

# Service-learning project: MEDITERRANEAN DIET FOR YOUNG PEOPLE

Mar Gómez, June 2025

## SOCIAL NEED

### INSTITUT RIBOT I SERRA

- High-complexity public secondary school
- South Sabadell
  - High number of migrant people <sup>[1]</sup>
  - Families without higher education <sup>[2]</sup>
  - Working class neighbourhood

### NEEDS ASSESSMENT

- Promote educational spaces focused on sharing knowledge about a balanced Mediterranean diet, basic and accessible nutrition and, especially, improve the critical thinking of the students

### CLASS GROUP

- 3r ESO
- 22 students: 9 F + 13 M
- Low work habits
- Very lively group

## SERVICE OBJECTIVES

- Mediterranean diet and her health benefits
- Healthy and balanced diet
- Critical thinking
- Keep studying + outreach FS&T

## RESULTS

- Quiz
- Laboratory session questions
- Meals and dishes activity
- Oral feedback

## PERSONAL REFLECTION

- Motivated and engaged group in sessions
- Accomplishment of objectives
- Tutor support
- Social side

## SERVICE DESCRIPTION

### SESSION 1

- First contact
- Review and reinforce concepts
- Mediterranean diet and healthy eating introduction



### SESSION 2

- Debunk myths about food
- Learn with science
- Recognize the importance of VitC



### SESSION 3

- Learn how to structure meals and dishes
- Reinforcement concepts
- Apply knowledge from previous sessions



### SESSION 4

- Learn about critical thinking
- Question the information we receive via social media
- Review concepts and session feedback



[1] - Institut d'Estadística de Catalunya. (2024). *Població estrangera a Sabadell*.

[2] - Ajuntament de Sabadell. (2022). *Open Data Sabadell*.