 7 seconds. This is followed by another 'wait 1 seconds' block, a 'switch backdrop to Pizza' block, and a 'start sound Lu-05' block. Another 'say' block contains the text 'Or pizza with cheese and tomato paste. It will give me energy for 1 hour and a half.' with a 7-second duration. This is followed by a 'wait 2 seconds' block, a 'switch backdrop to Bulgaria_Mat2_Lesson3' block, a 'go to x: 123 y: -137' block, and a 'wait until touching mouse-pointer' block. The script then switches to 'costume3' and waits 1 second. A 'glide 6 secs to x: -38 y: -143' block is followed by another 1-second wait. A 'start sound Lu-06' block is followed by a 'say' block with the text 'But what is this pyramide?' and a 2-second duration. This is followed by a 'broadcast message1' block, a 9-second wait, another 'start sound Lu-07' block, and another 'say' block with the same text 'But what is this pyramide?' and a 2-second duration. This is followed by another 'broadcast message1' block, a 9-second wait, another 'start sound Lu-07' block, and a 'say' block with the text 'Thank you, Elfiel' and a 2-second duration. The script then waits until the mouse-pointer touches the character, followed by a 'glide 3 secs to x: -210 y: -146' block, a 'hide' block, and finally a 'stop all' block. A small Scratch cat icon is visible in the top right corner of the workspace.

```

wait 1 seconds
start sound Lu-04
say Or fresh vegetable salad with oil, rice and fish. It will give me energy for 4 hours. for 7 seconds
wait 1 seconds
switch backdrop to Pizza
start sound Lu-05
say Or pizza with cheese and tomato paste. It will give me energy for 1 hour and a half. for 7 seconds
wait 2 seconds
switch backdrop to Bulgaria_Mat2_Lesson3
go to x: 123 y: -137
wait until touching mouse-pointer
switch costume to costume3
wait 1 seconds
glide 6 secs to x: -38 y: -143
wait 1 seconds
start sound Lu-06
say But what is this pyramide? for 2 seconds
broadcast message1
wait 9 seconds
start sound Lu-07
say But what is this pyramide? for 2 seconds
broadcast message1
wait 9 seconds
start sound Lu-07
say Thank you, Elfiel for 2 seconds
wait until touching mouse-pointer
glide 3 secs to x: -210 y: -146
hide
stop all

```

HEALTHY EVENING ROUTINE



4

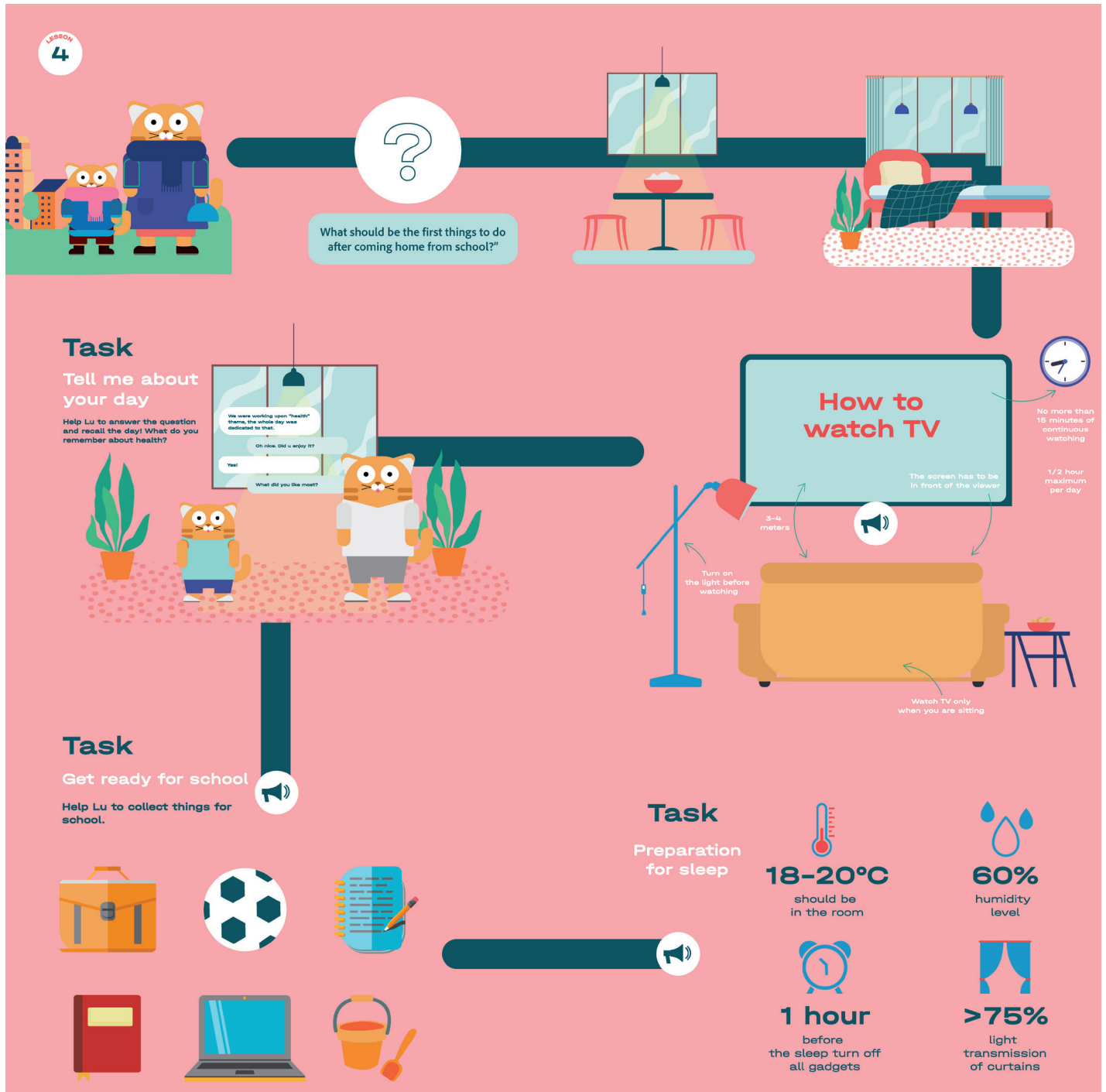
LESSON



Section of the map

This section of the map is dedicated to the fourth lesson and is used as a background on Scratch.

In the final lesson children will learn how having a regular routine after school helps create stability and reduces stress, making it easier to balance responsibilities like homework, relaxation, and personal health.

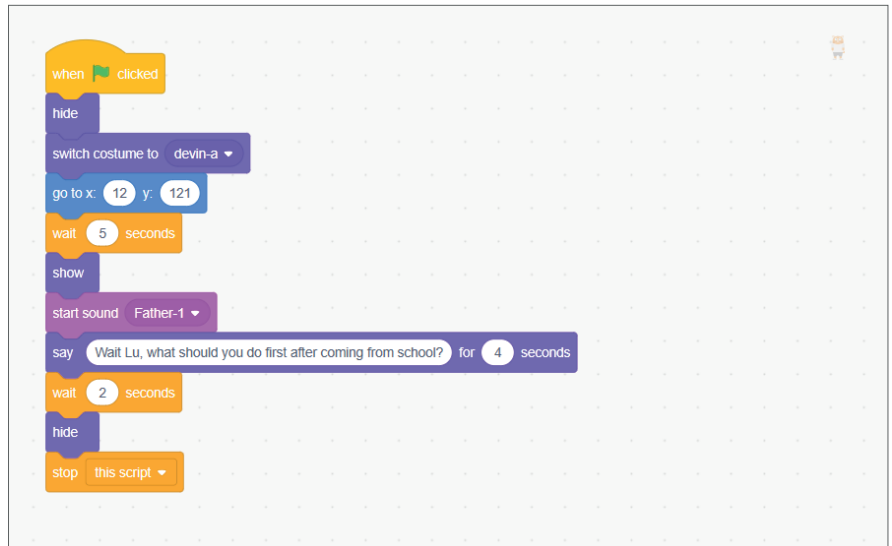


Activity description

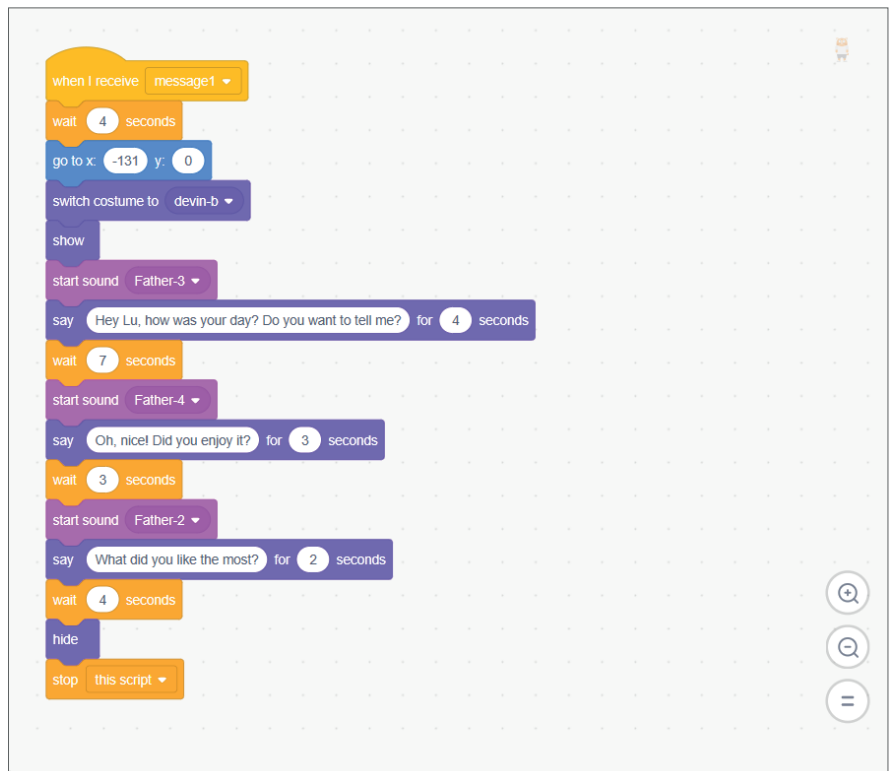
The screenshots n. 1 and 2 refer to the code blocks related to the "Father" sprite

The screenshots 3a and 3b refer to the code blocks related to the "Sprite1" sprite

1



2



DISCLAIMER:

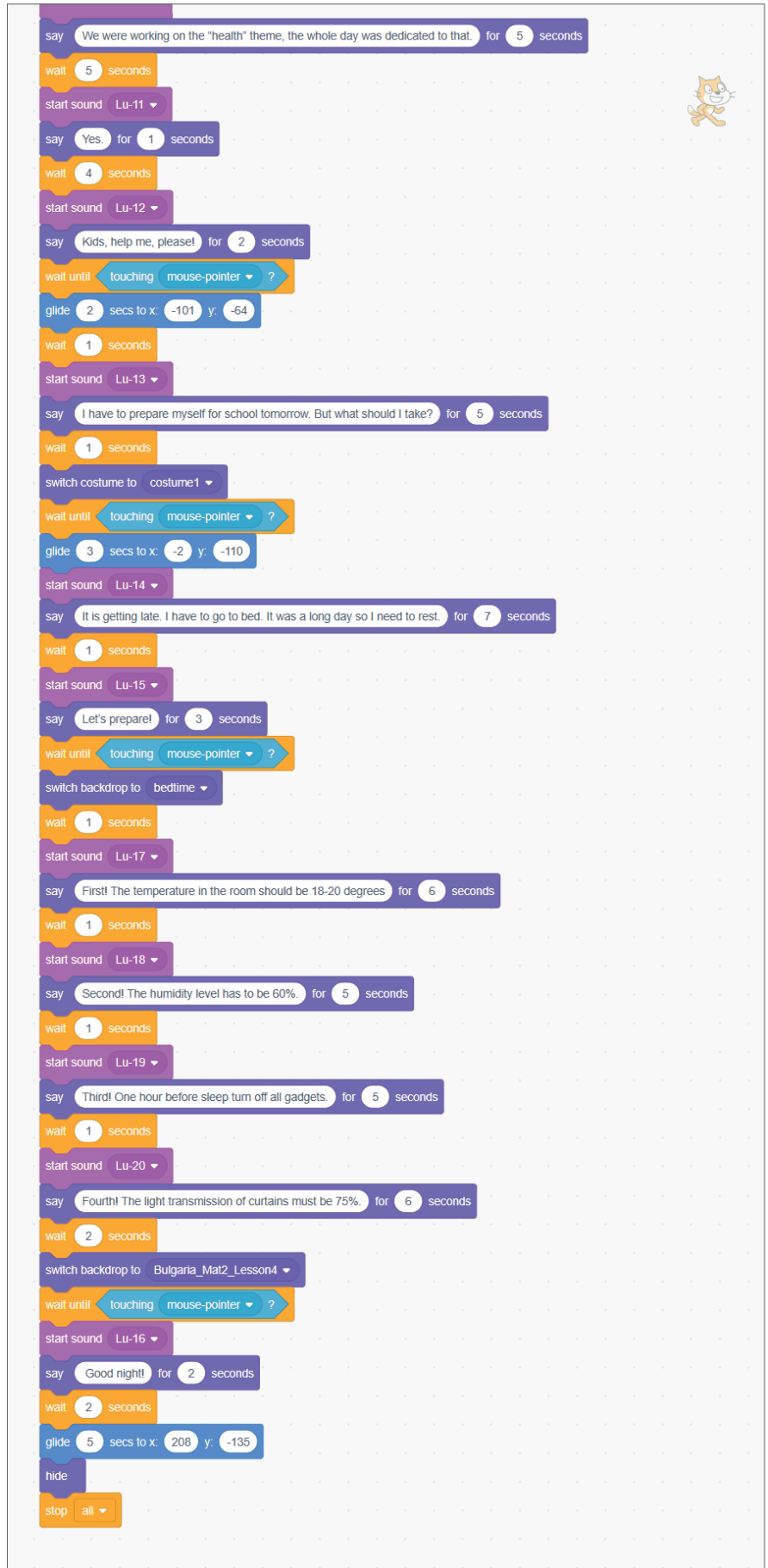
The screenshots refer to the code for each sprite, in alphabetical order, and not to the individual activities. These sprites can interact with each other within the lesson.



```

when clicked
  switch backdrop to Bulgaria_Mat2_Lesson4
  hide
  switch costume to costume1
  wait 1 seconds
  go to x: -148 y: 125
  show
  wait 1 seconds
  start sound Lu-1
  say Finally, I am home! for 2 seconds
  glide 3 secs to x: -50 y: 120
  wait 6 seconds
  start sound Lu-2
  say Please kids, help me! for 2 seconds
  wait until touching mouse-pointer
  glide 3 secs to x: 28 y: 129
  wait until touching mouse-pointer
  glide 3 secs to x: 139 y: 127
  wait until touching mouse-pointer
  glide 3 secs to x: 143 y: -20
  switch costume to costume3
  wait 1 seconds
  start sound Lu-3
  say It is still early! I can watch some videos on You tube. But there are some rules. for 6 seconds
  wait 1 seconds
  switch backdrop to tv-rules
  wait 1 seconds
  start sound Lu-4
  say First! The screen has to be in front of the user. for 5 seconds
  wait 2 seconds
  start sound Lu-5
  say Second! The sofa has to be 3-4 meters away. for 5 seconds
  wait 2 seconds
  start sound Lu-6
  say Third! Turn on the light before watching. for 5 seconds
  wait 2 seconds
  start sound Lu-7
  say Fourth! No more than 15 minutes of continuous watching. for 5 seconds
  wait 2 seconds
  start sound Lu-8
  say Fifth! Watch TV only when you are sitting. for 5 seconds
  wait 2 seconds
  start sound Lu-9
  say And sixth! Watch TV for half an hour maximum per day. for 5 seconds
  wait 1 seconds
  switch backdrop to Bulgaria_Mat2_Lesson4
  broadcast message1
  glide 3 secs to x: -51 y: -14
  wait 6 seconds
  start sound Lu-10
  
```

3b



The script is a sequence of events for a presentation. It starts with a 'say' block for 5 seconds, followed by a 'wait' block for 5 seconds, and a 'start sound' block (Lu-11). This is followed by a 'say' block for 1 second, a 'wait' block for 4 seconds, and a 'start sound' block (Lu-12). Then, a 'say' block for 2 seconds, a 'wait until' block (touching mouse-pointer), a 'glide' block (2 secs to x: -101, y: -64), a 'wait' block for 1 second, and a 'start sound' block (Lu-13). Next is a 'say' block for 5 seconds, a 'wait' block for 1 second, a 'switch costume to' block (costume1), a 'wait until' block (touching mouse-pointer), a 'glide' block (3 secs to x: -2, y: -110), and a 'start sound' block (Lu-14). This is followed by a 'say' block for 7 seconds, a 'wait' block for 1 second, a 'start sound' block (Lu-15), a 'say' block for 3 seconds, a 'wait until' block (touching mouse-pointer), a 'switch backdrop to' block (bedtime), a 'wait' block for 1 second, a 'start sound' block (Lu-17), a 'say' block for 6 seconds, a 'wait' block for 1 second, a 'start sound' block (Lu-18), a 'say' block for 5 seconds, a 'wait' block for 1 second, a 'start sound' block (Lu-19), a 'say' block for 5 seconds, a 'wait' block for 1 second, a 'start sound' block (Lu-20), a 'say' block for 6 seconds, a 'wait' block for 2 seconds, a 'switch backdrop to' block (Bulgaria_Mat2_Lesson4), a 'wait until' block (touching mouse-pointer), a 'start sound' block (Lu-16), a 'say' block for 2 seconds, a 'wait' block for 2 seconds, a 'glide' block (5 secs to x: 208, y: -135), a 'hide' block, and finally a 'stop' block (all).

```

say [We were working on the "health" theme, the whole day was dedicated to that.] for 5 seconds
wait 5 seconds
start sound Lu-11
say [Yes.] for 1 seconds
wait 4 seconds
start sound Lu-12
say [Kids, help me, please!] for 2 seconds
wait until touching mouse-pointer
glide 2 secs to x: -101 y: -64
wait 1 seconds
start sound Lu-13
say [I have to prepare myself for school tomorrow. But what should I take?] for 5 seconds
wait 1 seconds
switch costume to costume1
wait until touching mouse-pointer
glide 3 secs to x: -2 y: -110
start sound Lu-14
say [It is getting late. I have to go to bed. It was a long day so I need to rest.] for 7 seconds
wait 1 seconds
start sound Lu-15
say [Let's prepare!] for 3 seconds
wait until touching mouse-pointer
switch backdrop to bedtime
wait 1 seconds
start sound Lu-17
say [First! The temperature in the room should be 18-20 degrees] for 6 seconds
wait 1 seconds
start sound Lu-18
say [Second! The humidity level has to be 60%.] for 5 seconds
wait 1 seconds
start sound Lu-19
say [Third! One hour before sleep turn off all gadgets.] for 5 seconds
wait 1 seconds
start sound Lu-20
say [Fourth! The light transmission of curtains must be 75%.] for 6 seconds
wait 2 seconds
switch backdrop to Bulgaria_Mat2_Lesson4
wait until touching mouse-pointer
start sound Lu-16
say [Good night!] for 2 seconds
wait 2 seconds
glide 5 secs to x: 208 y: -135
hide
stop all

```

PARTNERS



5





BULGARIA

Zinev Art Technologies Ltd. is a company developing, implementing and managing European projects and providing consultations in the spheres of culture, art, Internet-based activities and education, VET, e-learning and school education development, as well as regional development.



SAPIENZA
UNIVERSITÀ DI ROMA

ITALY

Sapienza University of Rome, (Department of Planning, Design, Technology of Architecture). Sapienza was founded by Pope Boniface VIII in 1303. It's one of the oldest universities in the world and the second largest University in EU, with 11 faculties, 63 departments, 111.000 students and more than 4.700 professors.



ITALY

The CISL Scuola (Confederazione Italiana Sindacati Lavoratori - Scuola) is the union of the staff of primary and nursery schools, secondary schools and vocational training of the CISL. It was founded in 1997 by the union of SINASCEL (National Union Elementary School) and SISM (Italian Union of Middle School).



ITALY

Pixel is an education and training institution based in Florence (Italy). Pixel was founded in 1999. Pixel's mission is to promote an innovative approach to education, training and culture, this is done mostly by trying to exploit the best potential of ICT for education and training.



ROMANIA

EuroEd Primary School includes a Kindergarten and a primary school. Both are accredited by the Romanian Ministry of Education. It promotes the EU dimension of education and it also encourages multiculturalism and multilingualism by providing education to children of different nationalities or ethnic groups.



PORTUGAL

The Agrupamento de Escolas Miguel Torga is a school located in Bragança, Portugal, an inland city of the country. The school consists of three buildings, two for preschool and elementary school and one for secondary and high school. There are 88 teachers, 2 psychologists and also a speech therapist.



SPAIN

Escienciaci is an SME based in Zaragoza established in 2006 as a spin-off of the University of Zaragoza. **Escienciaci Eventos Científicos S.L.** is dedicated to the management and organization of science dissemination projects. The company offers both consulting services and the design of educational programs.

