

# FESD IS STARTED!

*Food Education for Sustainable Development*



## THE PROJECT

Goal 3 of United Nations Agenda 2030 is: Ensure healthy lives and promote well-being for all at all ages. About this topic a central role plays food and nutrition education, considered as a variety of educational strategies that can be implemented at different levels, aimed at helping people to achieve long-lasting improvements in their diets and eating behaviours. Food and nutrition education can play a crucial role not only of health and well being but also for the SUSTAINABLE DEVELOPMENT.

The aim of FESD project is to implement transformative learning that changes behaviour, as it allows internal change about assumptions and beliefs in students.

**FOOD  
HEALTH  
SUSTAINABLE  
DEVELOPMENT**



# THE OUTPUTS

We want to invest in the **capacity building** of European schools promoting high-quality work and innovative methods of amp up the engagement and problem-solving opportunities in the classroom, in order to learn, adapt and develop knowledge, competences and tools to work in different learning environments, learning in different ways, using creative methodology, engaging students in active involvement in peer education contexts, in order to **identify, analyse and implement new habits, for their health and wellbeing**, and to be empowered to **become active agents of change in their local food systems**.

To reach these results we started to work on the development, in the first project phase, of the **Methodologies for food education at school** that include 25 projects as good practices and 25 learning activities implemented at school.

The **5-weeks training programme** that we are going to design will be piloted, after the transnational training for staff in Turkey, at local and transnational level, with the involvement of at least 30 students in each country.

During the first meeting our consortium worked on the finalization of the first Result that you can find soon on our website



**PARTNERS MET  
ON 9TH AND  
10TH JUNE IN  
CEUTA, SPAIN,  
FOR THE FIRST  
TRANSNATIONAL  
MEETING**



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