



Created By:
IC RIDOLFI – TUSCANIA



COORDINATION PLAN

PROJECT:
PastaPort to Europe
Pasta Ambassadors –
Discovering Carbs in the
Mediterranean Diet





STEP

MEMBERS



ITALY - IC RIDOLFI TUSCANIA



GREECE - 40 GYMNASIO ANO LIOSION ANO LIOSIA



TÜRKIYE - TEKNOPARK ANKARA İVEDİK OSB MESLEKİ VE TEKNİK ANADOLU LİSESİ YENİMAHALLE

1 STEP

KICK OFF

GOAL: PRESENT THE PROJECT AND CREATE THE INTERNATIONAL GROUP

ACTIVITIES:

- VIDEO-CALL AMONG TEACHERS TO DEFINE THE SCHEDULE AND TOOLS (GOOGLE DRIVE)
- PRESENTATION OF PARTNER SCHOOLS
- CREATION OF THE PROJECT LOGO AND SLOGAN (STUDENT CONTEST) AND/OR COLLABORATIVE MAP OF THE SCHOOLS

TOOLS: TWinspace, PADLET, CANVA, GOOGLE MAPS, ETC.

FINAL PRODUCT:

DIGITAL POSTER OF THE PROJECT

DEADLINE: 10/04

2 STEP

HISTORY OF
PASTA AND
CARBOHYDRATES

GOAL: DISCOVER THE HISTORICAL ORIGIN OF CARBOHYDRATES IN MEDITERRANEAN CULTURE.

ACTIVITIES:

RESEARCH ON:

- ORIGIN OF PASTA
- SPREAD OF WHEAT IN THE MEDITERRANEAN AREA
- NATIONAL CULINARY TRADITIONS BASED ON WHEAT (NOT NECESSARILY PASTA)
- FIRST ONLINE MEETING (1 HOUR)

TOOLS: CANVA, GENIALLY, POWERPOINT, ETC.

FINAL PRODUCT:

“MEDITERRANEAN WHEAT TIMELINE”

EACH COUNTRY PREPARES A SHORT VIDEO OR PRESENTATION.

DEADLINE: 20/04

3 STEP MYTH BUSTERS

GOAL: DEBUNK FALSE MYTHS ABOUT CUISINE.

EXAMPLES

CREAM IN CARBONARA
KETCHUP ON SPAGHETTI
PASTA MAKES YOU GAIN WEIGHT
CARBOHYDRATES ARE UNHEALTHY

ACTIVITIES:

- SCIENTIFIC RESEARCH
- INTERVIEWS WITH NUTRITIONISTS OR CHEFS
- SECOND ONLINE MEETING (1 HOUR)

TOOLS: FLIP, GOOGLE SLIDES, POWER POINT, CANVA, ETC.

FINAL PRODUCT:

“PASTA MYTHBUSTERS DIGITAL BOOK”

DEADLINE: 30/04

4 STEP

MEDITERRANEAN
DIET & HEALTHY
LIFESTYLE

GOAL: TURN STUDENTS INTO PROMOTERS OF HEALTHY CUISINE.

ACTIVITIES:

- ANALYSIS OF THE FOOD PYRAMID
- COMPARISON OF DIETS FROM DIFFERENT COUNTRIES
- STUDENTS' FOOD DIARY
- HEALTHY TRADITIONAL RECIPES
- VIDEO TUTORIAL PHASE

- THIRD ONLINE MEETING (1 HOUR)

TOOLS

GOOGLE FORMS, MENTIMETER, CANVA, TWinspace ETC.

FINAL PRODUCT:

COLLABORATIVE INFOGRAPHIC ABOUT THE MEDITERRANEAN DIET

DEADLINE: 15/05

5 STEP

FINAL EVENT

ACTIVITIES:

- ONLINE EVENT WITH ALL SCHOOLS (1–2 HOURS)
- PRESENTATION OF THE WORK
- CREATION SOCIAL MEDIA CONTENTS

FINAL PRODUCT:

- SOCIAL MEDIA CONTENT
- PROJECT EBOOK ON TWinspace
- “PASTA AMBASSADOR” CERTIFICATES

DEADLINE: 30/05