

# GOODFOOD: An educational European project to promote a healthy and sustainable food consumption in teenagers: Results and considerations for the future.



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## INTRODUCTION AND OBJECTIVES

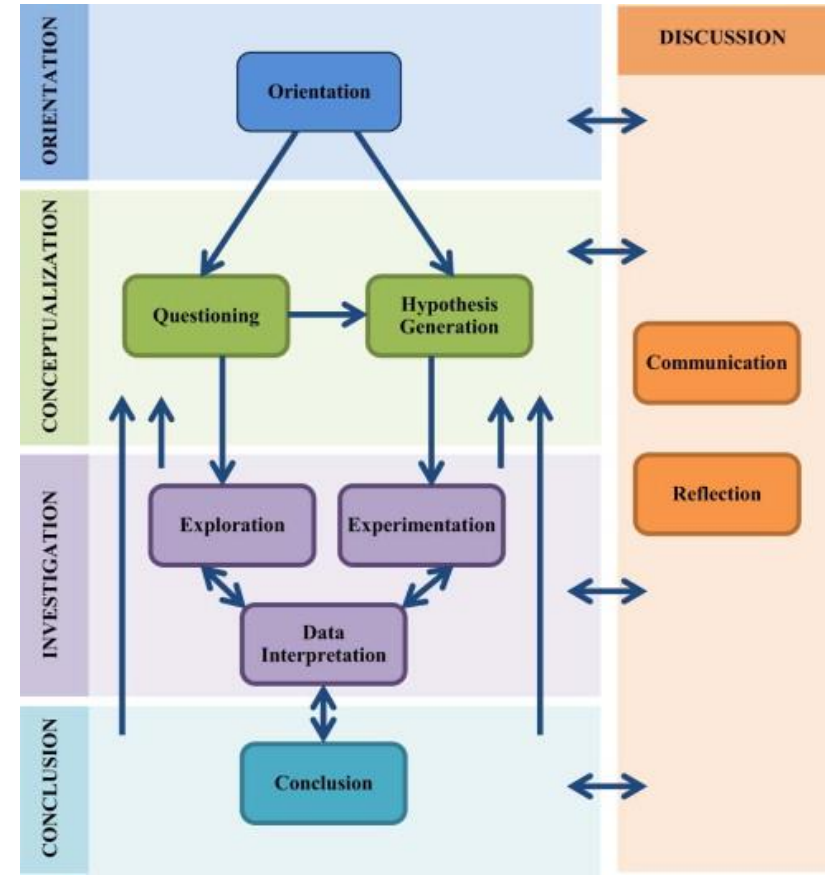
- Chronic diseases associated with unhealthy and unsustainable habits continue increasing in the population of young Europeans.
- Many teenagers know the importance of a healthy diet, but this is not reflected in their daily habits.
- Education constitutes an essential tool to improve the diet and the health of the youths during the school period.

Main objective: to increase the understanding of the teenagers about the impact of our food system in the health of the planet and of the human beings through the implementation of:



## TOOLS

### Methodology Handbook



### Main Themes & Learning Units

- Sustainable Production:**
  - Carbon Footprint of Food
  - Sustainable food labels
  - Sustainable fishing
- Sustainable Distribution:**
  - Sustainable food production
  - Short food supply chains
  - Eating habits of teenagers
- Nutrition & Health:**
  - The fat in our diet
  - How much salt do we eat?
  - Learning about antioxidants
- Sustainable Food Waste:**
  - Food Packaging
  - Reusing leftover food

### Digital Tools

- Mobile Apps: Nutritional -YUKA
- National and International Nutritional Webs :
- Websites about Antioxidants:
- Carbon Footprint Websites:



### Questionnaires (online GOOGLE)

- For teachers
- For students



PRE- and POST-implementation of the Projects

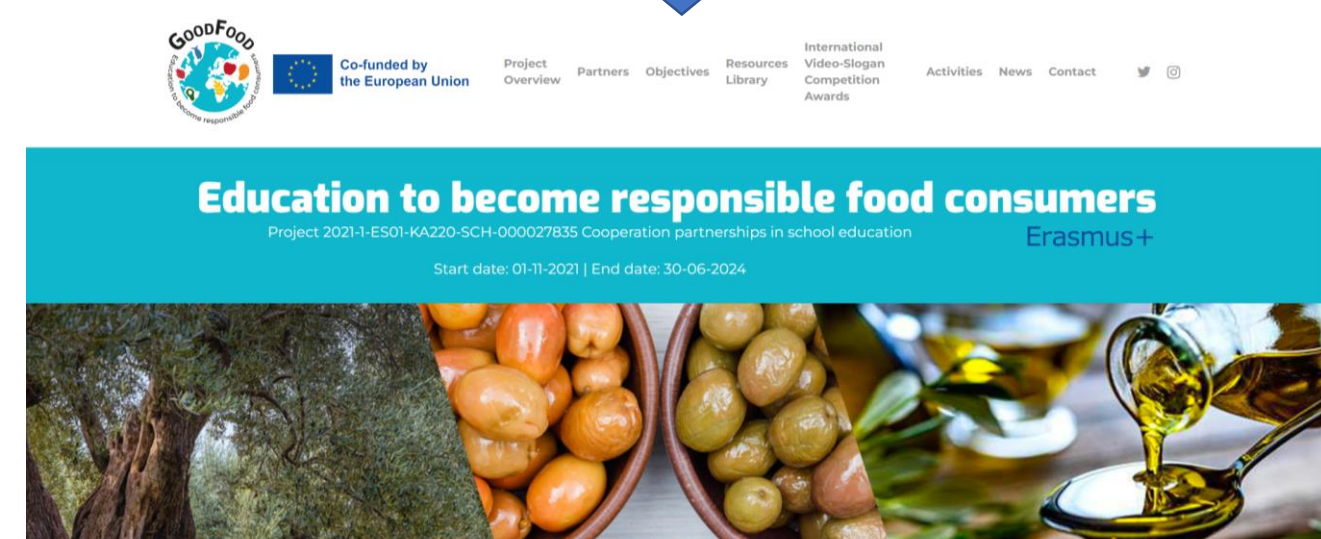
## COMMUNICATION ACTIVITIES

- Tutorials:** Training course for teachers; workshops for students
- Dissemination:** Multiplier Events, Publications, Social networks (X, Instagram)



## MAIN RESULTS

### WEBSITE of the GOODFOOD Project



<https://goodfoodeplus.cebas.csic.es/>



## PROJECT ACTIVITIES

- School Projects & Activities:** Sessions of 'brainstorming', culinary activities, laboratory work, interaction with experts, visits to industries related to food
- Creative Work:** Poster making, International Video Competition, Recipe Book



## KEY ISSUES FOR FUTURE PROJECTS

- Promotion of the teamwork and cooperation between teachers and students
- Promoting communication skills
- Combination of subjects and practical activities
- Time limitation (curricular work load)
- Limitation of suitable facilities
- Selection and participation of groups of students
- Limited success of Apps and websites related to nutrition and sustainability