

SCIENCE WITH SOCIAL IMPACT.

ULTRAPROCESSED FOOD AND ITS HEALTH EFFECTS

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Social needs:

- Profile: students with a low socio-economic level and immigrants.
- High-complexity educational centre.
- Food habits acquired during education period will influence their future food consumption and, therefore, this will affect next generations' food habits.



Objective:

To know more about ultraproprocessed food (UPF) and its effects on health.



Thoughts:

- The classification is very complex and full of nuances.
- AP-S projects are a good educational tool to improve people's lives since they bring them closer to science.

Service description:

1. Evaluation of previous knowledge

1. Preliminary survey
2. Observation session
3. Weekly table of breakfast and afternoon snack

2. Introduction of the term "UPF" and classification of food regarding its degree of processing

1. What do you think about the concept "UPF"?
2. Food classification

3. Discussion of health effects

1. Presentation of health effects
2. Analysis of the results
3. Display of the grams of sugar and salt found in common products