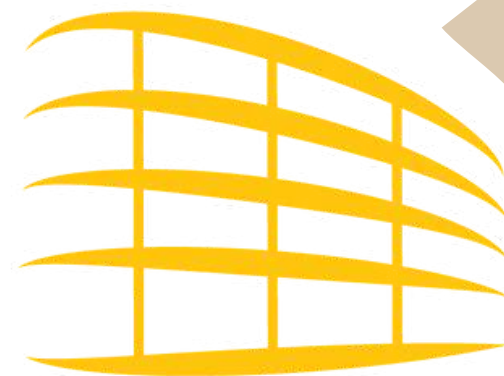


AUGU UZTURS UN SPORTS.

VAI TĀ IR ILGTSPĒJĪGAS NĀKOTNES UN LABKLĀJĪBAS ATSLĒGA?

ERASMUS+ KA2 PROJEKTS



VENTSPILS
TEHNIKUMS

PLANT BASED NUTRITION AND
SPORTS
IS THAT A KEY FOR SUSTAINABLE FUTURE AND WELL-BEING?



Līdzfinansē
Eiropas Savienība





TĒMAS



Informācija par projektu



Ideja un aktivitātes



Rezultāti



Ilgspēja

PROJEKTU KOMANDA



VENTSPILS
TEHNIKUMS



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SPORTS
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INFORMĀCIJA PAR PROJEKTU



PARTNERĪBA



Līdzfinansē
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VADOŠAIS PARTNERIS
VENTSPILS TEHNIKUMS



PARTNERI
BARSELONAS SPORTA INSTITŪTS



ALFA KOLEDŽA



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



BUDŽETS: 60 000 EUR
PERIODS: 18 MĒNEŠI

NACIONĀLA LĪMEŅA ATZINĪBA



STARPTAUTISKA LĪMENA ATZINĪBA

APL Maximizing APL in the Classroom

	Free Play	Guided Play	Playful Instruction	Direct Instruction
Explicit Learning Goal	No	Yes	Yes	Yes
Initiated by	Child	Teacher	Teacher	Teacher
Child Active Involvement	Yes	Yes	Yes	No

#EITA2024 KEYNOTE
15TH NOVEMBER 2024

KATHY HIRSCH-PASEK
PROFESSOR OF PSYCHOLOGY AT TEMPLE UNIVERSITY AND
SENIOR FELLOW AT THE BROOKINGS INSTITUTE

THE SCIENCE OF LEARNING

TEACHING AS WE LEARN

SO, WHAT INSTEAD?

PLAYFUL INSTRUCTION..

Yes -





PLANT BASED NUTRITION AND
SPORTS
IS THAT A KEY FOR SUSTAINABLE FUTURE AND WELL-BEING?



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PROJEKTA IDEJA



VIDES UN KLIMATA JAUTĀJUMI

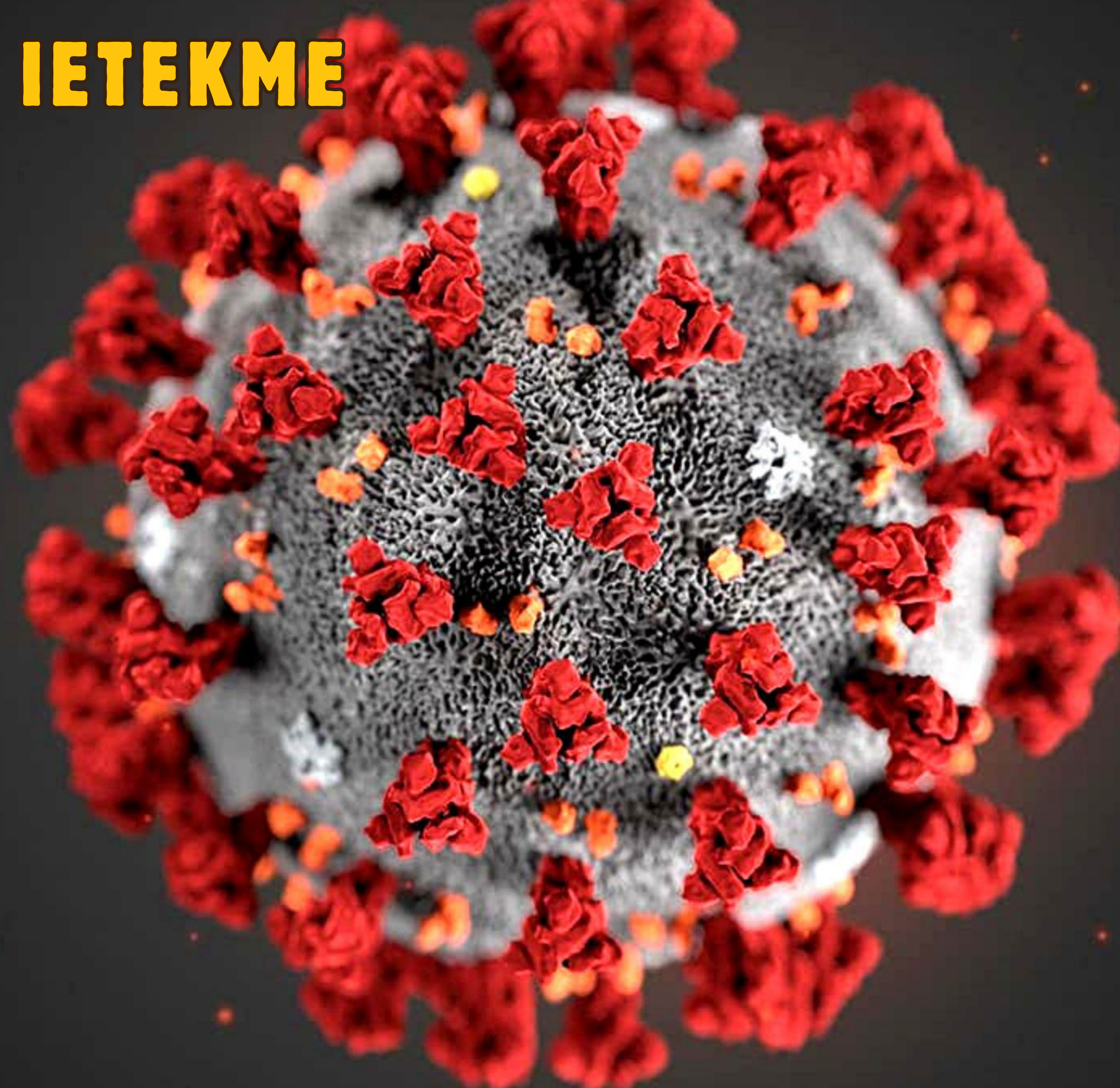


GLOBĀLĀ KLIMATA
SASILŠANA & PĀRMAIŅAS

COVID-19 IETEKME



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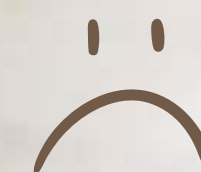


**ATTĀLINĀTĀ
DARBA/MĀCĪBU
GAIŠĀS PUSES..**





**ATTĀLINĀTĀ
DARBA/MĀCĪBU
NEGATĪVĀS PUSES..**



VIENLĪDZĪGAS IESPĒJAS



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AKTIVITĀTES



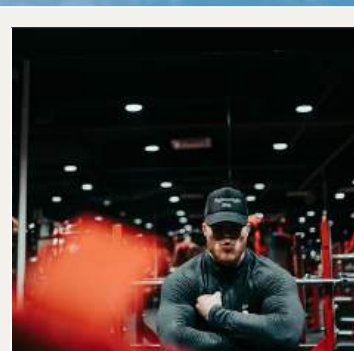
AUGU UZTURS UN SPORTS.

VAI TĀ IR ILGTSPĒJĪGAS NĀKOTNES UN LABKLĀJĪBAS ATSLĒGA?

konferences
EKSPERTI

5. OKTOBRIS, 2022

11:00 - 14:00



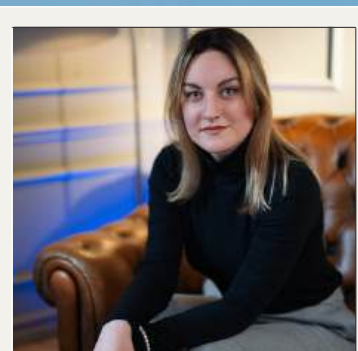
Elvis Krūze



Sandris Ādminis



Guna Bīlande



*Marina Sokola-
Nazarenko*

PSIHOLOGIJA

KONFERENCE

PAR UZTURU, LABBŪTĪBU, SPORTU UN PLANĒTU

LIVE



TIEŠRAIDE



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KONFERENCE AUGU UZTURS UN SPORTS

Elvis Krūze

influenceris, sporta treneris,
uzņēmējs



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"ESI TAS CILVĒKS, KURU TEV
VAJADZĒJA, KAD SĀKI"

Sekas: DZĪVNIEKU CIEŠANĀ



elības riski





500+ SKATĪTĀJI KLĀTIENĒ



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Eiropas Savienība

100 000+ SKATĪTĀJI TIEŠSAISTĒ



TV CHANNEL



Erasmus+ konference "Augus uzturs ...

Ventspils Tehnikums - 1 no 6



Erasmus+ projekta konference
"Augu uzturs un sports"

Ventspils Tehnikums



Sports – atslēga sevis
pilnveidošanai un panākumiem...

Ventspils Tehnikums



Stress, mentālās veselības
izaicinājumi un labbūtības...

Ventspils Tehnikums



Kā mēs apēdam planētu? |
Sandris Ādminis

Ventspils Tehnikums



Augu uzturs - veselībai un jaudai |
Guna Bīlande

Ventspils Tehnikums



Paneldiskusija "Augu uzturs un
sports"

Ventspils Tehnikums







LATVIJĀ





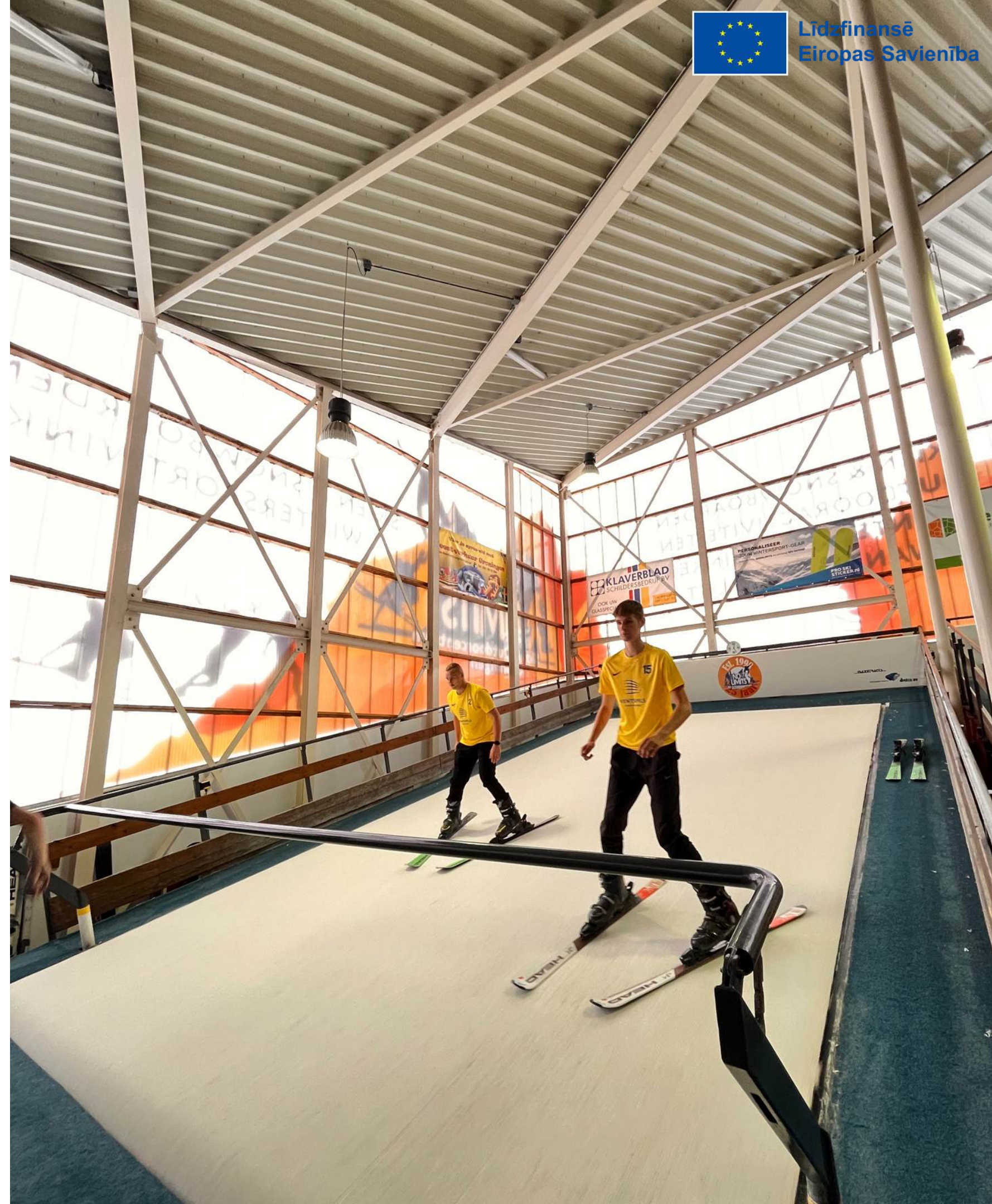
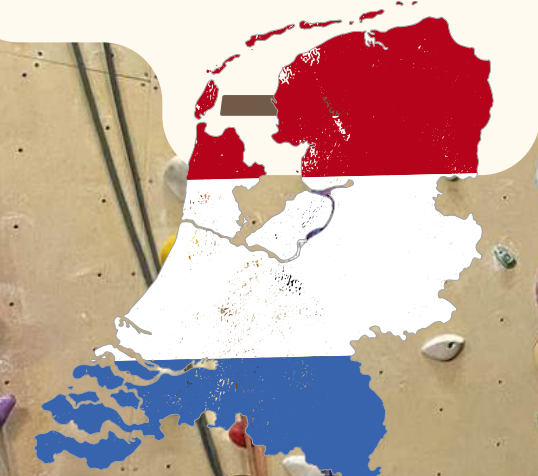
SPĀNIJĀ



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NĪDERLANDĒ



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NĪDERLANDĒ



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REZULTĀTI

PĒTIJUMA ZIŅOJUMS

“

Lielākā daļa izglītojamo (aptuveni 80%) apzinās, ka uzturam ir ietekme uz viņu labbūtību un ikdienas pašsajūtu.

”

“

Vairāk nekā 60% jauniešu ir gatavi mainīt savu uzturu uz videi draudzīgāku un ilgtspējīgāku.

”

“

Galvenie iemesli, kāpēc jaunieši nenodarbojas ar sportu ir laika trūkums, motivācijas un treniņu partneru neesamība.

”



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SURVEY NO 1. REPORT

Project details	
Project	Erasmus+ KA2 (2022), “Plant based nutrition and sports. Is that a key for a sustainable future and well-being?”
Project No.	2021-2-LV01-KA210-SCH-000049347
Lead partner	Ventspils Vocational Technical School (Latvia)
Partners	Sports Institute of Barcelona (Spain)
	Alfa-college (Netherlands)
Survey details	
Survey topics	Nutrition, Sports, Well-being
Respondent count	1206 (Latvia - 423; Spain - 366; Netherlands - 416)
Surveying period	From September 20th until October 25th, 2022
Development of report	From November 9 th , 2022 until January 10th, 2023
Topics & Partners	
Nutrition	Ventspils Vocational Technical School (Latvia)
Sports	Institute of Barcelona (Spain)
Well-being	Alfa-college (Netherlands)
Conclusions	
1. Most of the students (around 80%) acknowledge that nutrition has an impact on their well-being and every day feeling	

DIGITĀLĀ ROKASGĀRMATA



4 WEEK PLAN FOR HEALTHY & SUSTAINABLE LIFESTYLE



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DAY 1

MEALS

Meal recipes and photos provided by <https://veganmediterranean.lv>

BREAKFAST. OAT PORRIDGE WITH CARAMELIZED BANANAS



INGREDIENTS
100 g of whole grain oatmeal
400 ml plant milk of your choice
1 tbsp. of coconut oil
2 tbsp. of maple syrup
2 bananas
2 tbsp. of almond butter
Blueberries

PREPARATION
Boil milk in a pot.
Add oatmeal. Cook on low heat for 15 min.
Leave to swell under the lid.
Heat the pan, melt the coconut oil.
Fry bananas cut lengthwise, pour syrup over them and let them caramelize. When one side is ready, turn the bananas to the other side.
Porridge is served with caramelized bananas, almond butter and blueberries.

LUNCH. BEET GRUBOTTO



INGREDIENTS (2 PORTIONS)
400 g of fresh, peeled beets
120 g of pearl groats
1 onion
½ tsp. of thyme
½ tsp. of rosemary
1 tsp. of Santa Maria Pizza Spices
500 ml odors (+ 200 ml + 100 ml)

PREPARATION
Grate the beets on a fine grater. Chop the onion.
On a pan, fry the onion in oil until it becomes transparent. Then add the grated beets and fry for another few minutes.
Meanwhile, grind all the spices in a pestle. You can skip this step, but it will make the food more enjoyable.
Add the groats and spices mixed in cold water, mix.
Pour 500 ml of water, cover and let it simmer on medium heat. After that, simmer until the groats are ready, and if necessary, add additional water to prevent the groats from burning: 200 ml after ~ 15 min and 100 ml after another 5 min. At the end, let it simmer for another ~ 5 min.
Remove from heat, leave to infuse for another 5-10 minutes. Serve.

DINNER. CRISPY TOFU



INGREDIENTS (2 PORTIONS)
100 g of tofu
(regular or with flavor of your choice)
1-1½ tbsp. of oil

PREPARATION
Dry the tofu by wrapping it in a paper towel or a clean kitchen towel and gently squeezing it in your hands.
Heat the tofu in pieces - first in half, then each side in half again and so 2-3 more times, until you get pieces of tofu about 1-2 cm in size.
Heat 1 tbsp. of oil in a pan, and add the tofu pieces. Bake ~ 5 min, stirring occasionally until the pieces are golden brown on all sides. If necessary, add another ½ tbsp. of oil.
When the tofu pieces have become golden, remove the pan from the stove and add the soy sauce. Stir continuously until the sauce is absorbed. The crispy tofu is ready! Served with optional side dishes such as fries and salad.

EXERCISES



2 x 10
Arms in width of shoulders.
Keep body tight and straight.



2 x 10
Feet in width of shoulders or a little wider.
When doing a squat, knees move in the same direction as fingertips.



2 x 30s
Keep the body straight and in one level.



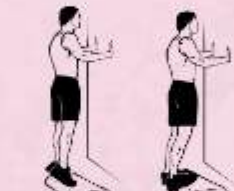
2 x 10
The weight should be put through heels when in top hold for 1 second.



2 x 10
Controlled movement.



2 x 10 each arm
Hold the body tight and in one level.
Legs in width of shoulders or a little wider.
Do not move hips.



2 x 10
Full amplitude, controlled movement.



2 x 10
Upper legs fingertips pointed towards.
Movement is slow and controlled.

DAY 28

MEALS

Meal recipes and photos provided by <https://veganmediterranean.lv>

BREAKFAST. BANANA PANCAKES



INGREDIENTS (8-12 PCS.)
1 medium banana (~80 g)
160 ml plant milk
1 tsp. vanilla sugar for sweetness (optional)

90 g oat flour
1 tsp. baking powder
Cinnamon (optional)

PREPARATION
Put the banana in a bowl, squeeze it well with a fork.
Add the rest of the ingredients - flour, baking powder, vegetable milk. Mix everything thoroughly. It's okay if there are still pieces of banana in the dough - it will be delicious when eaten!
Bake on a preheated pan.
Eat as is or with blended or fresh berries, jam, nut butter.

LUNCH. HEALTHY SALAD BOWL WITH NATURLI FALAFEL



INGREDIENTS
Favorite salad
Steamed beets
Cooked quinoa
Cucumber, tomatoes
Red onion, avocado

Hummus
Naturli falafel pieces
Oil for frying
Sprouts (optional)
Pomegranate seeds (optional)

PREPARATION
Grate beets, cut cucumber, tomatoes, onion and avocado.
Prepare the falafel following the instructions on the package.
Put all the ingredients in a bowl and sprinkle with pomegranate seeds.

DINNER. SPLIT PEA PANCAKES



INGREDIENTS
500 g split peas
100 g of breadcrumbs
1 clove of garlic
1½ tbsp. soy sauces
Bunch of parsley or ~ 75 g
2 tbsp. Turkish pea flour
1 tbsp. tomato sauces
1 tbsp. olive oils
2 tsp. curry
2 tsp. salt

PREPARATION
Soak split peas in cold water for 4 hours.
The soaked peas are thoroughly rinsed and boiled in cold water at a high temperature.
When the water boils, reduce the temperature to medium and skim the foam, if any. Leave the peas to boil until they are ready (~ 20 min).
When the peas are cooked, drain them and set them aside.
Heat a little olive oil in a pan and fry finely chopped onion and garlic at a low temperature, at the very end add 1 tsp. soy sauce.
Place half of the split peas in a food processor along with the fried onions and garlic, parsley, remaining soy sauce, olive oil, tomato sauce, salt and curry. Grind until a mass of homogeneous consistency is obtained.
Put the resulting mass in a large bowl, add the remaining peas, Turkish pea flour, breadcrumbs and mix thoroughly.
Put the scones mass in the freezer for 15 minutes.
Heat the oven to 200 °C, put baking paper in the pan. Form small scones (~ 5 cm in diameter and 1 cm thick), place on baking paper. Brush the scones with olive oil or coconut oil.
The scones are baked for ~ 10 min, then they are turned upside down and coated with oil again. Bake for another 10 minutes, take out of the oven and eat.

EXERCISES



3 x 20
Arms in width of shoulders.
Keep body tight and straight.



3 x 20
Feet in width of shoulders or a little wider.
When doing a squat, knees move in the same direction as fingertips.



3 x 60s
Keep the body straight and in one level.



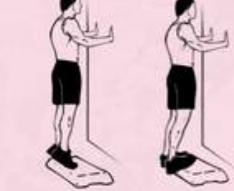
3 x 20
The weight should be put through heels when in top hold for 1 second.



3 x 20
Controlled movement.



3 x 15 each arm
Hold the body tight and in one level.
Legs in width of shoulders or a little wider.
Do not move hips.



3 x 20
Full amplitude, controlled movement.



3 x 15
Upper legs fingertips pointed inwards.
Movement is slow and controlled.

DIGITĀLĀ ROKASGĀRMATA



PLANT BASED NUTRITION AND
SPORTS
IS THAT A KEY FOR SUSTAINABLE FUTURE AND WELL-BEING?

4 WEEK PLAN FOR
**HEALTHY &
SUSTAINABLE
LIFESTYLE**



VENTSPILS
TEHNISKĀS



Institut de l'esport
de Barcelona



Alfa college



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DAY 1



bitly

DAY 28

<https://magadzeinasol.lv>

8-12 PCS.)
ana (~80 g)
ilk
ugar for
rtional)

90 g oat flour
1 tsp. baking powder
Cinnamon (optional)

PREPARATION
Put the banana in a bowl, squeeze it well with a fork.
Add the rest of the ingredients - flour, baking powder, vegetable milk. Mix everything thoroughly.
It's okay if there are still pieces of banana in the dough - it will be delicious when eaten!
Bake on a preheated pan.
Eat as is or with blended or fresh berries, jam, nut butter.

PREPARATION
Grate beets, cut cucumber, tomatoes, onion and avocado.
Prepare the falafel following the instructions on the package.
Put all the ingredients in a bowl and sprinkle with pomegranate seeds.

PREPARATION
Soak split peas in cold water for 4 hours.
The soaked peas are thoroughly rinsed and boiled in cold water at a high temperature.
When the water boils, reduce the temperature to medium and skim the foam, if any. Leave the peas to boil until they are ready (~20 min).
When the peas are cooked, drain them and set them aside.
Heat a little olive oil in a pan and fry finely chopped onion and garlic at a low temperature, at the very end add 1 tsp. soy sauce.
Place half of the split peas in a food processor along with the fried onions and garlic, parsley, remaining soy sauce, olive oil, tomato sauce, salt and curry. Grind until a mass of homogeneous consistency is obtained.
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The scones are baked for ~10 min, then they are turned upside down and coated with oil again. Bake for another 10 minutes, take out of the oven and eat.



3 x 20
If shoulders or a little wider, just, knees move in the same region as fingertips.



3 x 50s
Keep the body straight and in one level.



3 x 20
The weight should be put through heels, when in top hold for 1 second.



3 x 15 each arm
dy tight and in one level, if shoulders or a little wider, not move hips.



3 x 20
Full amplitude, controlled movement.



3 x 15
Upper legs fingertips pointed inwards. Movement is slow and controlled.



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PLANT BASED NUTRITION AND
SPORTS



PLANT BASED NUTRITION AND
SPORTS
IS THAT A KEY FOR SUSTAINABLE FUTURE AND WELL-BEING?



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ILGTSPĒJA

ILGTSPĒJA | SPORTS



➡ **Pašpārvaldes un pilsētas sporta pasākumi**

➡ **Erasmus+ sporta mobilitātes**

➡ **Interesešu izglītība (basketbols, volejbols)**

➡ **Darbinieku sporta spēles**



ILGTSPĒJA | VIDE & KLIMATS

➡ **Vides un klimata projekti**



➡ **Elektro auto darbinieku transportēšanai**

➡ **Augu izcelsmes produkti pasākumos**



ILGTSPĒJA | MENTĀLĀ VESELĪBA



➡ **Psihologa atbalsts jauniešiem**

➡ **Atpūtas stūrītis**

➡ **Darbinieku apmācības
mentālās veselības jomā**



ELVIS BINDERS-ČODERS

Ventspils Vocational Technical School





VENTSPILS
TEHNIKUMS

AUGU UZTURS UN SPORTS. VAI TĀ IR ILGTSPĒJĪGAS NĀKOTNES UN LABKLĀJĪBAS ATSLĒGA?

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