

Understanding the Values of a Nutritional Table – Nutritional Traffic Light, Know What You Eat



Problem

Difficulties in using nutritional information on food packaging for healthy choices.

Prototype

Interactive activities and workshops for interpreting nutritional traffic light labels on foods.

Solution

Educational program simplifying nutritional information with traffic light system.

Societal Actors

Students, teachers, dietitians, healthcare professionals, food industry.

Background: In an age dominated by processed foods, understanding nutritional content is vital for healthy choices. Widespread difficulty in interpreting complex information on food packaging contributes to poor dietary choices, leading to health issues. This initiative aims to enhance nutritional literacy and address rising concerns about diet-related health problems.

Aim: is to empower students and community to quickly and accurately interpret nutritional information on food packaging. By using the traffic light system, the program aims to promote informed food choices and healthier eating habits.

Co-creation with Societal Actors: development of the program would be a collaborative effort, involving input from nutritionists and dietitians to ensure scientific accuracy, and from teachers to tailor the content and teaching methods to different learning styles.

Implementation: The program could be implemented in schools as part of the health and science curriculum.

The program could also be introduced in community centers and as part of public health initiatives.

[Click on for more detailed plan.](#)

Reflection: Regular evaluations through surveys, focus groups, and academic assessments would be conducted to assess the effectiveness of the program. Feedback from students and teachers would be integral in refining the program.

Future Plans: could include expanding the program to a broader audience, including adult education, and updating the content to reflect the latest nutritional research and dietary guidelines. Development of more advanced digital tools or mobile applications for wider accessibility is also a possibility.

IMPLEMENTATION



1. Curriculum Integration

Integrate the program into health, biology, or physical education classes and develop lesson plans emphasizing nutritional values, the nutritional traffic light system concept, and its application for healthier food choices.

2. Educational Material Preparation

Develop educational materials explaining the nutritional traffic light system (red, amber, green indicators for high, medium, and low levels of fats, sugars, salts), along with clear explanations of nutritional terms and their health impact.

3. Interactive Learning Sessions

Conduct classroom sessions where students interact with real food products and their nutritional labels, teaching them to apply the traffic light system to interpret key nutrient levels.

4. Hands-On Activities

Organize activities where students create their own nutritional tables for common food items, using the traffic light system to categorize the levels of nutrients, either through physical posters or digital presentations.

5. Digital Tool Engagement

If possible, include digital tools or apps to analyze food labels and present nutritional information in the traffic light format. Integrate these tools into classroom activities for immediate feedback. If needed, conduct a workshop to explain the app's functionality and data interpretation.

6. Group Projects

Assign students to groups for researching different food categories. Each group analyzes nutritional content, applies the traffic light system, and presents findings, discussing the implications of high, medium, or low levels of specific nutrients.

7. Field Trips

Organize trips to local supermarkets or food fairs where students can practice applying the nutritional traffic light system in a real-world setting, guided by teachers or nutrition experts.

8. Expert Interaction

Invite nutritionists or dietitians in the class to discuss the importance of understanding nutritional values and making healthier food choices using the traffic light system.

9. Interactive Workshops for Parents

Host workshops for parents to align them with what their children are learning. Offer practical advice on reading nutritional labels and shopping for healthier options.

10. Student-Led Campaigns

Encourage students to conduct awareness campaigns in the school, emphasizing the importance of understanding nutritional values through posters, digital content, or brief presentations during school assemblies.

11. Collaboration with School Cafeteria

Collaborate with the school cafeteria to label offered foods using the traffic light system, offering practical examples for students daily. For institutions with vending machines, examine product labels with students, discussing nutritional values and considering replacing items with healthier alternatives.

12. Feedback and Continuous Improvement

Regularly assess student progress through quizzes, presentations, and practical exercises. Collect feedback to continuously refine and improve the program.

13. Sustainability and Health Connection

Teach students about the connection between nutritional choices, personal health, and environmental sustainability, emphasizing the importance of a balanced diet.

