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**Let's make it better! Raising the awareness of the triad**

## **Nutrition-Health-Food Safety in School Education**

Project Reference: 2014-1-RO01-KA200-002931

### **BACKGROUND**

Europe 2020, the growth strategy of the European Union for the future period, stipulated that one of the five ambitious objectives refers to education, the final target being the EU development as a sustainable economy. So, the rationale of the project is to meet identified needs in education and develop non formal and informal learning strategies.

Despite the efforts made by policy makers inside the axis health - food, numerous scientific papers related to school children education draw a warning to the fact that a significant proportion of teens and adults have never learned the basic principles of food safety, as consequence being unable to protect themselves and their future families. A lot of explanations are identified, the main being the reduction or elimination of specialized courses from school curriculum, respectively the increasing of the convenience of consumption partially or fully prepared foods due to societal changes that have as consequence the mothers employment outside home.

Thus, unsafe food handling could generate foodborne illness, an effective educational intervention starting even at pre-primary level and the reinforcing of parent education being necessary with a view to diminish this risk.

The quality of life is stronger related to healthy development and healthy behaviors during all life stages.

Despite a lot of efforts made insight the European education, remains a real need to improve the scientific literacy for all the students in order to could be able to interact, in dynamic manner, with the world subjected to continuous changes and, as adults, to form attitudes and to become part of decision-making processes.

In this context the general objective of the project is to restore the place of the life sciences (oriented on nutrition and food safety education) in the culture of the young people, encouraging their appetite for careers in science and in entrepreneurship, respectively to develop networks between various actors from the scientific world: universities, schools, research institutions, scientific laboratories, associations, centers of culture etc.

### **AIMS OF THE PROJECT**

-To reinforce the importance of nutrition and food safety education insight school and after-school activities. The teaching and learning activities will be focused on the motivation and ability of the young people to make healthy choices and to develop a real culture for a healthy life, on long term contributing to a cohesive society.

-To train the teachers to better expand the educational step by deploying an integrate teaching of food science, by providing traditional and web-based materials, focused on strengths and weaknesses of different methods (including learning outcomes and assessment tools), respectively by development of diagnosis and feedback methods in order to reach the national benchmarks and standards. This way they'll develop basic and transversal skill, such as digital skills

-To improve the mastery of the basic life sciences starting from the elementary school, promoting innovative methods as experience-based learning methods, problem-based learning methods etc. Thus the professional profile of the teaching professions will be revised.

-To maintain the curiosity and to develop the appetite for life sciences among the young people providing interactive exercises and living demonstrations adapted both for children in kindergarten and for older children. This approach will be oriented on sharing the excitement of scientific discoveries related to food science education, taking into account the critical role of school in promoting lifelong healthy behaviors, respectively in young people achievement of non-formal competencies as open-mind, stress-control, self-knowledge and building a positive self-image, communication and interpersonal relationship.

-To encourage the vocation for the scientific and technical careers in high school maintaining the students' enthusiasm and fostering their creativity in order to minimize the disparity between formal education and on-the-job training. Computers and web-based materials will be useful tools in this intervention, enhancing this way ICT uptake in teaching and learning.

-To encourage the development of group projects in the field of food science, in the frame of different activities developed by all the stakeholders. Thus it will be created an effective educational interventions related to the personal development of the students and the well-being status of the future adults.

-To develop educational resources in the field of the life sciences using ICT-based solutions,

-To improve in a sustainable manner the pedagogical approaches by maintaining the forum and the ICT-based resources.

The idea of health, nutrition and learning through digital storytelling can be blended with a reference to the cultural dimension of healthy eating that is promoted by every country's tradition.