



- **GOODFOOD** is an educational project funded by the Erasmus+ Program aiming to provide secondary schools with innovative learning methods and resources to promote **Sustainable and Healthy food choices**.
- The **GOODFOOD Learning Methodology** contains general updated information on sustainable and healthy food choices as well as an **Inquiry Based Learning** model that integrates different disciplines of **STEAM** (Science, Technology, Engineering, Art, Maths).
- The **GOODFOOD Resources Library** includes **Educational material** such as several **Learning Units** and **Digital tools** (websites, Apps, videos, etc) which provides protocols and information on four **Themes**:



- Sustainable Food Production
- Sustainable Food Availability and Food Selection
- Nutritious and Healthy Food Consumption
- Sustainable food waste management

## Organisation for the teachers

Project presentation to the teachers

Creation of the **FOCUS GROUP** in STEAM subjects

**FOCUS GROUP meetings** for the management and implementation with the students

## Organisational flow-chart of the activities for the students

### 1. Orientation:

Think about a **recipe/dish/meal** you **LIKE**, then, cook it with your peers!



### 2. Conceptualization:

Do you think the dish/meal is healthy and sustainable? Why? Make your own hypothesis. What should you know to verify your hypothesis? Which questions should you answer?



### 3. Investigation:

Implement the Learning Units proposed by GOODFOOD, they will help you to find the answer to your questions.

### 4. Conclusions:

Put together all the findings to verify the initial hypothesis.

### 5. Discussion:

How to improve the dish and make it healthier and more sustainable?  
Think about alternative ingredients /processes /supply chains that may improve the quality of the dish. Write down the alternative recipe and cook it so it can be included in the GOODFOOD **Recipes Book**. Prepare a **Video Slogan** to spread the message on better GOOD FOOD choices!



More information on:

GOODFOOD Learning Methodology: A step-by-step process to implement the GOODFOOD project at school

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

