



# FAMILY TABLE & WORKSHOP

EAT HEALTHY - PORTIONS & PROPORTIONS: "It's all about Balance."



**Lifestyle** in balance is a tool for living long and for the prevention of non-communicable diseases. In this **workshop**, we will explore how **balanced nutrition and lifestyle** allow us to live **healthy** here and now and in the future.

We will investigate the differences and consequences of inactive vs. active lifestyles, the role of technology in postmodern life, and the importance of contact with nature and sociality. We will learn about healthy eating and how to prepare a healthy snack or lunch. We will finish our work-shop with a brief seated yoga practice (on a chair) that we can use to start our daily routine at school.

## 1. INTRODUCTION

- **Welcome and Acknowledgment**
  - Welcome participants and experts.
  - Acknowledge any special guests or experts in attendance.
- **Agenda Overview:**
  - A brief overview of the purpose and agenda.

## 2. BALANCED NUTRITION & LIFESTYLE

- **Interactive Icebreaker**
  - Fast-paced brainstorming session, asking, "If I say, 'healthy lifestyle,' what's the first thing that comes to your mind?" Participants share their thoughts in a quick round.
- **Why Balanced Nutrition and Lifestyle (WHY)**
  - The importance of balanced nutrition and lifestyle in promoting overall health in the present and future.

### • Detailed Exploration (HOW)

- Detailed analysis of balanced nutrition.
- Brief overview of active and inactive lifestyles (analysis of active and inactive lifestyles), the role of technology, and the importance of contact with nature and social life.

## 3. HEALTHY EATING DEMONSTRATION

- How to prepare a healthy snack and lunch
- With tips on portions and maintaining a balanced diet

## 4. YOGA

- Seated practice to begin the day relaxed, centered, and focused – and with a breathing technique to manage stress

## 5. FINAL REMARKS AND POST EVENT DISCUSSION