

## Training event (C1) of the GOODFOOD project: Course Agenda

IES MONTE MIRAVETE (Torreaguera) / CEBAS-CSIC (Campus de Espinardo)

MURCIA (SPAIN)

### 04<sup>th</sup> SEP 2023 – 1<sup>st</sup> day - IES MONTE MIRAVETE

8.30 Welcome and registration.

8.45 **Brief presentation of the GOODFOOD project and Training Course Agenda** – (Demetris Mylonas, PRISMA – Mayte García Conesa, CEBAS).

10.30 *Coffee break*

10.30 - 12.00 **Ice breaking activities to get to know each other: team building.**

- **Fun Introductory Activities** (Demetris Mylonas, PRISMA).
- **GOODFOOD community's food traditions (brunch meeting)**: We would like start this day activities by getting to know each other and introducing some of our food habits. All participants are kindly asked to bring to the meeting one (or more) traditional foods/products/meals that they will like to share with everyone else. During this improvised brunch, we can all talk about the food we chose and interchange knowledge/ opinions about the history, characteristics, origin of the ingredients, if the recipe has changed over time, issues connected to the production, climate change, and the impacts on the environment – open subject (Francesca Ugolini, IBE).

12.00 - 13.00 **GOODFOOD Learning Methodology.** General introduction. Main Themes – (Francesca Ugolini, IBE).

13:00 - 14:30- General discussion about the project and preliminary feedback from teachers/partners – (All).

14.30 – End of work.

### 05<sup>th</sup> SEP 2023 - 2<sup>nd</sup> day - IES MONTE MIRAVETE

8.30 Registration.

8.45 **Theme 4 - Nutritious and Healthy Food Consumption.** Brief introduction followed by the implementation of the Learning Units – (Mayte García Conesa/Rocío García Villalba, CEBAS):

- “The fat component of the diet - the importance of the quality and quantity of fat in our food”.
- “How much salt do we eat? How does salt affect our health and how can we reduce its level in our daily diet?”

10.30 *Coffee break.*

11.00 – 11.30 - “Improving our knowledge about the concept of antioxidants”.

11.30 – 13.30 - **Laboratory work:** presentation of the experimental work of the different units.

13.30 – 14.30 - Discussion: main issues, problems, questions – (All).

14.30 End of work.

## 06<sup>th</sup> SEP 2023 – 3<sup>rd</sup> day - IES MONTE MIRAVETE

8.30 Registration.

8.45 **Theme 1 - Sustainable Food Production**: Brief introduction followed by the implementation of the Learning Units – (Francesca Ugolini, IBE / Patricia Honvari, Euracademy / Antonis Lazaris, Rafina):

- "Calculate your food Carbon Footprint"
- "Is your food sustainable?"

10.30 *Coffee break.*

- "Sustainable Farming Methods"
- "Sustainable fishing" (Antonis Lazaris, Rafina school).

13.30 – 14.30 Discussion: main issues, problems, questions – (All).

14.30 End of work.

## 07<sup>th</sup> SEP 2023 – 4<sup>th</sup> day IES MONTE MIRAVETE

8.30 Registration.

8.45 **Theme 2 - Sustainable Food Supply and Food Selection** – (Demetris Mylonas, PRISMA).

8.45 - Visiting the Thursday street market in Murcia.

10.30 *Coffee break.*

11.00 ... - Brief introduction and implementation of the Learning Units – (Demetris Mylonas PRISMA/ Eleni Nikolaou Raffina):

- "Short Food Supply Chains" (Demetris Mylonas).
- "Dietary choices and habits of adolescents" (Eleni Nikolaou).

... **Theme 3 - Sustainable food waste management** – Brief introduction and implementation of the Learning Units (Serena di Grazia, MAIEUTIKÉ):

- "The reuse of leftover food"
- "Recycling of food and packaging".

13.30 – 14.30 - General discussion: main issues, problems, questions – (All).

14.30 End of work.

## 08<sup>th</sup> SEP 2023 – 5<sup>th</sup> day CEBAS

8.30 Welcome and registration.

8.45 - Concluding unfinished activities.

10.30 *Coffee break.*

11.30 – 12.30 Concluding unfinished activities.

12.30 – 14.30 - Round table: General discussion – main points raised during the past days (All):

- What do we need to change/improve/add?
- New ideas. New activities.
- Calendar for the school activities
- Evaluation of the training course – Implementation of a short online questionnaire – Results analysis.

14.30 End of work.



**Notes:**

- (1) *All the presentations and activities will be open to questions, discussion and collaboration with the teachers during the course of each training session.*
- (2) *For most activities, the participants should have access to computers (preferably) or to their smartphones with internet access.*