

ISA Young Person Activity Evaluation Form

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Activity number

To be completed by the International co-ordinator:

School name:	THE AMBASSADORS COLLEGE	LA/Board:	ADO-ODO, OTA
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To be completed by a young person (at your school or in your local community if relevant):

Name:	ORTI DIVINE EBUBECHUKWU	Year group:	9 th (15-16)
Title of activity:	EAT RIGHT, LIVE LONG	Date:	25/10/23

What have you enjoyed most about this activity? What did you like best?

I enjoyed learning about nutrition and how it can affect my overall health and well-being. What I mostly enjoyed best was making slide presentations on eating right to live long. I loved expressing my creativity and sharing with others how to choose the right food for healthy living.

What new ideas or information have you learned from this activity?

I gained knowledge on how to make healthy choices when eating out or ordering take out. I also learnt how to minimise the unhealthiness of most junk food.

What have you enjoyed least or encountered difficulty with?

I had difficulty with overcoming personal biases and preferences for unhealthy food.

What would you like to change if you did this activity again?

I would like to involve more guest speakers or field trips and learning from experts about nutrition and well-being.

Thank you for your time and comments.

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To be completed by a young person (at your school or in your local community if relevant):

Name:	ORDIKE KEHINDE IFEOLUWA	Year group:	GRD II (15-16)
Title of activity:	EAT RIGHT LIVE LONG	Date:	25/10/2023

What have you enjoyed most about this activity? What did you like best?

I liked the fact that we were given the chance to make food by ourselves.
I liked that the slides prepared and presented by the speakers were informative and attractive.

What new ideas or information have you learned from this activity?

I learned how to prepare our daily meals in a way that is nutritional for us and is also healthy.
I also learned about the dangers some of our junk or street food does to us.

What have you enjoyed least or encountered difficulty with?

I did not enjoy the time it took to prepare some of the food.
I was stressed after preparing and while engaging in some activities.

What would you like to change if you did this activity again?

I will like to change the fact that more ~~food~~ variety of food should have been prepared.

Thank you for your time and comments.

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To be completed by a young person (at your school or in your local community if relevant):

Name:	NWINYI MIRACLE	Year group:	GRADE 11 (15-16)
Title of activity:	EAT RIGHT LIVE LONG	Date:	25/10/2023

What have you enjoyed most about this activity? What did you like best?

- I loved how we learnt about different food groups and what we can ~~take~~ eat to prolong our health.
- I also learnt how to prepare different cultural/^{local} Foods of India.

What new ideas or information have you learned from this activity?

- I learnt that Indians are vegetarians and use a lot of spices to prepare ~~for~~ their foods. I also learnt that Ladu's are a common snack in which Indians prepare to enhance their taste buds.

What have you enjoyed least or encountered difficulty with?

I did not encounter difficulty with any part in this activity.

What would you like to change if you did this activity again?

- I would like to do more ^{Physical} interactions with other schools who are engaging in this activity. Speaking to the pupils ~~ph~~ in other schools will enhance our horizons to learn more about the different dishes they prepare.

Thank you for your time and comments.

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To be completed by a young person (at your school or in your local community if relevant):

Name:	IYANU MORAN EIBEDIA	Year group:	GRADE II (15-16)
Title of activity:	EAT RIGHT; LIVE LONG	Date:	25/10/23

What have you enjoyed most about this activity? What did you like best?

I enjoyed that we were able to cook and prepare different types of food that are essential for our health. We were able to teach everyone about the kinds of foods to eat, good food habits and lifestyle, the importance of healthy foods and many more. Everyone was able to learn from it.

What new ideas or information have you learned from this activity?

I learnt about other kinds of healthy foods for ~~sustenance~~ and good development. I learnt the recipes of some of the healthy foods cooked. I also learnt about some fruits from different regions. I learnt that I could also improve some of these recipes.

What have you enjoyed least or encountered difficulty with?

I encountered no difficulty.

What would you like to change if you did this activity again?

I would like to interact physically with our counterparts from different regions. I would like to learn more about the healthy dishes of the Indian people of Asia and also their healthy fruits taken.

Thank you for your time and comments.