

# EATING HABITS

Analysis students' eating behaviours



SPAIN STUDENTS AGED FROM 14 TO 15 EATING HABITS HEALTHY BEHAVIOUR NUTRITION

## THE SCHOOL

- Jesús-María Ikastetxea secondary school
- Concerted school in large town
- Little experience but strongly motivated in testing new pedagogical approaches

Familiarity with the open schooling approach before joining the SALL project

Beginner

Experienced

## AHA MOMENTS

**Shared by teachers:** Teachers observed that collaboration with local stakeholders makes students more empowered and motivated, which has a significant impact on their learning.

**Shared by students:**

- "It's interesting because we are working on problems that are close to us and that we know well"
- "It's more interesting than learning from a book"
- "I liked being able to create a solution with my knowledge"

## THE LIVING LAB PROJECT



### THE PROBLEM(S)

The students behind this living lab project started by discussing their eating habits and their misconceptions about food. They then decided to promote healthier eating habits among their local community and particularly to find solutions for reducing the amount of sugar eaten at breakfast, lunch and snack.



### THE COMMUNITY

- A team of nutritionists provided expertise and knowledge
- The school canteen staff collaborated in the development of healthy menus



### THE SOLUTIONS

- Assess the amount of sugars taken and analysing the health consequences of a high sugar level diet
- Produce healthy food alternatives
- Share the results of the research with the community and involve them in the development of healthy alternatives



### THE PROTOTYPES

- A research protocol with an online questionnaire
- An informative website with the results of the study and useful information on food and health
- A set of healthy menus



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