



Healthy & Learning Lifestyle

*Code for Health: Building a
Healthy Lifestyle App*



Co-funded by the
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Code for Health: Building a Healthy Lifestyle App

SHORT DESCRIPTION

This multidisciplinary assignment engages secondary school pupils aged 15-17 in coding a mobile application that promotes healthy lifestyle choices. Pupils combine coding skills with knowledge from other subjects to develop an interactive and informative app that encourages users to adopt healthy habits.

PUPIL TARGET

Secondary school pupils aged 15-17.

REQUIRED KNOWLEDGE, SKILLS AND COMPETENCES

- Basic coding knowledge (e.g., variables, loops, conditionals).
- Understanding of healthy lifestyle concepts and practices.
- Creative thinking and problem-solving skills.
- Collaboration and teamwork skills.

**GROUP SIZE AND
WAY OF
EXECUTION**

Small groups (3-4 pupils) working together with a teacher as a facilitator. The assignment is executed through a combination of coding sessions, brainstorming, and project development.

TIMEFRAME

4-6 weeks.



FULL DESCRIPTION OF THE ASSIGNMENT

Pupils will engage in the following tasks to develop a healthy lifestyle app:

a) Task 1 - App Concept and Design

Pupils identify the target audience and key features of their healthy lifestyle app. They brainstorm ideas for the app's design, layout, and user interface.

b) Task 2 - Coding and App Development

Pupils utilize their coding skills to develop the app's functionality. They create interactive features such as tracking daily activities, providing healthy recipes, offering workout routines, or delivering motivational messages.

c) Task 3 - Content Creation and Integration

Pupils research and gather relevant content, such as nutritional information, exercise guidelines, and mental health resources. They integrate this content into the app to provide users with accurate and helpful information.

d) Task 4 - Testing and Refinement

Pupils test the app's functionality, usability, and overall user experience. They collect feedback from peers and make necessary refinements to improve the app's performance.

e) Task 5 - Presentation and Demonstration

Pupils present their developed app to their classmates and teachers. They demonstrate its features, explain the rationale behind their design choices, and highlight the benefits of using the app for promoting a healthy lifestyle.

MATERIALS NEEDED

Computers or devices with coding software (e.g., Scratch, Python), research materials (online resources, books), presentation materials.

LEARNING GOALS

- Apply coding skills to develop a functional and interactive mobile application.
- Integrate knowledge of healthy lifestyle concepts and practices into a practical solution.
- Foster creativity and problem-solving abilities through app design and development.
- Enhance collaboration and teamwork skills through group project work.

SCHOOL SUBJECTS COVERED

Coding/Computer Science, Health Education.

HASHTAGS

#CodeForHealth #HealthyLifestyleApp #TechWellness





FOLLOW-UP ASSIGNMENT



Global App Showcase: Promoting Healthy Lifestyles Worldwide

DESCRIPTION OF THE ONLINE ASSIGNMENT

In this online showcase, secondary school pupils aged 15-17 from different countries come together to present and share their developed healthy lifestyle apps. Participants engage in discussions, provide feedback, and explore possibilities for collaboration in promoting healthy habits on a global scale.

ORGANISATION AND WAY OF EXECUTION

Participants will join an online meeting platform where they will have the opportunity to showcase their developed apps. Each group will present their app's features, target audience, and the impact they envision it to have. They will receive feedback from participants and discuss potential collaborative efforts to expand the reach and impact of their apps.

LEARNING GOALS

- Foster cross-cultural understanding and collaboration among pupils from different countries.
- Share and learn from diverse app development approaches and perspectives.
- Provide constructive feedback and suggestions for improving the presented apps.
- Explore opportunities for collaboration in promoting healthy lifestyles on a global level.





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Learning
Hub
Friesland

Geseme
Medical experts.
Safety specialists.

Klare Koek.



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