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Pilot testing in the IES Monte Miravete High School, Murcia, Spain

2024/25

Alfonso Guillén Ayala and Paula Ruiz-Eráns Lorca

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The team

Subjects: Biology, Maths, Physics and Chemistry, PE, English, Spanish, History and Geography, Social and personal entrepeneurialship.

Teachers: 15

Students: 56 students (2 groups of year 3 CSE) + rest of the school in some activities and dissemination.

Final goal: Goodfood Recipes

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GOODFOOD Units inplemented

Sustainable Food Production	Sustainable Food Supply and Food Selection		Nutritious and Healthy Food Consumption	Sustainable food waste management
	Sustainable Food Supply	Sustainable Food Choices		
Environmental footprint of food	Short food supply chains	Food choices and habits of adolescents	Nutrients and calories	Sustainable food management-packaging
Sustainable fishing			Improving our knowledge about the concept of **'antioxidants'**	
Sustainable Farming Methods			The **fat component** of the diet	
			How much **salt** do we eat?	

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Sustainable Food Production

1st term
Oct-Dec

Environmental footprint of food

Subjects: Maths.

Methodology: OCICD.

Sustainable fishing

Orientation and conceptualization: Geography and History subject.

Investigation: English and Spanish subjects.

Conclusions and discussion: English subject.

*Day trip

Activities

Sustainable Food Production

Environmental footprint of food

Ingrediente	Gramos del ingrediente en la receta.	Equivalente de CO2 por gramo	Equivalente de CO2 en la receta Multiplicar columna 2 por columna 3	CO2 correspondiente emitido por kilómetros recorridos
patata	400gr	1,273gCO_2/g	509,2gCo_2e	558,7 km en coche 683,2 km en avion 2955,5 km en tren
cebolla	180gr	1,051gCO_2/g	189,216gCo_2e	116,5 km en coche
				142,4 km en avion 616,1 km en tren
pimiento	500gr	2,019gCO_2/g	1009,6gCo_2e	279,6 km en coche 341,6 km en avion 1479,3km en tren
ajo	10gr	0,452gCO_2/g	4,523gCo_2e	1,3 km en coche 1,5 km en avion 6,6 km en tren
aceite	125ml	2.391gCO_2/g	298,929gCo_2e	82,8 km en coche 101, 2 km en avion 438 km en tren
sal	5,5gr	1,133gCO_2/g	5,663gCo_2e	1,9 km en coche 2,3 km en avion 10 km en tren

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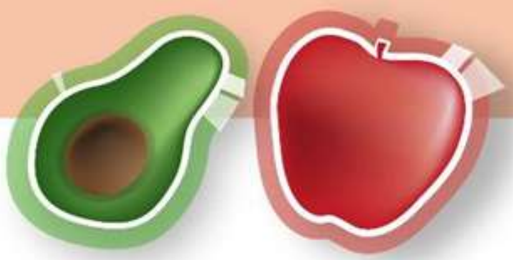
Activities

Sustainable Food Production

Sustainable fishing



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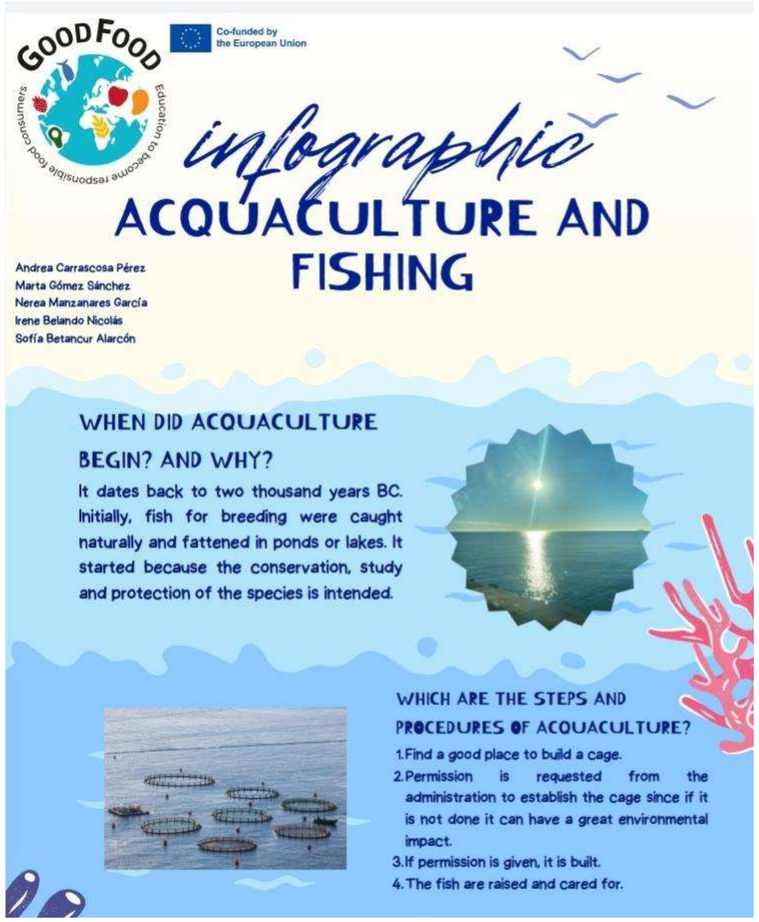

GOODFOOD at a fish farm: learning about fishing techniques and sustainability.

A fruitful day for the students of IES Monte Miravete visiting the fish farms located on the Mediterranean southeast coast of Murcia (Spain). The students had the opportunity to learn about the breeding of various species of fish (tuna, sea bream, brass) and the different fishing methods used. They also enjoyed a guided visit around the local fish market where they learnt about the fishing methods and the variety of fish that can be catched from the Mediterranean as well as from the Mar Menor, the largest Spanish lagoon with numerous environmental values and that is currently suffering the consequences of the environmental agricultural pollution. The first video summarizes the activity.

In the second video, you can listen to the young students Malak, Douha and Umaima interviewing a fisherman and hearing about different fishing methods used in the Mediterranean sea and in the Mar Menor.

Listen also to the testimony of some the young students taking part in the activity!!!

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GoodFood
Education to become responsible food consumers

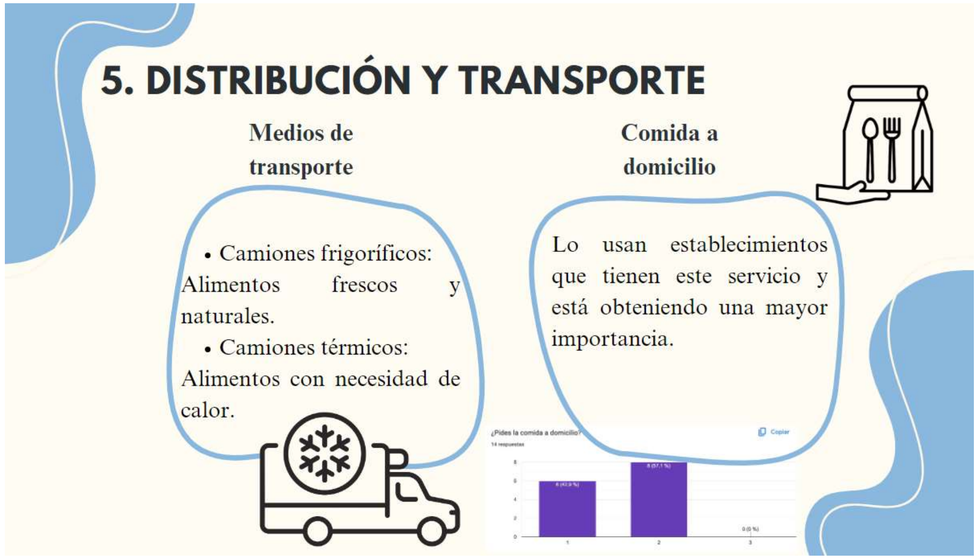
Sustainable Food Supply

Short food supply chains

Subject: Geography and history

Methodology: OCICD.

2nd term
Jan-Mar



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Nutritious and Healthy Food Consumption

1st and 2nd term
Oct-Mar

Nutrients and calories

Orientation and concept.: Biology and PE.

Investigation: Biology and PE.

*Day trip

Fat and salt

Orientation and concept.: English and Chemistry.

Investigation: Chemistry.

Conclusions and discussion: Chemistry.

Activities

Nutritious and Healthy Food Consumption

Nutrients and calories: Day trip to the University Miguel Hernández

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Kahoot!

Activities

Nutritious and Healthy Food Consumption

Nutrients and calories: Extra activities

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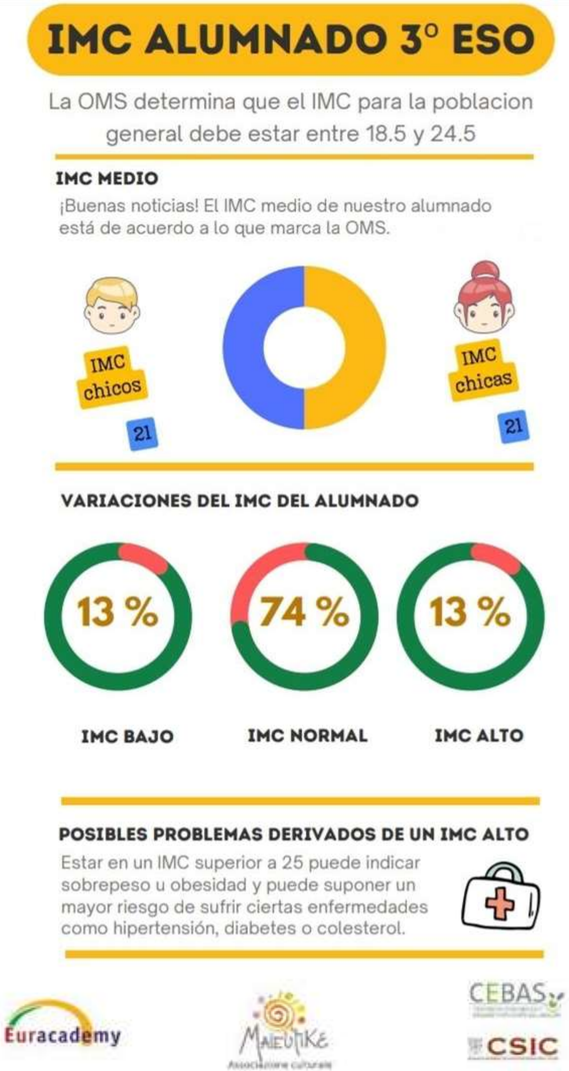
Calculating the BMI



Healthy plate

- Tomate en conserva natural
- Cebolleta grande
- Huevo
- Atún en conserva
- Aceitunas negras de cuquillo
- Aceite de oliva
- Sal

Activities

Nutritious and Healthy Food Consumption

Salt and falt: Lab experiments

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Activities

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Nutritious and Healthy Food Consumption

Salt experiments

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Sustainable Food Waste Management

2nd term
Jan-Mar

Sustainable food waste management

Subject: Social and personal entrepeneurialship.

*Day trips

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Final goal

Recipe book: improving the initial recipes

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ENSALADA MURCIANA

INGREDIENTS

- boiled eggs (1 or 2)
- natural preserved tomato (6 or 8)
- tuna (3 cans)
- onion (1 onion)
- olives (the ones you want)
- olive oil (the amount you want)
- salt (the amount you want)

INSTRUCTIONS

1. We take the tomato and cut it to put it on a plate.
2. We cut the onion into strips and add it to the plate.
3. We open the cans of tuna and add them with the other ingredients.
4. Once the eggs are cooked, cut them as you want and put them on the plate.
5. If you want to add olives, put the amount that you want on top of the rest of the ingredients.
6. Finally, add olive oil and salt.

Preparation time: **5 minutes**

Serves: **4 people**

Country of origin: **Murcia, Spain**

Authors: **Nerea Manzanares García, Irene Belando Nicolás, Marta Gómez Sánchez, Sofía Betancur Alarcón and Andrea Carrascosa Pérez**

Theme	Notes on the nutritional values and sustainability.
	This meal doesn't use appliances to make it, you only need to cook the eggs on a ceramic hob for 5 minutes, so it's fresh and doesn't use much electricity.
	We don't eat sugar and processed products but we eat proteins and vitamins that are necessary for us because proteins are good for growing and repairing tissues in our body and thanks to vitamins all processes are carried out correctly. Moreover, both, onion and tomato, have a lot of fiber, which is good for the intestinal flora.
	The eggs are from the chickens on a farm near our house so when we go to buy them we take a reusable egg container to take them to the house and the tomatoes are processed by my grandmother in a jar so there is no packaging, hence no contamination.
	The products aren't transported much because they go from the garden or farm to the store or our house, so there is practically no contamination during transportation. The tomatoes and eggs are homemade and we buy the rest of the ingredients in a town store with products from their farm and garden. Moreover, hen we go to buy the, we go walking.
Acceptance	Acceptance: This recipe is typical from Murcia because everything can be obtained from the garden or farm and it's also prepared very quickly and it is delicious. It's also very healthy because you eat many types of food with different nutrients on the same plate and the cells can obtain everything they need to get energy and be able to carry out our daily activities.

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General difficulties

- Organization of the activities in the different departments
- Difficulty matching with the national curriculum
- Collaboration of the students
- Previous knowledge of students
- Students' research independence

Achievements among the students

- Awareness of healthy and sustainable food
- Improvement on their investigating and digital skills
- Better organization in group work
- New challenges: oral expositions in front of an audience
- Learning by doing: STEAM