

Station Exercise for Sustainable Eating



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Station A: Balanced and healthy eating

Exercise:

1. Read the text carefully.



The most important thing for health and well-being is **diverse and wholesome eating**. "Wholesome" means that your diet contains all the necessary nutrients and supplements for healthy living - such as vitamins, minerals, fibre, and water - in a balanced amount.

However, no foodstuff can fulfil all these requirements alone. Each type of food contains some of the necessary nutrients and supplements.

For **youths** it is deemed as rule of thumb to include carbohydrates, fat and protein every day, and to consume 3-4g of carbohydrates, 0.9g of fat and 0.8g of protein per kilogram of bodyweight.

In a daily food plan you should always include different proportions of the groups of nutrients and supplements. The **food pyramid** shows important details regarding the composition of meals



2. Answer the following questions.

a) What does wholesome mean?

"Wholesome" means that the foods contain an amount of all vital _____ and all supplements, like _____, _____, fibre and water.



b) Work out your personal daily allowance of carbohydrates, fats and protein.

Tip: You may use a calculator to work this out

Calculation for your allowance of carbohydrates

Body weight X 3.5g = _____ g

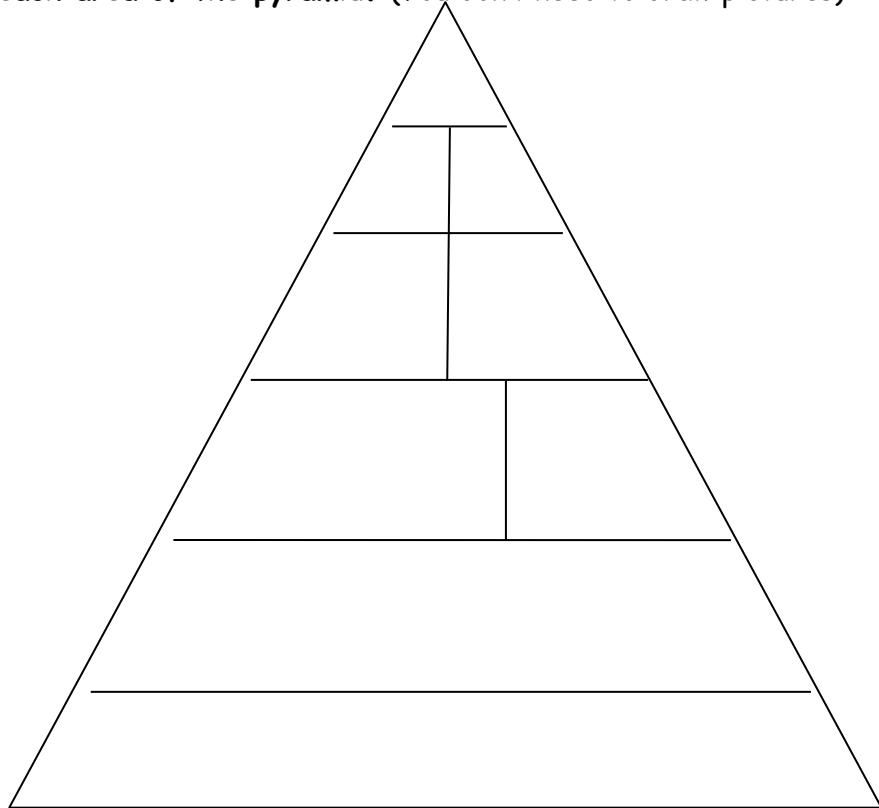
Calculation for your allowance of fats

Body weight X 0.9g = _____ g

Calculation for your allowance of proteins

Body weight X 0.8g = _____ g

c) Label each area of the pyramid. (You don't need to draw pictures)



d) Have a look at the food pyramid. Which food should we eat the most of and which should we eat the least of?

Most : - _____

Least: - _____

- _____

- _____

Station B: What does the body need?

Exercise:

1. Read the text

Although food can be made up of many different things, it always contains the same nutrients: **carbohydrates**, **fat** and **protein**. However these can occur in different proportions.



Bread with jam or muesli contain predominantly starch and sugar. Both groups are types of **carbohydrates**. They provide the body with the necessary energy that is necessary to keep the body warm and for exercise. They are also called operating materials because they supply the body with the **required energy**.

Butter, margarine, sausage and cheese contain **fat**. Fat is also an energy supplier (operating material). In comparison to carbohydrates, fat provides **twice as much energy**.

Protein is indispensable for the formation of bones, organs and blood. It is available in milk products, eggs, meat, sausage and cheese. You could call it the building material of the body as it is particularly important for growth.

Vitamins serve to protect the body. They help fight illnesses by **strengthening the immune system**. They count to the ingredients of life.

In order for the **strengthening of bones** to run smoothly you have to consume enough calcium. Along with potassium and sodium, calcium is a type if **mineral**. Without it many bodily functions could not work. Vitamins and minerals are the most important ingredients of life.

2. Sort out the functions of the nutrients (carbohydrates, fat, protein, vitamins, mineral) and name their task in the body. Use the bold words in the text.



Function	Nutrient	Task
Operating materials		
Building materials		
Ingredients of life		

2. The nutrients that are contained in most foods are designated according to the main nutrient groups.

Connect the food with the main nutrient group.



Food	Main nutrient group
grains	proteins
vegetables	fats
fruits	carbohydrates
milk products	mineral
meat and sausage	vitamins
cheese	
mineral water	

- 4 a) Note down everything that you ate yesterday. (Don't worry if you can't remember everything).

- b) Put the foods into their main nutrient groups (Carbohydrates, proteins, fats, minerals and vitamins.).



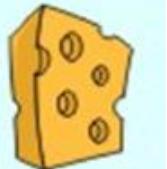
	Food	Main nutrient groups
Morning		
Snack		
Lunch		
Snack		
Evening		

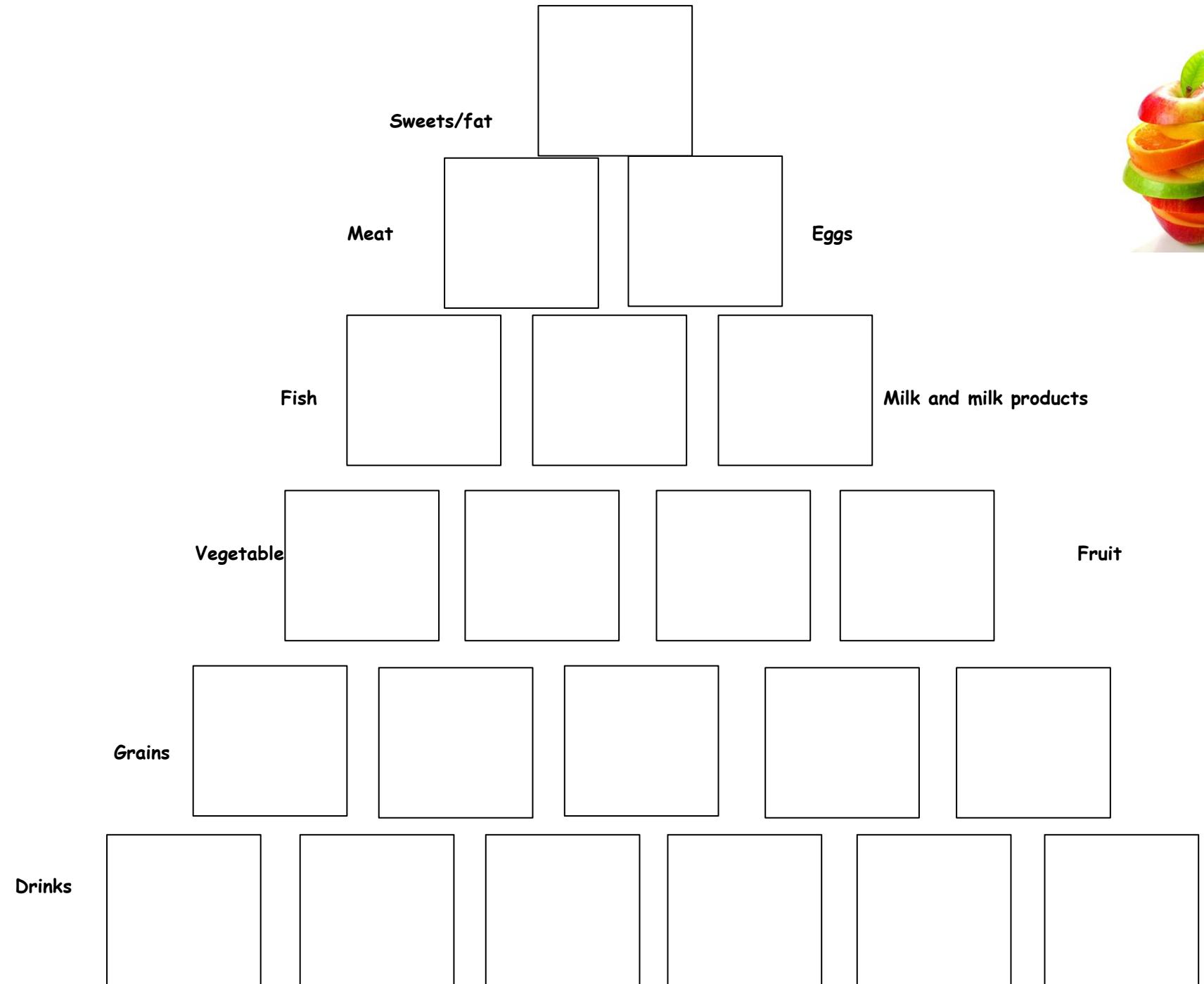
Station C: Build your own food pyramid

Exercise:

Cut the cards out and glue them to the correct position on the pyramid. (1.Tip:
Healthy food are further down. They are the basis. Unhealthy food are further up.
They are the peak.

2.Tip: You can check the positions of the food at Station A)



Station D: The greenhouse effect – the earth is sick

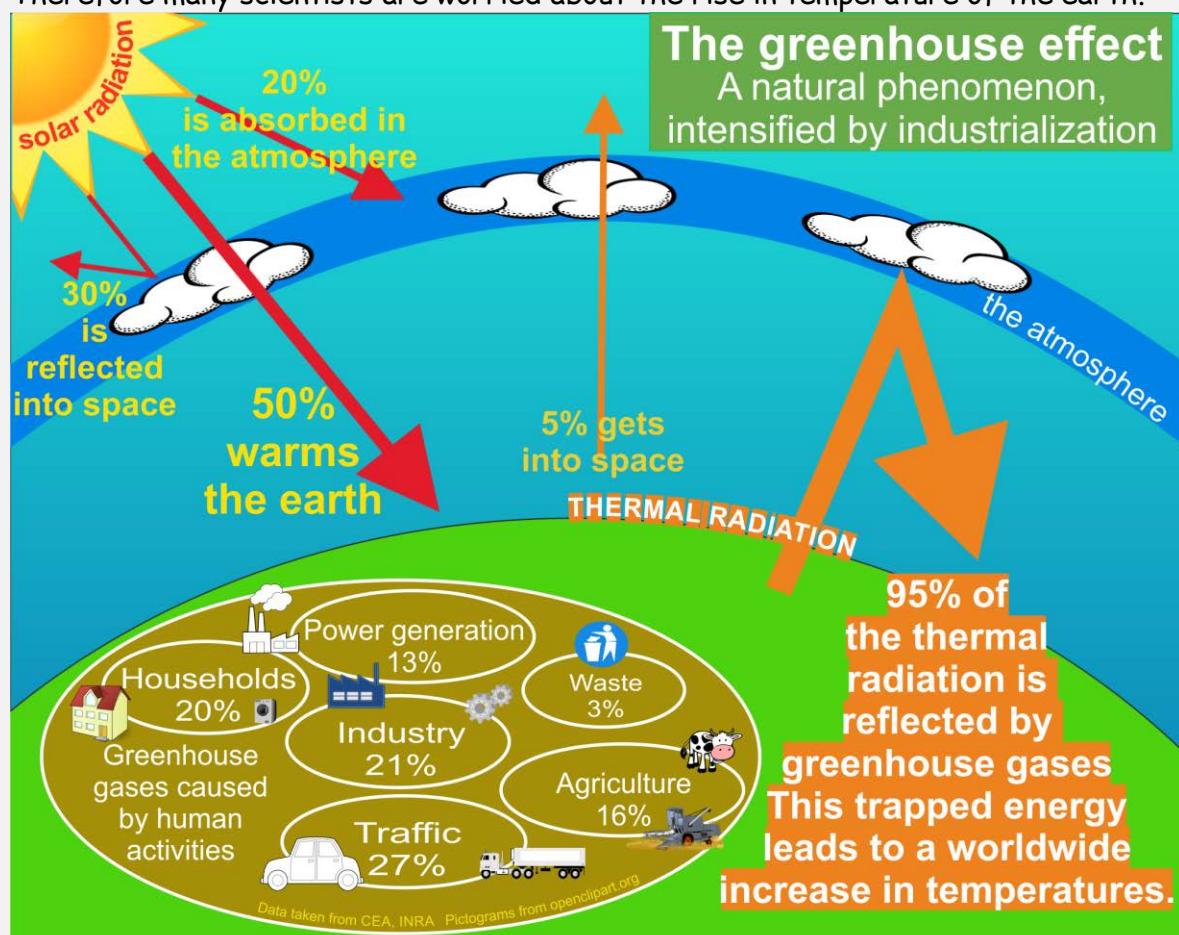
Exercises:

1. Read the text



It is always discussed that the strengthening of the so-called greenhouse effect by people is the origin of the surface area of the earth. How can this be explained?

The greenhouse effect is initially an entirely natural process, that makes life on earth possible. Greenhouse gasses like CO₂ (carbon dioxide), nitrogen oxide, methane or CFC build a natural isolation layer in the atmosphere. Shortwave radiation can penetrate this layer of gas. The light energy of the radiation changes into thermal energy when it hits the ground. This warmth is then radiated back from the ground. People therefore also say that the earth is heated from below. The greenhouse effect develops through longwave thermal radiation; the thermal radiation is only partly permeable and therefore ensures of the mild temperature of the earth. This completely normal process has substantially grown since the beginning of the last century because of the use of fossil fuels (coal, natural gasses and oil), agriculture (nitrogen fertilisation, methane production through cattle-breeding), **exhaust gases from vehicles**, the clearing of tropical rainforests and chemical processes (e.g. the use of refrigerants). Therefore many scientists are worried about the rise in temperature of the earth.



2. Answer the following questions

a) What is the greenhouse effect? Fill in the spaces in the text.

Fossils, the mild temperature; radiation; longwave; radiated back, radiation thermal energy; natural isolation layer



Greenhouses gases, like CO_2 (=carbon dioxide) nitrogen oxide, methane or CFC build a

_____ in the atmosphere. Shortwave

_____ can penetrate this smoke. The light energy of

the _____ changes when it meets the ground into

_____. This heat is _____ from the ground.

Therefore it is often also said that the earth is warmed from below. Because of the

_____ of the thermal energy the greenhouse gases can develop

further: for thermal energy they are just a part of _____ and look after the

_____ of the earth.

b) Which gases contribute to the greenhosue effect? Put a cross.

Oxygen Carbon dioxide CO_2

Nitrogen oxide Sodium

Methane Potassium

CFC Protein

c) Through what do these gases mostly emerge? Compare though an illustration.

Gases that contribute to the greenhouse effect:		
CO ₂	carbon dioxide	69,6 %
N ₂ O	nitrogen oxide	15,8 %
CH ₄	methane	12,4 %
HFC, CFC	Chlorofluorocarbon	2,2 %



Homework: where does our food come from?

Exercise 1: In the market

Do some research in the **market** and find out where food comes from and how much it costs. Choose a few types of fruit and vegetable. Write your findings down in this table.

Market location: _____

Which fruit or vegetable??	Origin land	How is it transported? (Probably!) (Aeroplane/boat/lorry/train)
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		



Exercise 2: In the supermarket

Do some research in a **supermarket** and find out where some food comes from and how much it costs. Choose a few types of fruit and vegetable (if possible, the same types as in the market). Write your findings down in this table!

Name of the supermarket: _____

Which fruit or vegetable??	Origin land	How is it transported? (Probably!) (Aeroplane/boat/lorry/train)
1)		
2)		

3)		
4)		
5)		
6)		
7)		
8)		



Station E: Transport: where does our food come from?

Exercises:

1. Mark your home country on the world map.
2. Note in the table the types of fruit and vegetable that you found in the supermarket
3. Connect their origin lands with your home country.
4. On the internet (e.g. www.luftlinie.org) or an atlas, find out how many kilometres the fruit or vegetables have travelled to get to your home country. Write the number down in the table. Round to the nearest hundred.

Fruit/vegetable	Transport kilometres
1)	
2)	
3)	
4)	
5)	
6)	
7)	
8)	

WORLD MAP



Quelle: Clipart by word

Station F: Transport- CO₂-emission calculation

Exercises:

1. Read the text

By what means are fruit and vegetables transported?



Apples, plums, strawberries, cucumbers, tomatoes and carrots are healthy. Unfortunately these types of fruit and vegetables don't have the capacity to grow all year round. Often however you don't notice this at all in the supermarket. There is almost everything - almost always.

This is because many types of vegetables are grown in greenhouses. You need lots of energy for this. If it is cold outside, tomatoes and cucumbers only grow if they have warmth inside.

It is the right season somewhere in the world the whole year round. Fruit and open-land vegetables often travel thousands of kilometres to us. Most come by refrigerated ship and lorry. Because strawberries, mangoes and other fresh fruit and vegetables arrive, at best, as mush after a week long journey here, they are transported by aeroplane. For the flight from other parts of the world many tons of fuel is needed.

The things that are good for us are a heavy burden for the climate.

(from: Kleines Handbuch für Klimaretter)

CO₂-comparison between modes of transport

Mode of transport	CO ₂ -emission in g per kg food in 1000 km
Plane	1000 g
Lorry	200 g
Train	80 g
Boat	35 g

2 a) Calculate the CO₂-emission in the table below. Us the data you find out about different types of fruit and vegetable in the supermarket. (compare with Station E)



Fruit/vegetable per 1kg	Transport kilometres	Mode of transport	CO ₂ -emission
1)	Example.: 400 km	LKW	80 g
2)	Example : 400 km	Flugzeug	400 g
3)			
4)			
5)			
6)			
7)			
8)			

Station G: Seasonal Products or Greenhouse products

Exercises:

1. Read the text

Seasons products

Fruit and vegetables have in the course of a year their natural growing times. For example the apple harvesting time is from August until October. People talk about the apple season. Similarly vegetables have their own season. If fruit or vegetables are bought in their own season we talk about seasonal fruit and vegetables.



Seasonal or non-seasonal food? What is better for the climate?

- In heated greenhouses, the required energy is between 10 and 50 times higher than in open field cultivation.
- The climate-harming emissions of the greenhouses are 5 to 30 times higher.
- Fresh fruit and vegetables for the time of year from native open field cultivations look after the climate.
- If foodstuffs from distant lands come to us then transport that harms the environment and uses lots of energy is necessary.

CO2-Emissions with the heating of greenhouses versus open agriculture

	CO2-emission g/kg Food	
	Heated greenhouse	Open land agriculture
Beans	6 360	220
Leek	5 430	190
Salad	4 450	140
Celery	3 660	190
Cucumber	2 300	170

(Zahlen nach: Lebensmittel: Regional = Gute Wahl)

2. Answer the following questions in your book:

a) What do „seasonal“ fruit and vegetables mean?



b) Give two reasons why the heating is so bad for the environment!

c) Which advantages are there to buying seasonal fruit and vegetables from the weekly market?

d) Where is there more production of CO2: in a heated greenhouse or in the open air field?

Station H: Ecological Products

Exercises:

1. Read the text through carefully.



Why is ecological production great for the planet?



Ecological farms are particularly environmentally friendly. It is their goal to create healthy food in accordance with nature. They attempt to lessen the burden on the environment. They do this in order to stop climate change.

Also ecological farmers don't use technical alterations on plants and animals.



Living soil is the most important thing for an ecological field. Eco-farms make the soil fertile with a variety of cultivation methods. A fertile soil also has a lot of mould. In mould-rich earth lots of valuable creatures live e.g. earthworms, ground beetles and many more. The mould-rich soil can store more water. This is good for the crops and mild flooding. In a handful of soil there are more living creatures than all people on the earth, although they can scarcely be recognised with the human eye.



The animals that live on ecological farms supply valuable manure with their dung. Some particular plants also help the farmers: clovers, peas, broadbeans and lupins leave behind valuable fertilisers for the next plants that will grow in the field. Additionally the seeds of these pulses contain a lot of protein and therefore offer valuable cattle feed.

Ecological farms do without mineral fertilisers and chemical pesticides, which often take a lot of energy to produce. Because of this greenhouse gas emissions are reduced. The income is not so high but the environment will be saved. Ecologically produced food has different content and above all are barely allowed to have additional content and taste enhancers. Because the work effort is higher and the income is lower, ecologically produced food is mostly more expensive.

In order to recognise food as ecologically produced it bears this symbol:



More eco means less CO₂

- With ecological farms only half the energy is needed and between a quarter and a half less of damaging greenhouse gases is emitted.
- The ecologically orientated animal rearing also needs less energy, because the food must also come from ecological farms. Pigs get less food that has been transported a long way or took lots of energy to produce.

.CO2-Emissions with and without ecological agriculture regulations

	CO2-emission g/kg Food	
	With eco regulations	Without eco regulations
Wheat	190	310
Rye	230	330
Potatoes	58	64
Beans	120	210
Pig	1.200	1.500
Milk	140	200

(Zahlen nach: Lebensmittel: Regional = Gute Wahl)



2. Compare in the table the amounts! Which ecologically produced food produce particularly little CO₂?

3. Which statements are true and which are false? Make a cross.

- | | True | false |
|---|--------------------------|--------------------------|
| ○ Ecological farming is good for the environment and for health. | <input type="checkbox"/> | <input type="checkbox"/> |
| ○ Ecologically produced food is exactly as expensive as other food | <input type="checkbox"/> | <input type="checkbox"/> |
| ○ All food has an eco-symbol. | <input type="checkbox"/> | <input type="checkbox"/> |
| ○ If food is in green packaging then it is ecologically produced. | <input type="checkbox"/> | <input type="checkbox"/> |
| ○ Ecological farms do without mineral fertilisers and
Pesticides | <input type="checkbox"/> | <input type="checkbox"/> |

4. Which advantages are there to buying eco foods? Mark the right answers.

They produce fewer pollutants.	You support appropriate animal care.
They are cheaper.	Eco produced food protects the environment.

Extra station: Quiz

1. How many sugar lumps are there in a glass of cola? Guess.

- a) 5 lumps b) 8 lumps
c) 12 lumps d) 10 lumps

2. In which of these foods can animal components be?

- a) Peanuts b) Crisps
c) Multivitamin juice d) Gummy bears

3. How many animals does each German consume throughout their life? What do you think?

- a) 586 b) 836
c) 1094 d) 5003

4. What percentage of the consumption of German animals come from factory farmed animals?

- a) 98% b) 86%
c) 75% d) 30%

5. How many additives are allowed in food according to EU regulations? Have a guess.

- a) 124 b) 320
c) 48 d) 542

6. How many pigs are bred and slaughtered each year in Germany?

- a) more than 7 million b) more than 14 million
c) more than 20 million d) more than 59 million

7. How many pigs each year in Germany end up in the rubbish?

- a) 1 million b) 5 million
c) 20 million d) 30 million

8. How much space does a convention caged laying hen have at its disposal?

- a) 0.3 m² b) 0.1 m²
c) 1.0 m² d) 0.08 m²

9. How long does a fattened chicken live before it is slaughtered?

- a) 2-3 weeks b) 5-6 weeks
c) 10-12 weeks d) 20-22 weeks

10. People suppose that there are around 30,000 types of apple on the earth. How many do you think come from Germany?

- a) 2000 b) 1000
c) 500 d) 100

Solution: Station A: Balanced and healthy eating

2. a)) What does wholesome mean?

"Wholesome" means that the foods contain an amount of all vital nutrients and all supplements, like vitamins, minerals, fibre and water.

b) Work out your personal daily allowance of carbohydrates, fats and protein.

Tip: You may use a calculator to work this out **Example 50kg**

Calculation for your allowance of carbohydrates

Body weight 50 X 3.5g = 175 g g

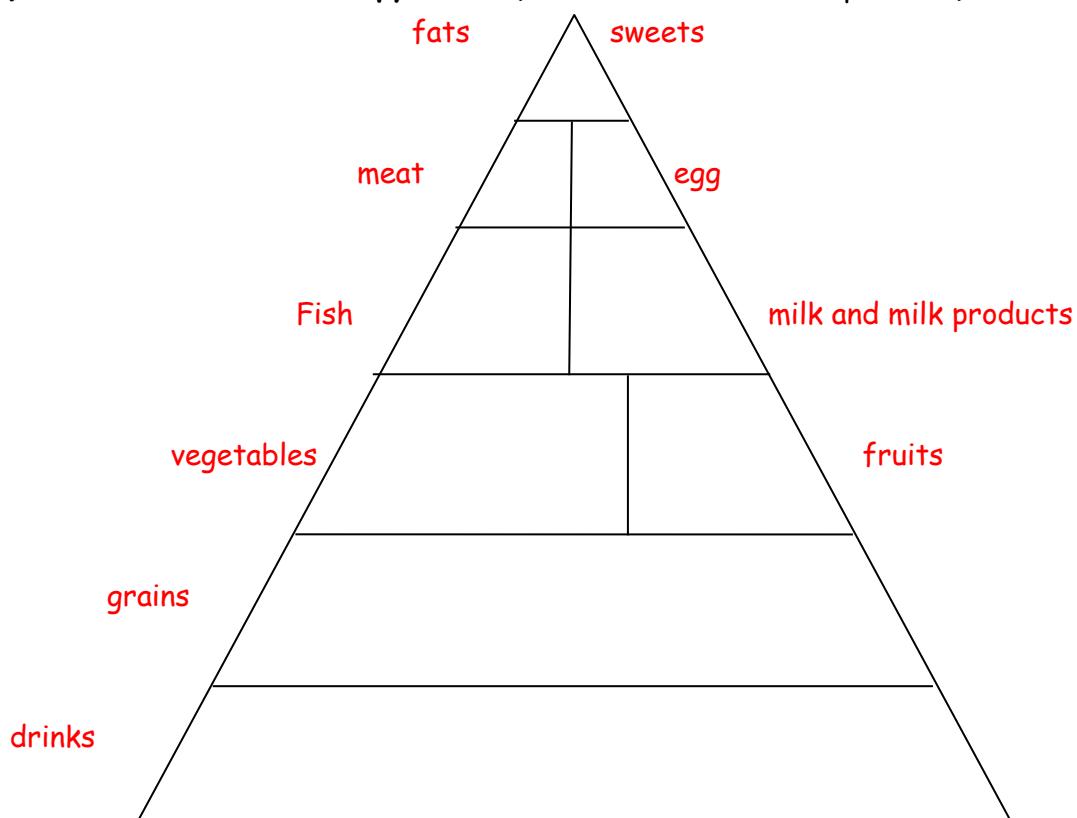
Calculation for your allowance of fats

Body weight50 X 0.9g = 45 g

Calculation for your allowance of proteins

Body weight50 X 0.8g = 40 g g

c) Label each area of the pyramid. (You don't need to draw pictures)



d) Have a look at the food pyramid. Which food should we eat the most of and which should we eat the least of?

Most : - grains
- vegetables and fruits

Least: - fats
- sweets

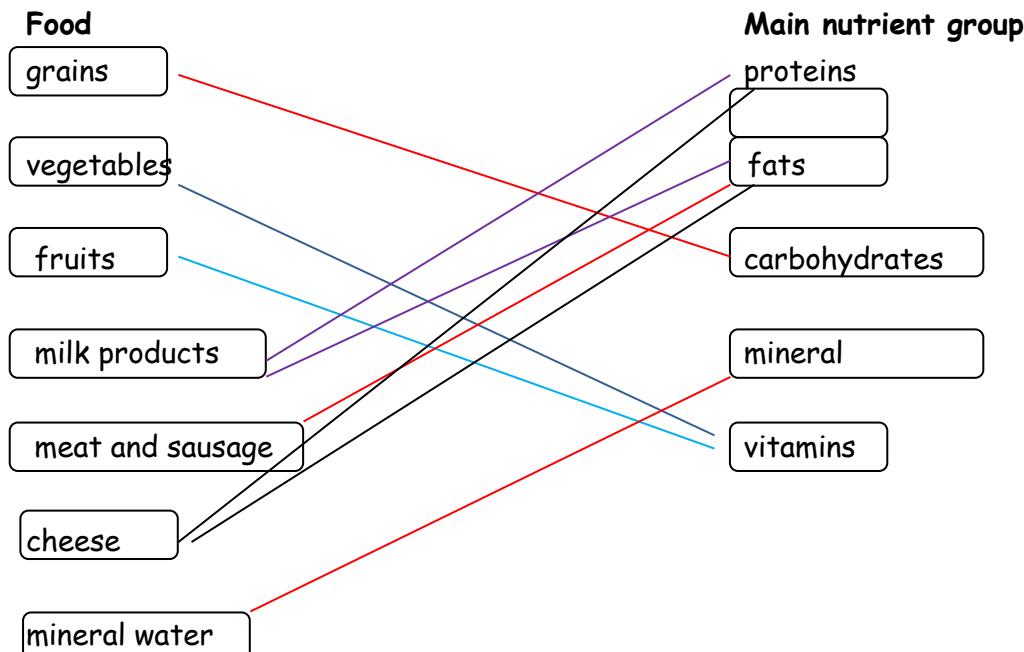
Station B: What does the body need?

2. Sort out the functions of the nutrients (carbohydrates, fat, protein, vitamins, mineral) and name their task in the body. Use the bold words in the text.

Function	Nutrient	Task
Operating materials	Carbohydrates Fats	Required energy Twice as much energy
Building materials	Protein	indispensable for the formation of bones, organs and blood.
Ingredients of life	Vitamins Mineral	strengthening the immune system. strengthening of bones

2. . The nutrients that are contained in most foods are designated according to the main nutrient groups.

Connect the food with the main nutrient group.



4 a) Note down everything that you ate yesterday. (Don't worry if you can't remember everything).

b) Put the foods into their main nutrient groups (Carbohydrates, proteins, fats, minerals and vitamins.).

Individual answers

Station C:

sweets



fats

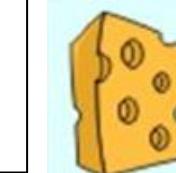
meat



eggs

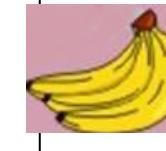


Fish



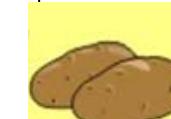
milk and milk products

vegetables



fruits

grains



drinks



Station D: Der Treibhauseffekt - Die Erde hat Fieber

S

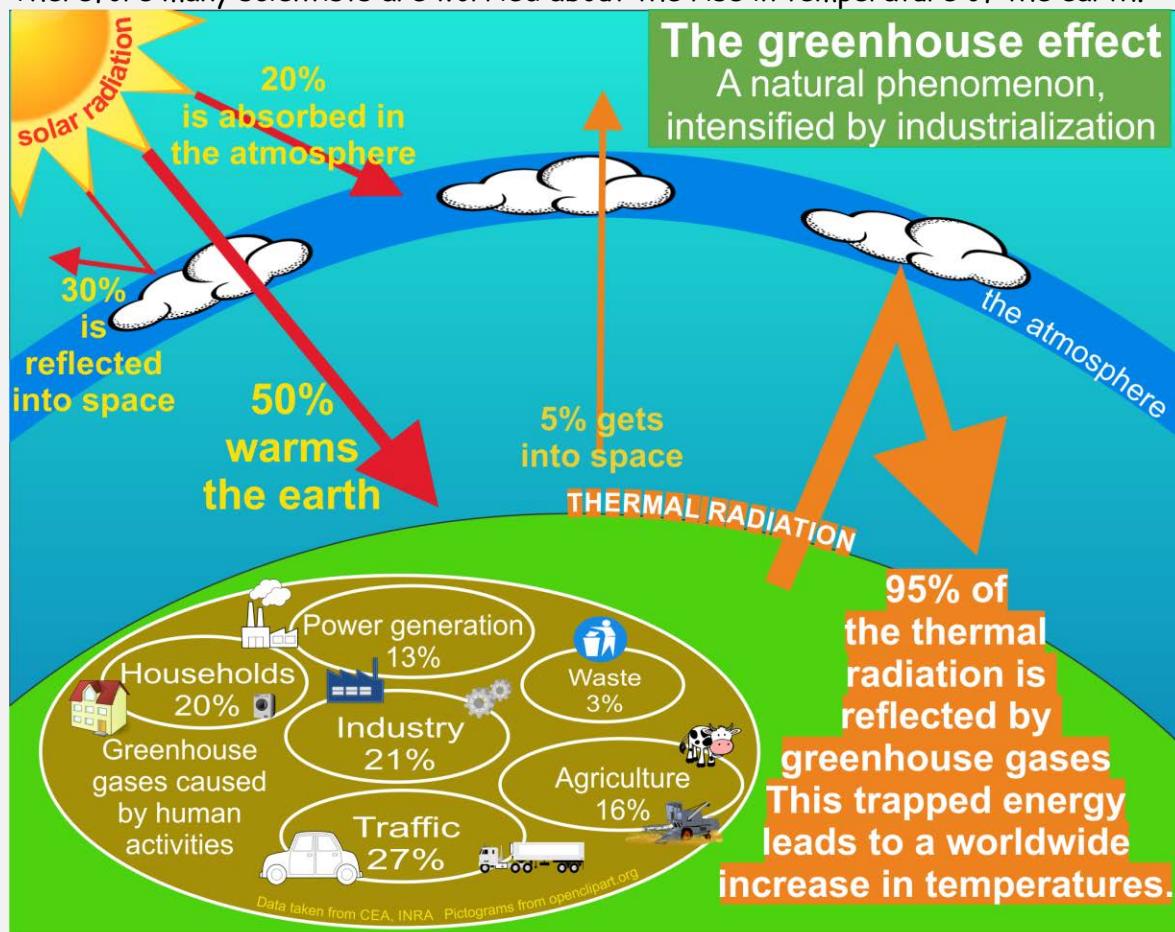


Exercises:

1. Read the text

It is always discussed that the strengthening of the so-called greenhouse effect by people is the origin of the surface area of the earth. How can this be explained?

The greenhouse effect is initially an entirely natural process, that makes life on earth possible. Greenhouse gasses like **CO₂** (carbon dioxide), nitrogen oxide, methane or CFC build a natural isolation layer in the atmosphere. Shortwave radiation can penetrate this layer of gas. The light energy of the radiation changes into thermal energy when it hits the ground. This warmth is then radiated back from the ground. People therefore also say that the earth is heated from below. The greenhouse effect develops through longwave thermal radiation; the thermal radiation is only partly permeable and therefore ensures of the mild temperature of the earth. This completely normal process has substantially grown since the beginning of the last century because of the use of fossil fuels (coal, natural gasses and oil), agriculture (nitrogen fertilisation, methane production through cattle-breeding), **exhaust gases from vehicles**, the clearing of tropical rainforests and chemical processes (e.g. the use of refrigerants). Therefore many scientists are worried about the rise in temperature of the earth.



Station D: The greenhouse effect - the earth is sick



2. Answer the following questions

a) What is the greenhouse effect? Fill in the spaces in the text.

Greenhouses gases, like CO_2 (=carbon dioxide) nitrogen oxide, methane or CFC build a natural isolation layer in the atmosphere. Shortwave radiation can penetrate this smoke. The light energy of the radiation changes when it meets the ground into thermal energy. This heat is radiated back from the ground. Therefore it is often also said that the earth is warmed from below. Because of the longwave of the thermal energy the greenhouse gases can develop further: for thermal energy they are just a part of the mild temperature and look after the fossils of the earth.

b) Which gases contribute to the greenhosue effect? Put a cross.

- | | | | |
|----------------|-------------------------------------|------------------------------|-------------------------------------|
| Oxygen | <input type="checkbox"/> | Carbon dioxide CO_2 | <input checked="" type="checkbox"/> |
| Nitrogen oxide | <input checked="" type="checkbox"/> | Sodium | <input type="checkbox"/> |
| Methane | <input checked="" type="checkbox"/> | Potassium | <input type="checkbox"/> |
| CFC | <input checked="" type="checkbox"/> | Protein | <input type="checkbox"/> |

c) Through what do these gases mostly emerge? Compare though an illustration.

- traffic
- Industry
- Household
- Farming
- Energy-producing
- waste

Gases that contribute to the greenhouse effect:		
CO_2	carbon dioxide	69,6 %
N_2O	nitrogen oxide	15,8 %
CH_4	methane	12,4 %
HFC, CFC	Chlorofluorocarbon	2,2 %

Homework: where does our food come from?

Exercise 1: In the market

Do some research in the **market** and find out where food comes from and how much it costs. Choose a few types of fruit and vegetable. Write your findings down in this table.

Market location: _____ Individuell answers

Which fruit or vegetable??	Origin land	How is it transported? (Probably!) (Aeroplane/boat/lorry/train)
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		



Exercise 2: In the supermarket

Do some research in a **supermarket** and find out where some food comes from and how much it costs. Choose a few types of fruit and vegetable (if possible, the same types as in the market). Write your findings down in this table!

Name of the supermarket: _____ Individuell answers

Which fruit or vegetable??	Origin land	How is it transported? (Probably!) (Aeroplane/boat/lorry/train)
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		

Station E: Transport: where does our food come from?

Exercises:

1. Mark your home country on the world map.
2. Note in the table the types of fruit and vegetable that you found in the supermarket
3. Connect their origin lands with your home country.
4. On the internet (e.g. www.luftlinie.org) or an atlas, find out how many kilometres the fruit or vegetables have travelled to get to your home country. Write the number down in the table. Round to the nearest hundred. Examples for Germany

Fruit/vegetable	Transport kilometres
1) Nederland	400 km
2) Spanien	1 600 km
3) Griechenland	1 600 km
4) Nordamerika	6 900 km
5) Afrika	7 000 km
6) Ecuador	10 100 km
7) Chile	12 500 km
8) Australien	14 500 km

Station F: Transport- CO₂-emission calculation

2 a) Calculate the CO₂-emission in the table below. Use the data you find out about different types of fruit and vegetable in the supermarket.

(compare with Station E) **Examples for Germany**

Fruit/vegetable per 1kg	Transport kilometres	Mode of transport	CO ₂ -emission
1)	400 km	LKW	80 g
2)	400 km	Bahn	32 g
3)	1600 km	LKW	320 g
4)	1600 km	Bahn	128 g
5)	7000 km	Flugzeug	7 000 g
6)	7000 km	Schiff	245 g
7)	12 500 km	Flugzeug	12 500 g
8)	12500	Schiff	437,5 g

Station G: Seasonal Products or Greenhouse products

2. Answer the following questions in your book:

a) What do „seasonal“ fruit and vegetables mean?

If fruit or vegetables are bought in their own season we talk about seasonal fruit and vegetables

b) Give two reasons why the heating is so bad for the environment!

- In heated greenhouses, the required energy is between 10 and 50 times higher than in open field cultivation.

- The climate-harming emissions of the greenhouses are 5 to 30 times higher.

c) Which advantages are there to buying seasonal fruit and vegetables from the weekly market?

- Fresh fruit and vegetables for the time of year from native open field cultivations look after the climate.
- If foodstuffs from distant lands come to us then transport that harms the environment and uses lots of energy is necessary.

d) Where is there more production of CO₂: in a heated greenhouse or in the open air

field? Heated greenhouse

Station H: Ecological Products

2. Compare in the table the amounts! Which ecologically produced food produce particularly little CO₂? by potatoes

3. Which statements are true and which are false? Make a cross.

- | | True | false |
|---|-------------------------------------|-------------------------------------|
| ○ Ecological farming is good for the environment and for health. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| ○ Ecologically produced food is exactly as expensive as other food. | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| ○ All food has an eco-symbol. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| ○ If food is in green packaging then it is ecologically produced. | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| ○ Ecological farms do without mineral fertilisers and Pesticides | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

4. Which advantages are there to buying eco foods? Mark the right answers.

They produce fewer pollutants.	You support appropriate animal care.
They are cheaper.	Eco produced food protects the environment.

Extra station: Quiz

1. How many sugar lumps are there in a glass of cola? Guess.

b) 5 lumps

b) 8 lumps

c) 12 lumps

d) 10 lumps

2. In which of these foods can animal components be?

b) Peanuts

b) Crisps

c) Multivitamin juice

d) Gummy bears

3. How many animals does each German consume throughout their life? What do you think?

a) 586

b) 836

c) 1094

d) 5003

4. What percentage of the consumption of German animals come from factory farmed animals?

b) 98%

b) 86%

c) 75%

d) 30%

5. How many additives are allowed in food according to EU regulations? Have a guess.

b) 124

b) 320

c) 48

d) 542

6. How many pigs are bred and slaughtered each year in Germany?

a) more than 7 million

b) more than 14 million

c) more than 20 million

d) more than 59 million

7. How many pigs each year in Germany end up in the rubbish?

a) 1 million

b) 5 million

c) 20 million

d) 30 million

8. How much space does a convention caged laying hen have at its disposal?

b) 0.3 m²

b) 0.1 m²

c) 1.0 m²

d) 0.08 m²

9. How long does a fattened chicken live before it is slaughtered?

b) 2-3 weeks

b) 5-6 weeks

c) 10-12 weeks

d) 20-22 weeks

10. People suppose that there are around 30,000 types of apple on the earth. How many do you think come from Germany?

b) 2000

b) 1000

c) 500

d) 100

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Created as a contribution of Eichenlaubschule Weiskirchen (www.eichenlaubschule.de) as part of the Erasmus+ school partnership project

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