

SERVICE-LEARNING PROJECT:

Food label as a learning tool for teenagers

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INTRODUCTION



University
Facultat de Veterinària (UAB)
TFG student

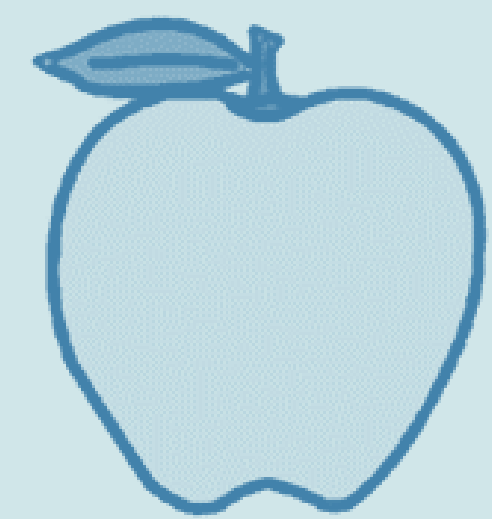


Community
IES Bernat el Ferrer
(Molins de Rei)

Objective and knowledge



1.- To know food label and all their parts



2.- To avoid food waste



3.- To adopt actions and good practices of manipulation and purchase with the competent knowledge.



4.- To design and dynamize a community service

Work group

4 classes of **3r ESO** (teenegers about 15-16 years old)

In each classe are **20-26** students (total **100 students**)

All students were raised and are currently living in the village

The TFG imparts in biology classes

SERVICE DESCRIPTION

3 sessions in diferents days

Before and after the interventions.

All students have done a test about:

- Food consumption
- Eating habits

First class (theory).

Introduction about my degree and food label

- Obligatory label
- Volunteer label

Activities

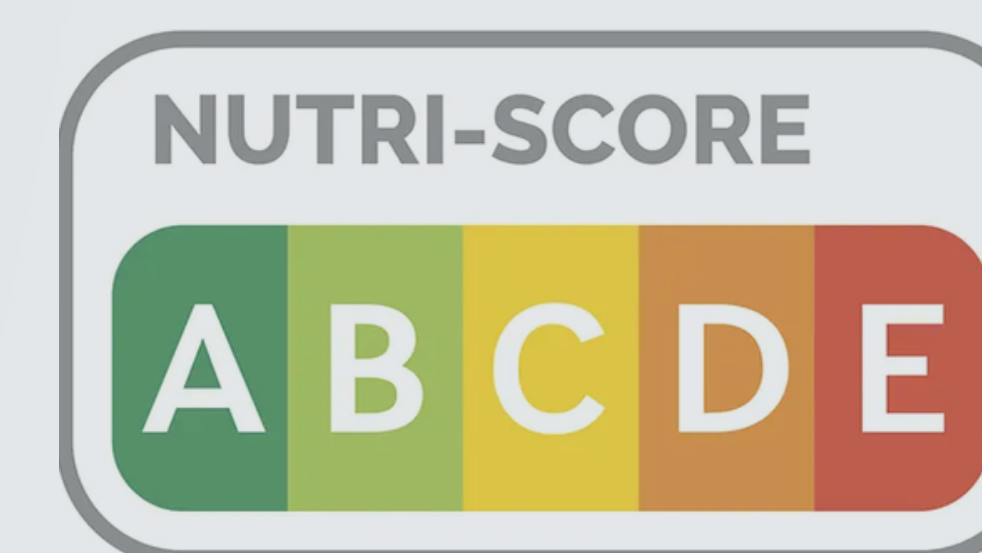
- To recognise all food label items
- To do Fitxa 1 (their own products)



Second class (theory).

Class about:

- Nutri-Score
- Quantity of sugar present in product
- Conservation methods



Third class (practice).

To create:

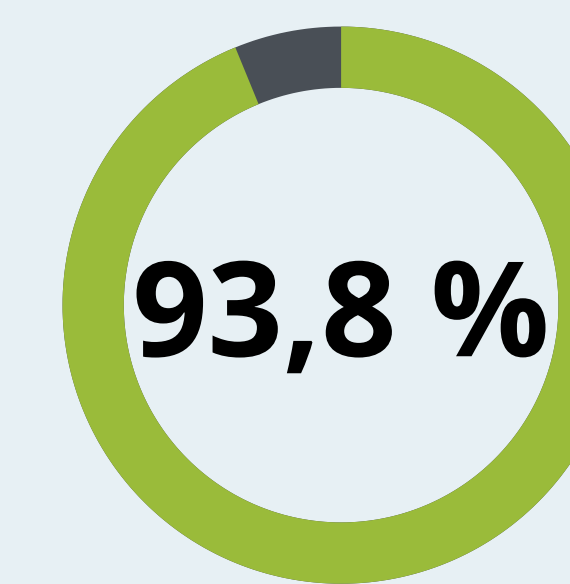
- 2 divulgation murals about food label and allergens
- 1 infographic about Nutri-Score



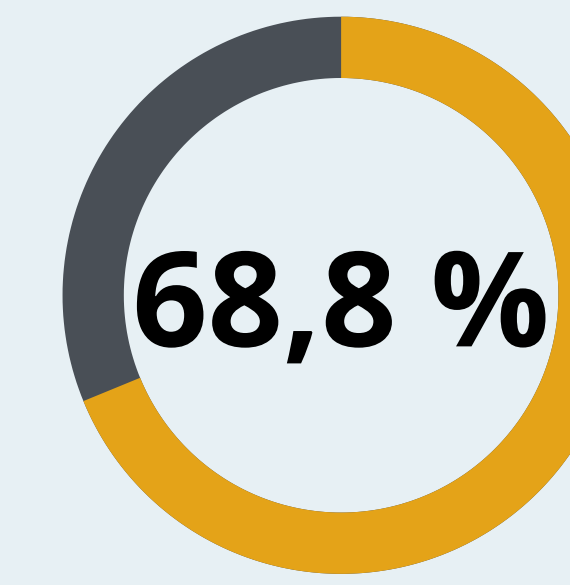
RESULTS

1st test (94 answers)

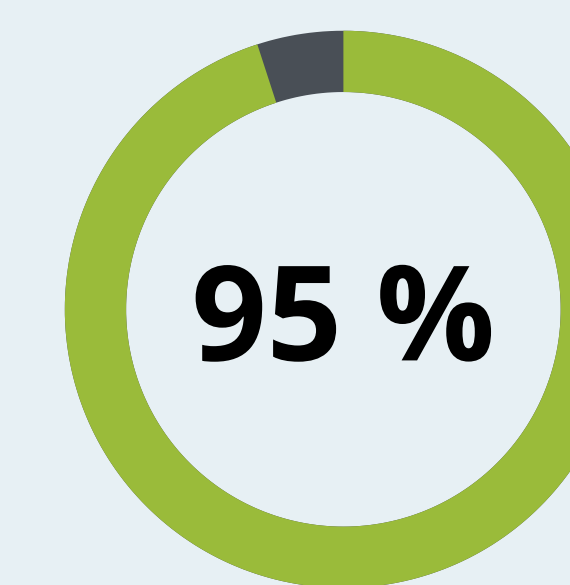
2nd test (80 answers)



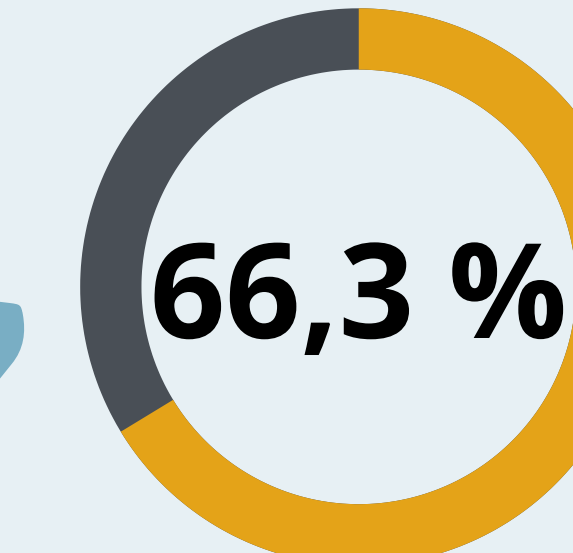
Food label is important



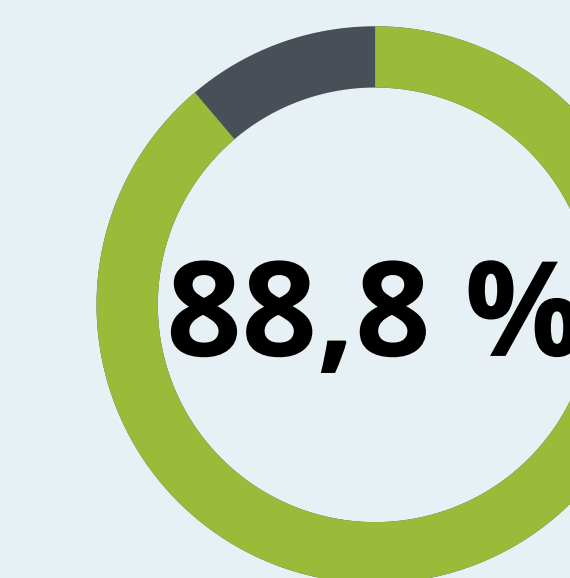
They are able to explain the diferents parts of label food



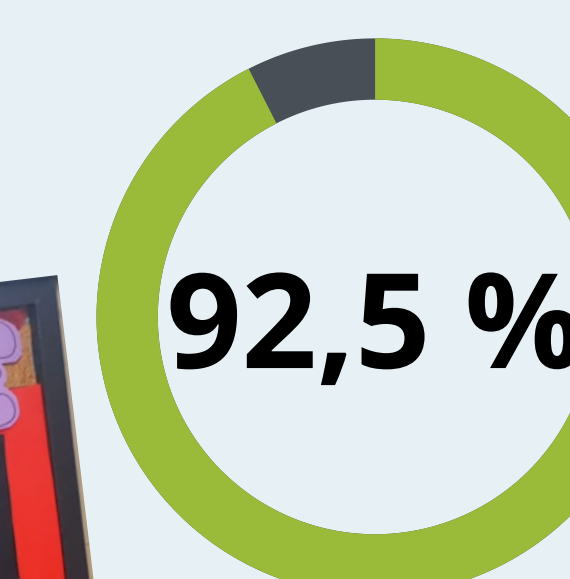
Best before date and Date of expiry are not the same concept



They know the difference about two concepts



They know about Nutri-Score and how to calculate it



They know about 14 allergens that you have to declared in food label

CONCLUSIONS

