



Corrective VET international training  
for obesity prevention and healthy life style promotion

**CORRECT IT!**

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### **Intellectual output No.3: ICT MATERIALS FOR THE ONLINE BLENDED-LEARNING, OBESITY PREVENTION AND HEALTHY LIFESTYLE SKILLS TRAINING COURSE**

In this publication you can find the ICT materials that the different partners organized, adapted and created for the online blended-learning training course, according to the curriculum done at Intellectual Output No.2. Each module has materials that the partners defined as the most appropriate according to the topic to be addressed.

The ICT materials consist in podcasts, video/audio presentations and role plays, case studies, presentations, images and other interactive resources. There was concerning to organize, adapt and/or create appealing materials for the participants in the context of obesity prevention and healthy lifestyles promotion.

More information and whole document you can find:  
<http://correct-it.eu/>

The 3<sup>rd</sup> meeting of the Project Partners took place in Portalegre and was organized by Polytechnic Institute of Portalegre, Portugal. The main subject discussed was the **Correct IT** online materials for training course and the face to face materials.



### ***Did you know that...***

A well-balanced diet could improve your mood. People who eat more fruits and vegetables tend to report better mental health in studies.

Sources: [British Journal of Health Psychology](#), [BMJ Open](#)



**Intellectual Output No.4:**  
Learning materials for face to face blended-learning obesity prevention and healthy lifestyle training course

Available soon at:  
<http://correct-it.eu/>

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