

OUR METHODOLOGY IS READY!

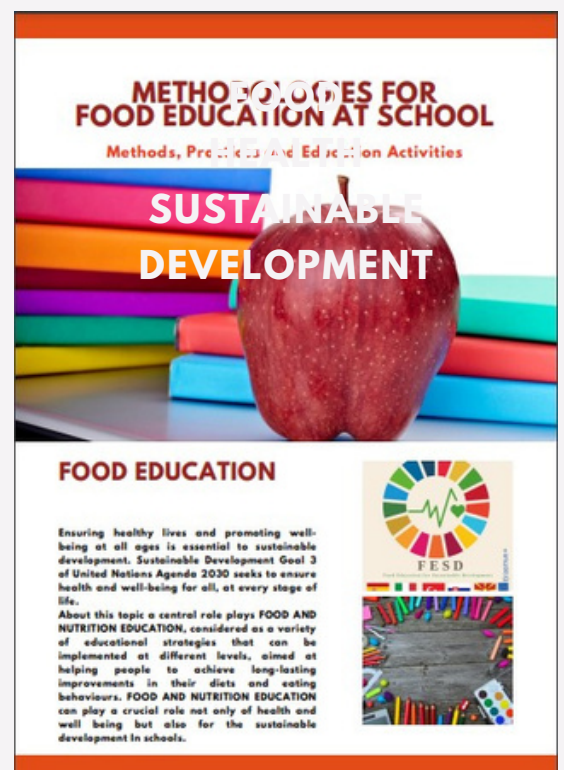
Food Education for Sustainable Development



THE METHODOLOGY

Methods and practices at European level were identified and compared to support students in the acquisition and development of food, nutrition and sustainable development knowledge and skills.

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, were analysed and collected in a **methodology handbook** available now.



THE #5WEEKSPROGRAMME

Starting from the practices and methods investigated at European level, FESD consortium designe a Training module to be implemented by teachers and educators in secondary schools, that comprises 5 workshops to stimulate students in acquiring new skills and knowledge about nutrition habit, and to contribute to the sustainable development:

1. Healthy nutrition - (nutritional characteristics of products)
2. The perfect diet (nutritional surveillance, nutrition, and disease, eating disorders)
3. Local products around the world
4. Healthy eating with Vegetables and fruit
5. Sustainable eating

A training for staff was organized to share the #5weeksprogram in November 2022 in turkey and to prepare the teachers and trainers responsible for the piloting of the workshops.

A guideline for the pilot implementation was designed, to support each partner in implementing the #5weeksprogramme with students.

Each partner will start the implementation of the piloting with students in its country, that will be completed in March 2023.



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