

# Service-learning project: the Mediterranean diet for secondary school students

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## INTRODUCTION



### Institut Ribot I Serra

High complexity center  
High immigration rate  
School dropout and absenteeism

### Work group

3rd ESO (14/15 years old), 20 students  
Mainly immigrants  
Studied nutrition in biology classes

### Social need

High incidence of bad eating habits  
and lack of motivation in studying  
in lower-income households.

### Objectives

- To motivate them to study
- To teach them healthy eating habits
- To make them feel part of the Mediterranean culture

## SERVICE DESCRIPTION

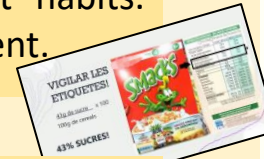


4 classes in 4 different weeks.

**First day:** Mediterranean diet in general terms, sociocultural context, resume of food groups, game.



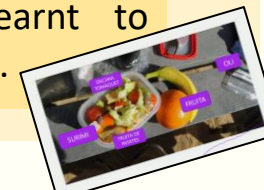
**Second day:** class about legumes, cereals and healthy breakfast habits. Included simple scientific content.



**Third day:** class about olive oil, fruits (criticus and grapes) and sea products. Included simple scientific content.



**Forth day:** debate about different dishes to evaluate they learnt to identify Mediterranean cuisine.



## RESULTS

Evaluation through an online test.

**First test:** Kahoot with bad results and lack of participation.



**Final test:** 3,3/6 → 55% correct answers  
14 students answered

### Personal questions

85,7% rated the classes positively.  
92,9% considered that they learnt.

<i>Are you going to change food habits?</i>	28,6% will change many
	57,1% will change some
	14,3% won't change any

## CONCLUSION



- Satisfactory results with good feedback in class, they learnt.
- Absenteeism is a huge problem and makes harder the task of teaching.
- The best way to get their attention was through Moroccan culture.