

LET FOOD BE OUR MEDICINE

INTRODUCTION OF THE PROJECT

Today ,the world drifts more and more towards technology as you know. There is a vast gap between man and nature but we are all children of Mother Nature! We must live in harmony with nature and consume food which we evolved to eat.

Products we use everyday may be made in ways that cause harm to animals, people or the environment. It doesn't have to be this way. You can make better choices in your life for being healthy. For instance, you can choose a natural living lifestyle. Natural living is a type of lifestyle that each of us can adopt. It eliminates daily use of chemicals and it requires maximum care of environment.



POSSIBLE ACTIVITIES FOR THE PROJECT

***BUILD YOUR OWN ORGANIC GARDEN!**

Today's studies show that fruit and vegetables grown organically show significantly high levels of cancer-fighting antioxidants also, they have enormous amount of nutrition and taste. Whereas, commercial grown food is filled with very little amounts of vitamins and minerals. They have also chemical fertilizers that are very harmful for human body. So, as the Hippocrates said: 'Let food be our medicine!' And for this we say: 'Let build your own organic garden!' Grow your own vegetables and fruit in organic way. It's also a great pleasure to spend leisure time. There is no need to have big areas for this activity, you can build your garden even in your balcony!



TARGET GROUPS:

Students, teachers and parents.

EXPECTED RESULTS:

Providing aweranness of everyone for having natural living lifestyle

OUR SCHOOL

I am from Turkey. I am an English Language teacher at Mehmet Şükriye Sert Elementary School in Konya, Turkey. Our students' ages are from 10 to 13 and we have 500 students in our school. Namely we are a big school in the center of Konya.

This year we have created a project group consist of both students and teachers. We are interested in Comenius School Partnerships and would like to apply for 2012-2013 term as a partner.

My city Konya is famous for Mevlana. Unesco announced the Year of 2007 as Mevlana Year. He is a famous thinker and known as one of the first Humanists. About Mevlana more reading is available on

<http://www.mevlana.com/>

<http://www.youtube.com/watch?v=BNb7SpkOsgg>

<http://www.konya.bel.tr/sayfadetay.php?sayfaID=160>

We would like to be your partner in Comenius Project and our partner form B is attached to this message.

If you are interested in our participation please let us know.

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PHOTOS FROM KONYA



PHOTOS FROM OUR SCHOOL

