

ApS Project: Mediterranean diet for teenagers

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Description of the institution:

- High-complexity school.
- Located in a lower socioeconomic area.
- 60% of students are of foreign origin.

Social need:

Encourage healthier eating habits and promote the continuity of studies.

Objectives:

To develop critical thinking about their diet and how to improve it.
To maintain its continuous studying.



Service description: Series of 6 educational interventions at the center (2 hours).

01

Previous activity

Presentations about the importance of diet.

Before starting to know their individual eating habits.

02

Healthy diet

Introduction to healthy diet with healthy plate and food groups.



03

Healthy diet 2

Discussion of the roles of proteins and how to digest them: vegetables and the food pyramid.



04

Mediterranean diet

Design the scientific evidence of the evidence to increase health, chronic foods and typical dishes. It explains how to eat in the program.

05

Laboratory practice

Practical session in the laboratory, and comparison of data with groups.



06

Final activity

Presentations of the project, feedback, debate on possible other activities. Presentations of the diet, creating a general way to eat food, presented with a healthy diet of Mediterranean dishes.

Conclusions:

Good evolution of the students: increased participation and interest in the topic.

- 80% consider they have learned.
- Good evolution of the work.

Personal reflection:

Agreed to the students where you can support your activities and better understand the needs of others. You have obtained preparation and knowledge and foster a more inclusive and supportive environment.

Contributing to the well-being of the community, too general that a good sense of satisfaction with its social impact on the individual health and personal and professional development.



Figure 1. Photo with the students and staff members.

