

Gaining sustainable healthy lifestyle in

Šiauliai Stasys Šalkauskis gymnasium

All Erasmus students gathered and discussed about food waste and what we can do to gain a healthy lifestyle. We learned many things from internet, and school kitchen workers. We were given the assignment to prepare a short presentation about ways of gaining a healthy lifestyle, propose tips and make suggestions. We interview our kitchen shef and gain some info about food waste.



We are looking forward, to our trip to Turkey to learn more things about food waste with our European friends. We hope to have a good time and gain new experience