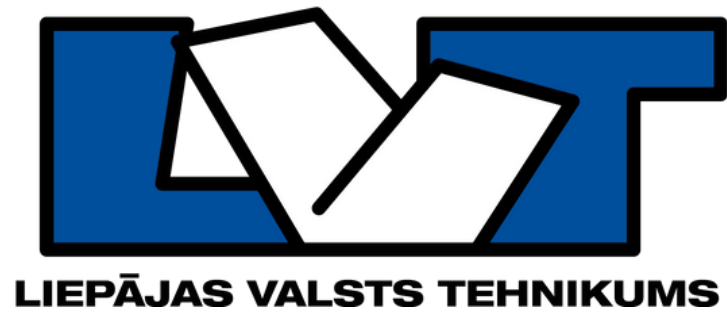


Project partners



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A healthy diet

A complete diet should be varied and tasty, which is taken into account when preparing food in the teaching kitchen.

Various processing techniques are used in the preparation of products:

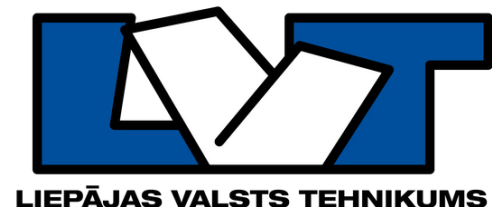
- preparing various salads in a fresh way - carrot, lettuce, radish salad, fresh cucumber, tomato salad
- in boiled form
- in steamed form
- stewed
- fried

Modern equipment is used in cooking, which allows you to prepare fried foods using a minimum amount of fat, for example, meat is fried in a convection oven. The menu is diversified, it is changed every day. Less salt and sugar are used in cooking.

A healthy diet



Modern equipment for students to learn cooking

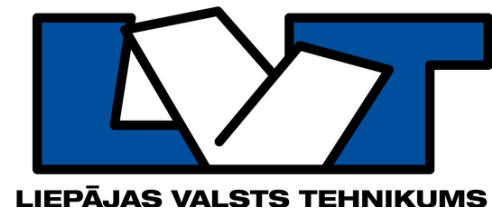


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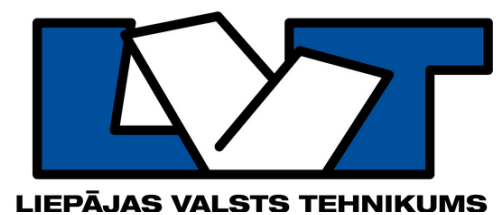
Liepāja State Technical School Apple Days

For the first time, the Liepāja State Technical School hosted Apple Days, where the whole school was invited to enjoy free apples and pears.

Apple days took place over several days, where free-access fruits were placed in both school buildings and everyone had a unique opportunity to treat themselves. The aim of the project was to promote the use of fresh fruit in the diet, as well as to draw the attention of young people to healthy nutrition, which is unfortunately a big problem nowadays. During the project, it was observed that young people really had a great interest in treating themselves to free treats and enjoying the delicacy. As part of the project, more than 200 kg of apples were used, and the young people themselves, as well as the teachers, appreciated such an event. We will definitely continue such an event next year, but on a much larger scale, attracting local farmers.



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Sport day

1. Purpose of the sports day

- To popularize physical activities and the study of National Defense, uniting groups, promoting the desire of young people to do sports and spend their free time usefully.
- Tribute to the best Liepaja State Technical School (hereinafter referred to as LVT) athletes.

2. Sports day organizers

- The sports day is organized by sports teachers, teachers of the National Defense Training and the Student Self-Government.
- group educators.

3. Participants

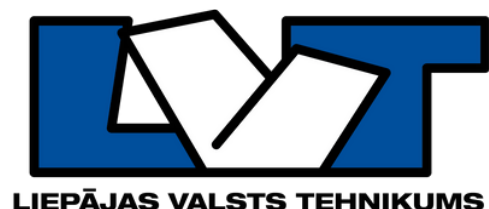
- LVT 1st and 2nd year students participate in the sports day.
- 3.2. Pupils who are exempted from sports participate in judging or support the other pupils in the group. 3.3 Separate (2ET, 2GR) groups participate in the organization.

4. Awarding

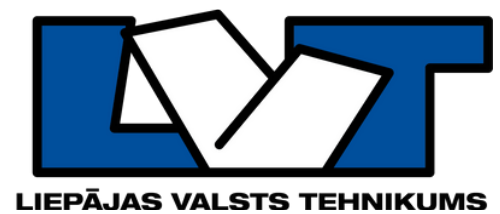
- The group with the best result receives the Liepāja State Technical School traveling cup.

Other information

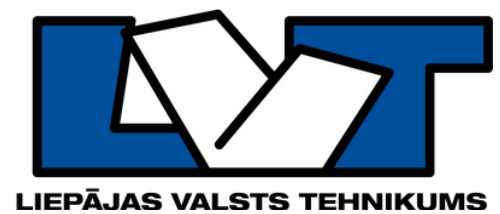
- Everyone comes in sportswear to the Sports Day
- The teacher of the group is responsible for introducing the students to the safety rules in sports competitions and lessons and submits a safety briefing sheet with tThe group teacher is responsible for the students' behavior on the Sports Day
- The LVT nurse is responsible for organizing first aid
- During the sports day, the requirements of Regulation No. 1338 of the Cabinet of Ministers of the Republic of Latvia of November 2009 "Procedure for ensuring the safety of learners in educational institutions and their organized events" are ensured.



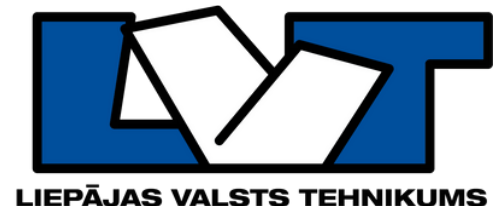
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Water filling station

The goal of creating a water filling point is to increase the sustainable use of water bottles and reduce the number of deposit plastic bottles in everyday use.

At the water filling point you can:

- refill your water bottle an unlimited number of times;
- quench thirst on the spot;

Every cell, tissue and organ in the body relies on an adequate amount of water to function properly. Therefore, the well-being and physical survival of the human body depends on regular water intake. At the filling point, water is supplied from the city's water supply, which is clean, high-quality, and safe for use.

Water filling station



Ūdens uzpildes punkts

Uzpildes punktā ūdens tiek piegādāts no pilsētas ūdensvada, kas ir tīrs, kvalitatīvs, lietošanai drošs.

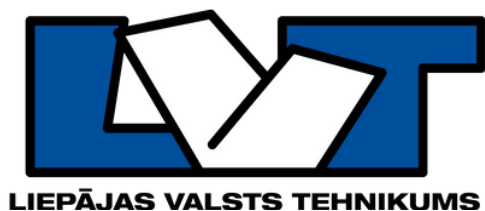
Uzpildi savu ūdens pudeli neierobežotu reižu skaitu vai remdē slāpes tepat uz vietas!

Vai zināji?

- Cilvēka ķermenis 60% apmērā sastāv no ūdens
- Ķermeņa labsajūta ir atkarīga no regulāras ūdens uzņemšanas
- Izmantojot savu pudeli ūdens uzpildes punktā, Tu rūpējies par dabu, samazinot vienreizlietojamo plastmasas pudeļu skaitu

Mazas izmaiņas, liela ietekme!

Liepājas Valsts tehnikuma
Ekopadome



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Recycling

Green thinking plays an increasingly important role in everyone's life - whether at work, at home or while relaxing. The introduction of a waste sorting system at school is only one of the points that school students will be introduced to in the next three years, that is until 2027.

Goals for creating a waste sorting system at school:

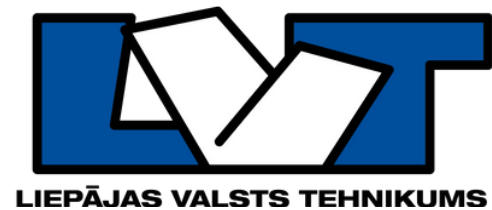
- encourage students and teachers to think about the environment around them;
- to create an even cleaner and tidier environment of school and service hotels where students spend a lot of time;
- to provide students and teachers with more information about the circular economy, one of the last stages of which is waste sorting.



Recycling



Sorting boxes made by our students. Speciality "Woodworking technician".

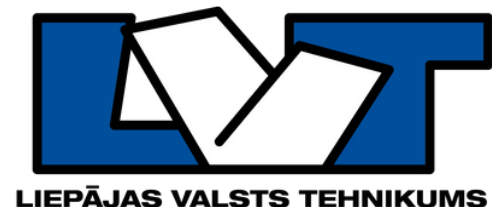


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Growing organic vegetables

Organically grown vegetables were used in cooking.

Goal: improving the menu, motivating students to consume more vegetables and greens in their diet, motivating students to eat healthy foods, motivating them to do more physical work, introducing students to eco-products that are indispensable components of a green life.



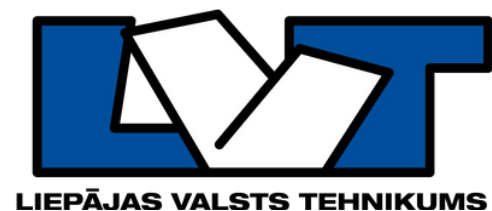
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Extracurricular activities

Purpose: to promote physical culture and an active lifestyle.

- encourage students to play sports outside of school
- to improve physical abilities and skills in order to defend the name of lvt in competitions of various scales.



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More information

<http://eathealthyliveclean.online/>



