



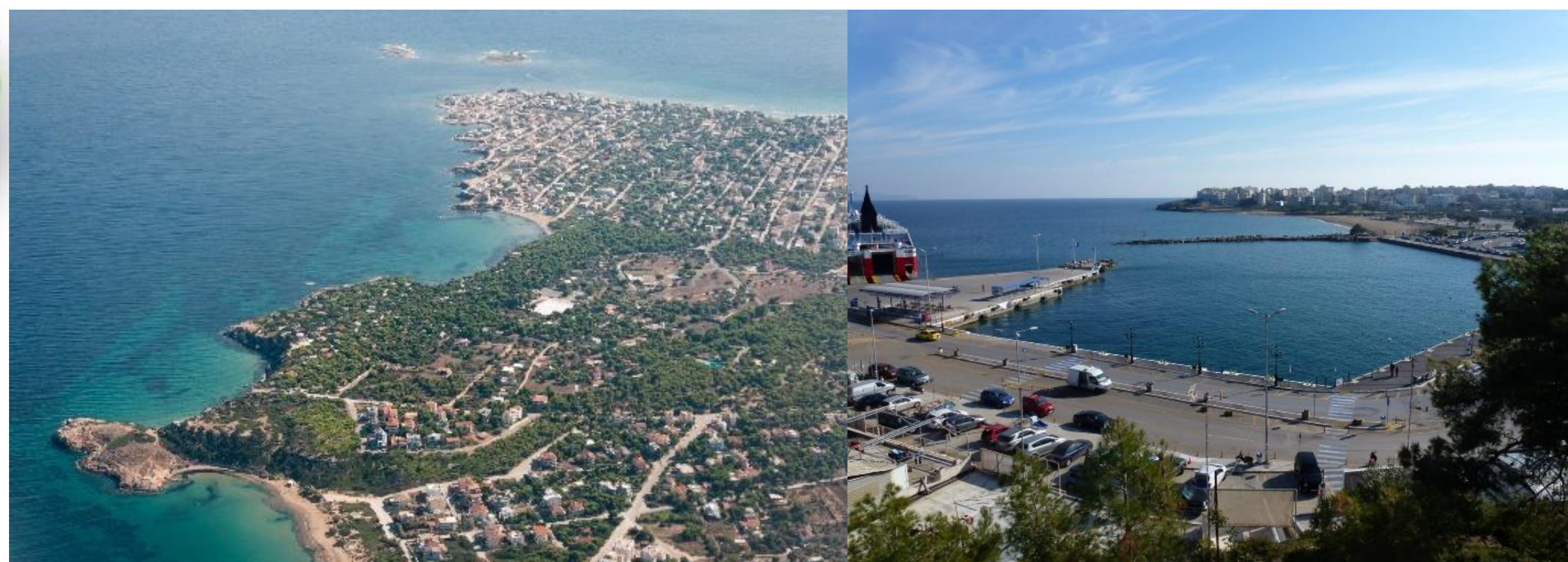
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# The GOODFOOD Project: WHY & HOW

Final Conference (17<sup>th</sup> June, Rafina – Greece)







# OUR FOOD SYSTEM

The landscape of the current food system (WHO, 2023)

≈40% EU Greenhouse Gases

Culture, social, economic and knowledge factors

EXCESSIVE PRODUCTION

FOOD WASTE

OVERCONSUMPTION

WHO

Sufficient, Affordable, Nutritious, & Healthy Food for all Human Beings

Environmental problems: deforestation, loss of diversity, contamination

Natural resources (biodiversity, soil, water, energy )

Health problems: malnutrition, obesity, chronic diseases

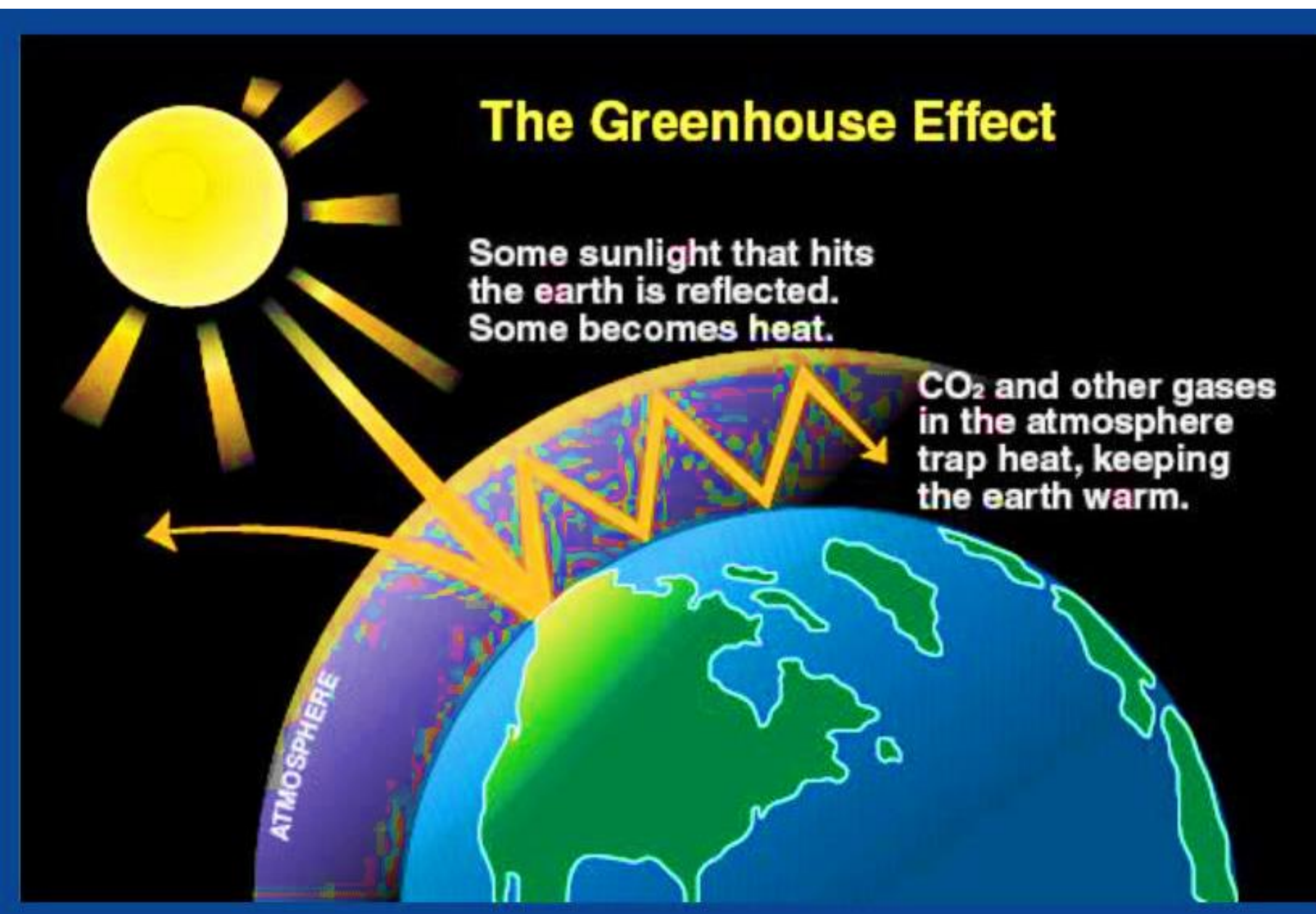
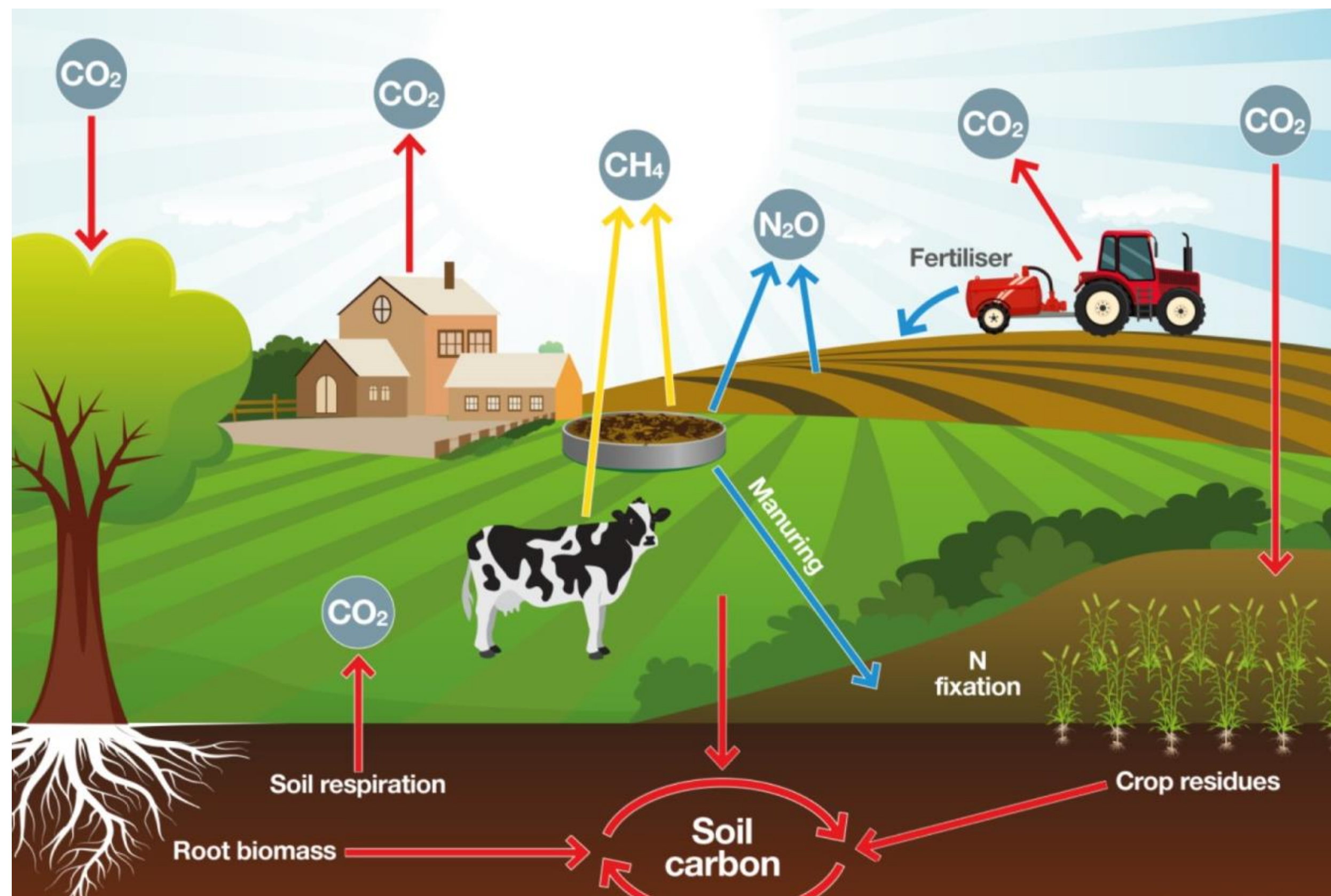


# THE GREENHOUSE GASES



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# EXAMPLES OF ENVIRONMENTAL DAMAGE IN MURCIA



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Intensive and extensive monoculture by the Mar Menor in Murcia



Elevated nitrates concentration is killing the fish in the Mar Menor of Murcia



High levels of pollution in the city of Murcia



Retiring 500 plastic bottles in a beach in Cartagena





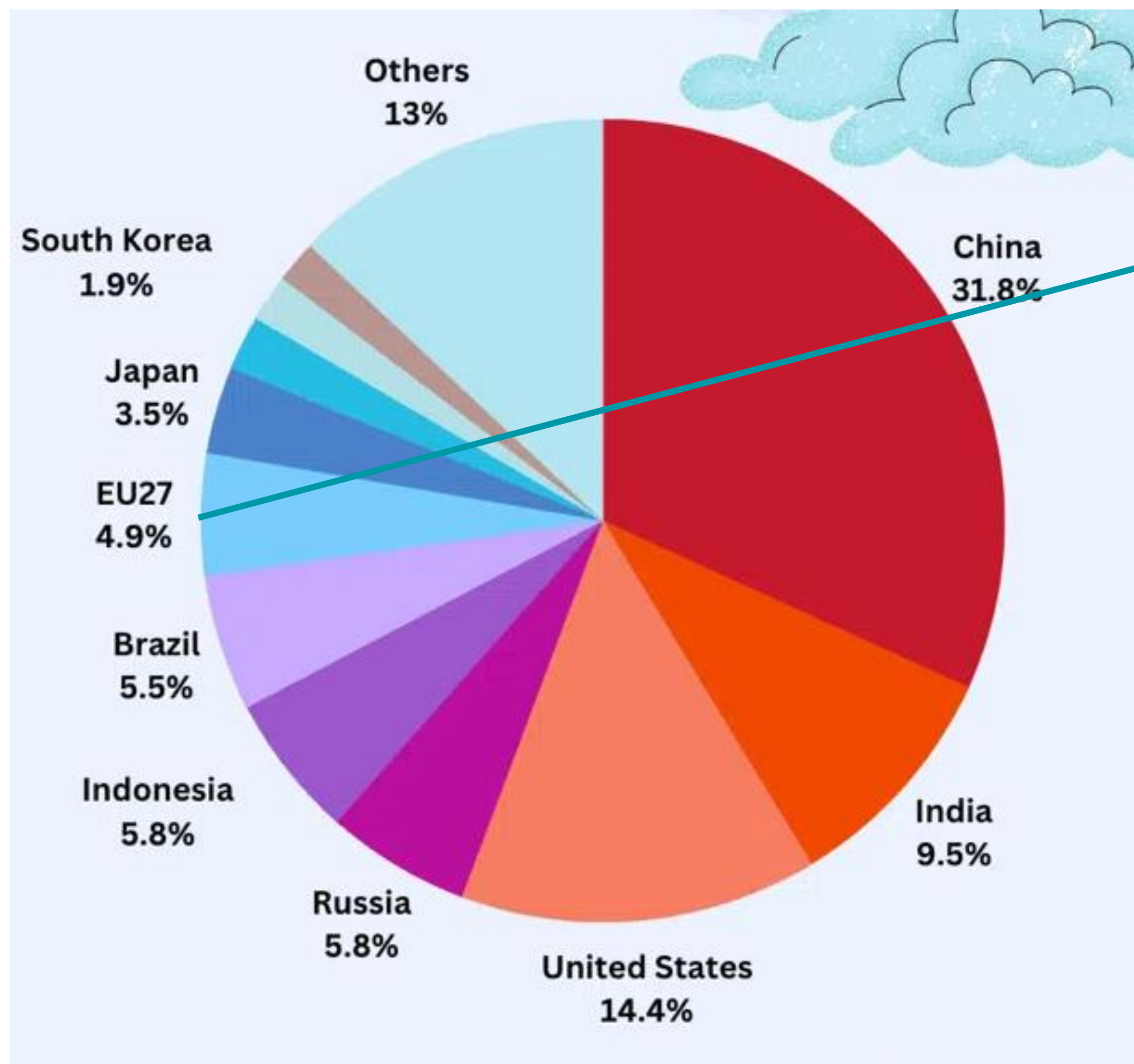


# CO<sub>2</sub> COUNTRY EMISSIONS RANKING 2022



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**ITALY** position 26 (0.73% of the total emissions)

**SPAIN** position 32 (0.61%)

**GREECE** position 64 (0.14%)

In the case of **Spain**, this means a total emission of CO<sub>2</sub> of 254 Mtons equivalent to approximately 5.0 tons of CO<sub>2</sub> per person.

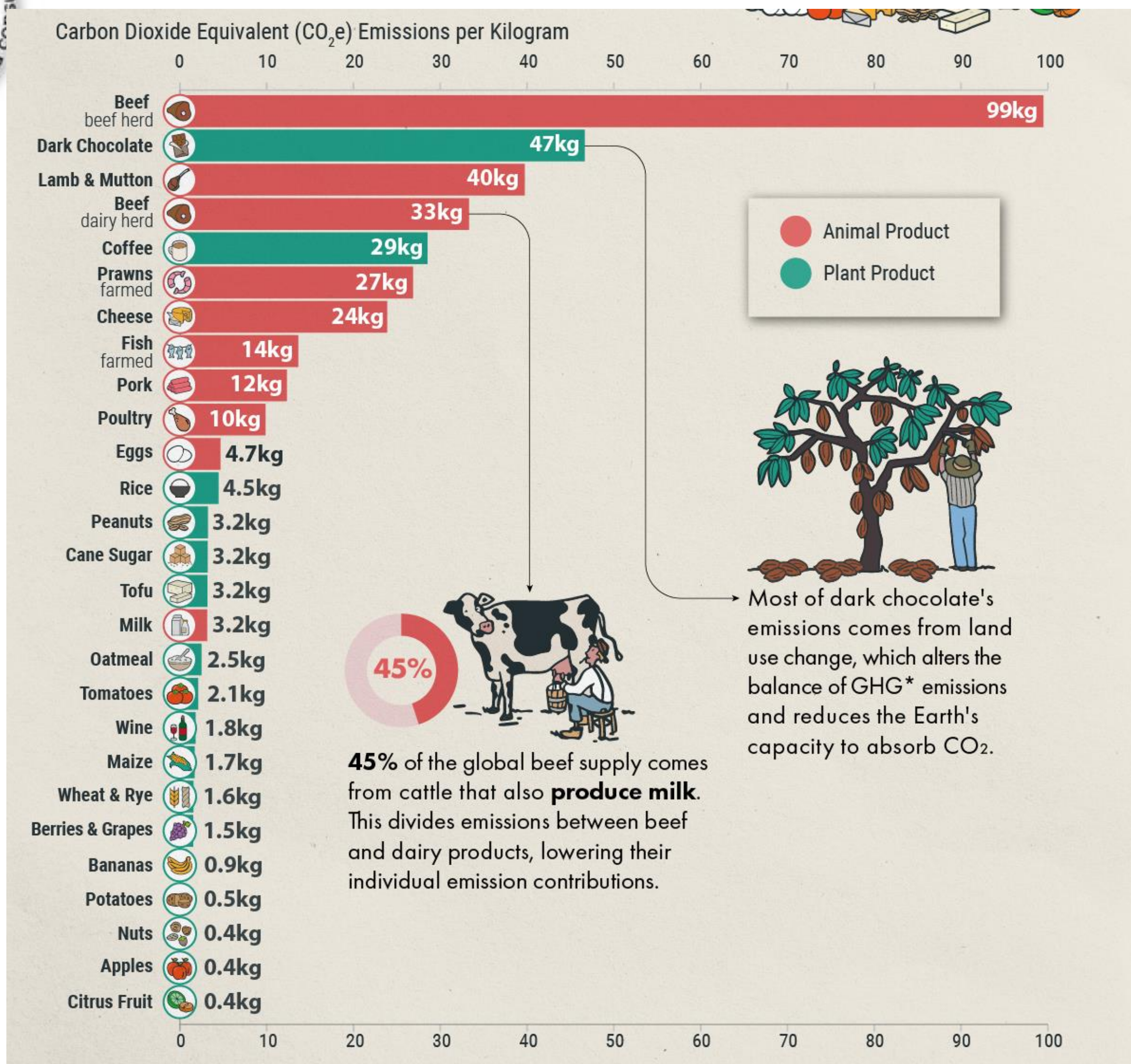
It is recommended to reduce this to a maximum of 2,0 tons per person





# CO<sub>2</sub> EMISSIONS RANKING FOODS

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➤ Reduction of the consumption of food with a high carbon footprint, (meat, highly processed foods).



➤ Choose foods with a lower carbon footprint (plant foods: vegetables, fruits, legumes, nuts).







# OUR HEALTH

Main risk factors



World Health Organization



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❑ Environmental factors

❑ Biological factors (genetic, physiological)

❑ Behavioural factors

➤ Alcohol

➤ Tobacco

➤ Physical inactivity

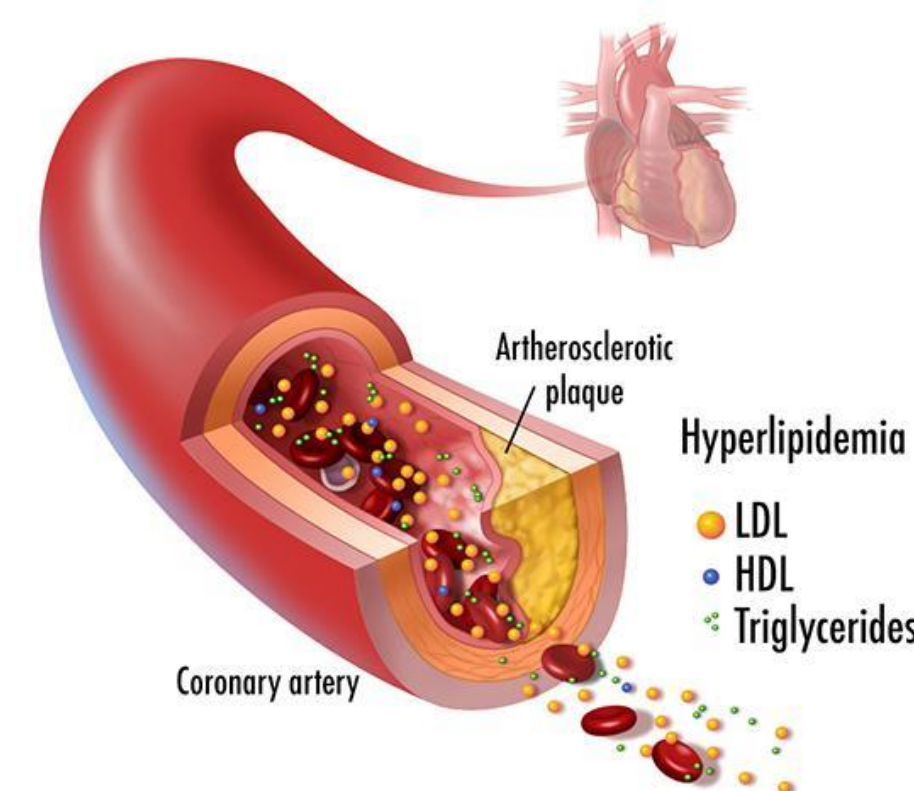
➤ Unhealthy diet !!!



Overweight/Obesity



High blood pressure



High blood lipids



High blood glucose





# SOME DATA ABOUT OUR HEALTH

Some data in Europe, regarding obesity prevalence in children

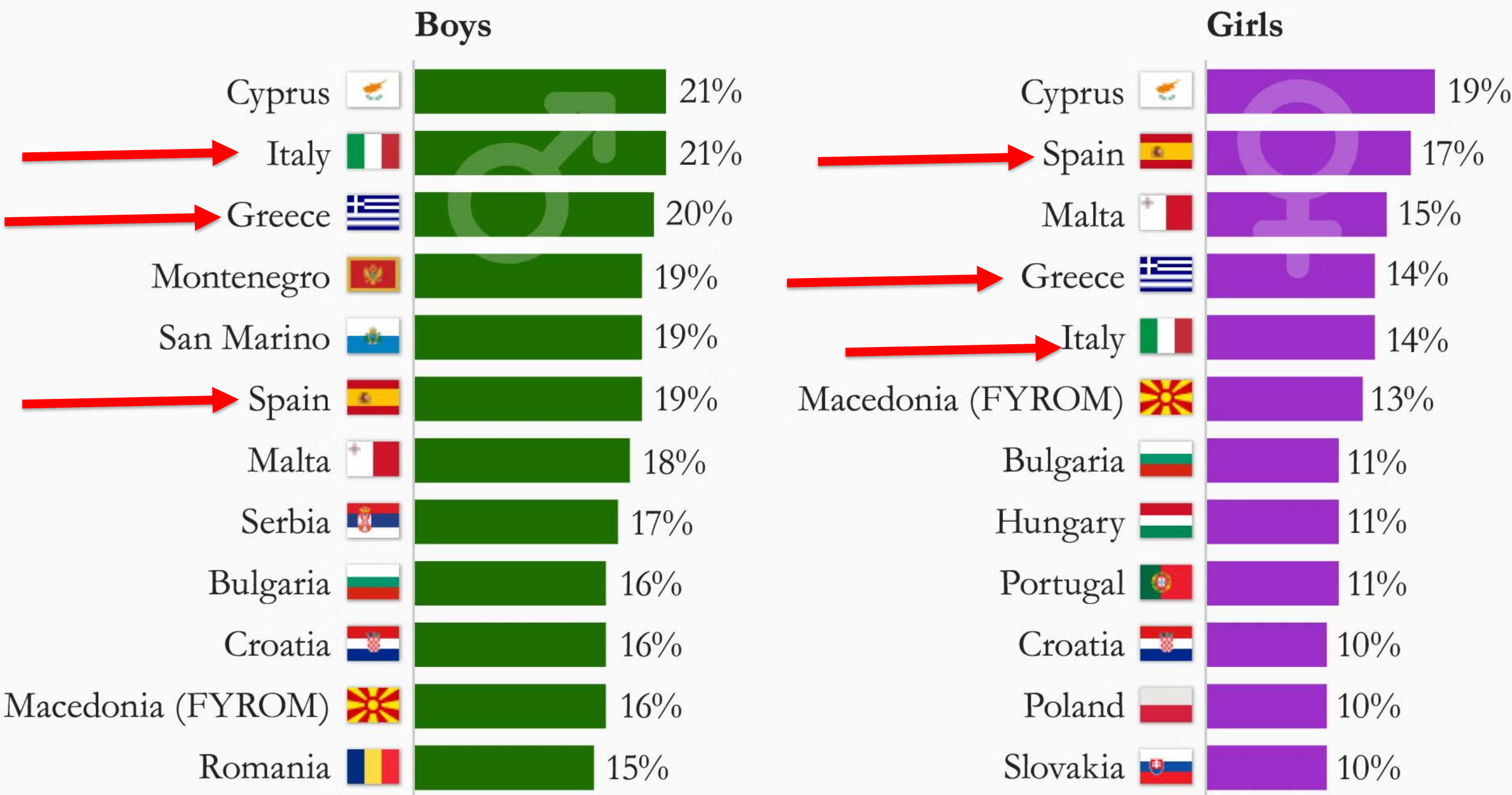


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## Where childhood obesity is most prevalent in Europe

Share of 6 to 9 year olds considered obese in European countries (2015-2017)\*



\* Based on the 2007 WHO recommended growth reference. Age of children varies between countries, within the span of 6 to 9 years. Not all European countries included in the research, e.g. the UK and Germany.





# SOME DATA ABOUT OUR HEALTH

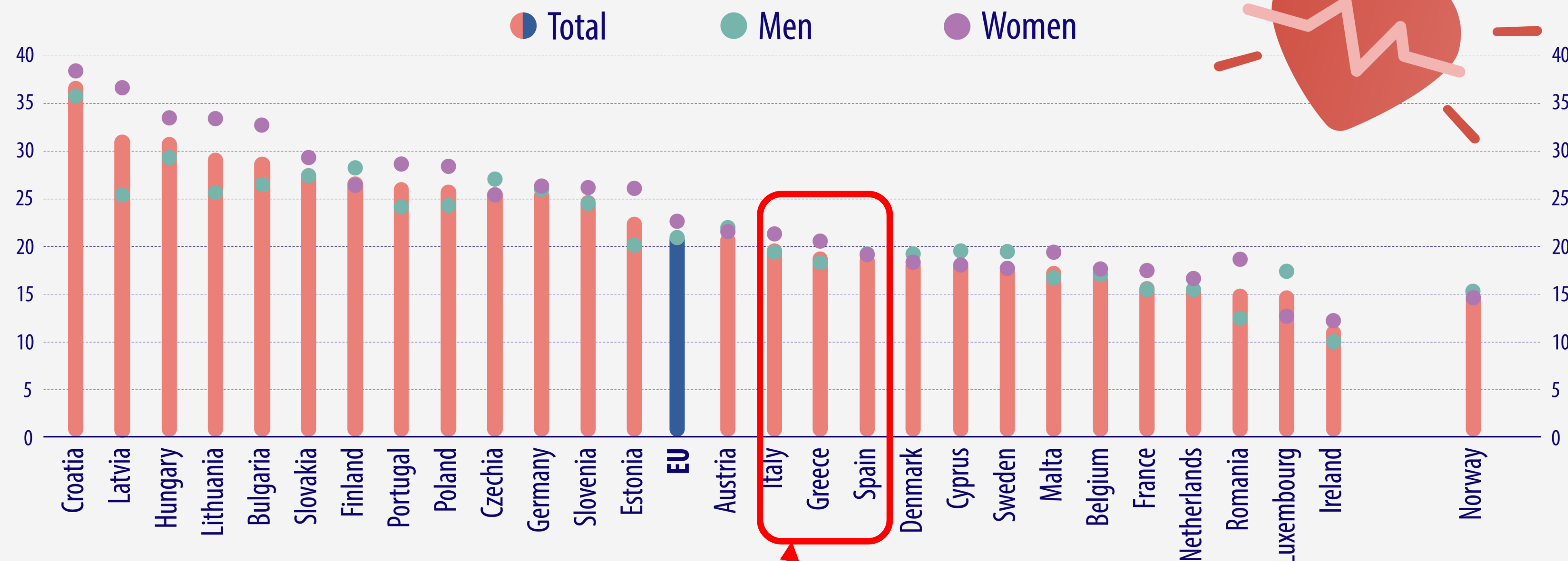


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## Share of people with high blood pressure, 2019

(% of population 15+)







# OUR HEALTH

Current scenario WHO



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## Chronic diseases (NCD: non-communicable diseases)

Main causes of worldwide death (28% increase from year 2000 to 2019)



**Cardiovascular  
disease  
(18 millions)**



**Cancer  
(9 millions)**



**Neurological  
disorders  
(7,5 millions)**



**Chronic  
respiratory  
disease  
(4 millions)**



**Diabetes  
(2 millions)**





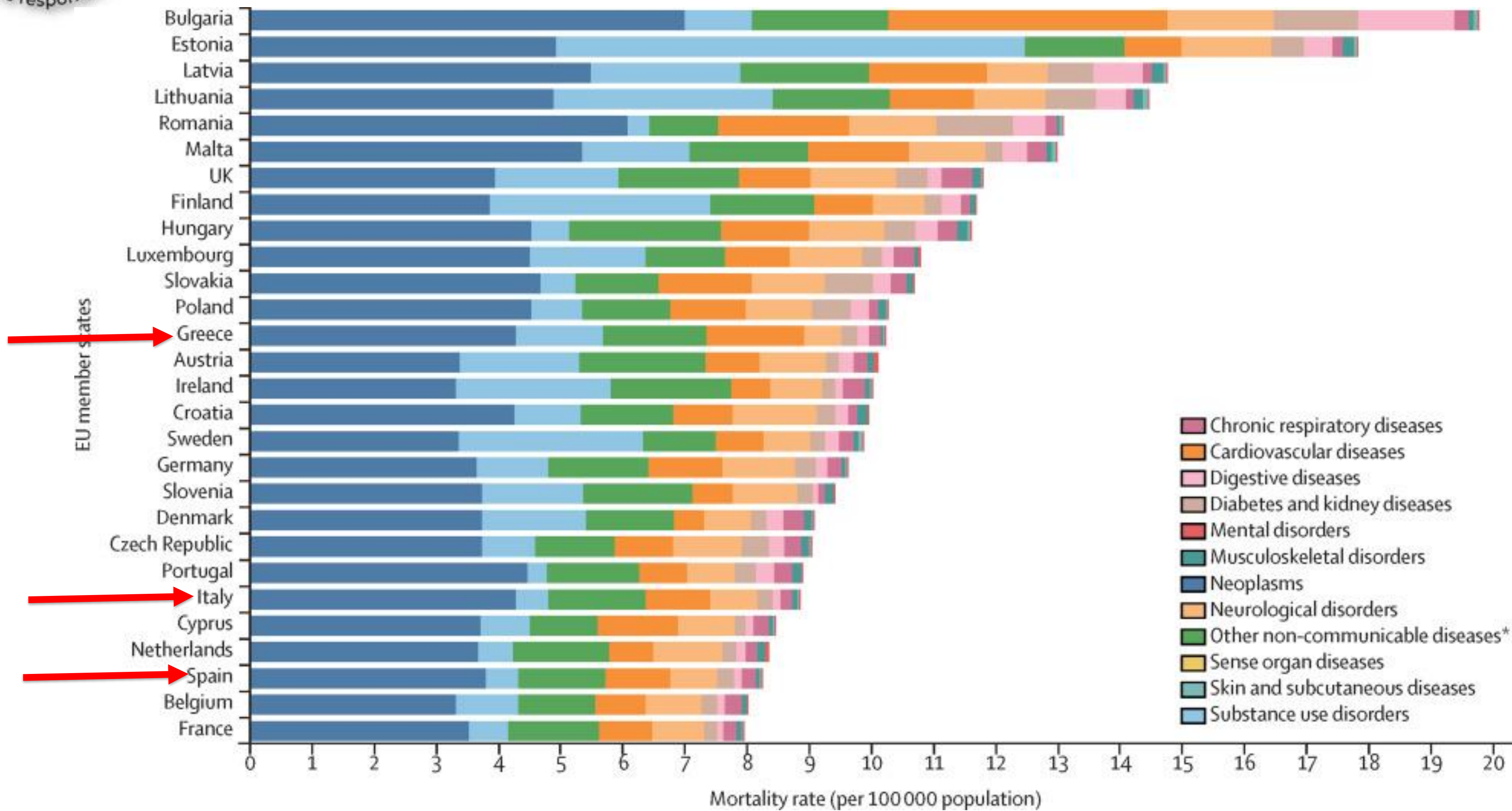
# SOME DATA ABOUT OUR HEALTH

Some data in Europe, Spain, Italy and Greece



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# OUR HEALTH



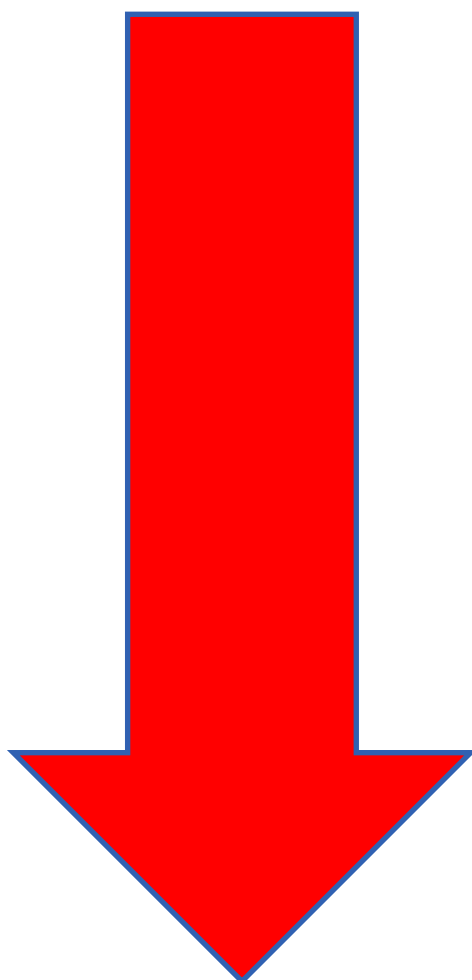
World Health  
Organization

## PREVENTION



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40%-70%







# DIET & HEALTH

## THE RIGHTS



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**Energy intake (calories) = Energy expenditure**  
**Moderate quantities and adapt portions (number/size) to your activity.**



**LIMIT** saturated fats,  
trans (animal fat,  
processed foods),  
**INCREASE**  
(mono)unsaturated and  
(poly)unsaturated fats  
(olive oil, fish).

**REDUCE** salt and free  
added sugar. Limit  
sugary beverages.

**MODERATE** proteins,  
**OPT FOR** eggs, fish,  
white meat vs  
processed and red  
meat.  
New sources (plant,  
insects, algae, etc)

**INCREASE** fibre, vitamins,  
minerals and **bioactive  
compounds** from Fruits +  
Vegetables, Legumes, Nuts,  
Whole grains



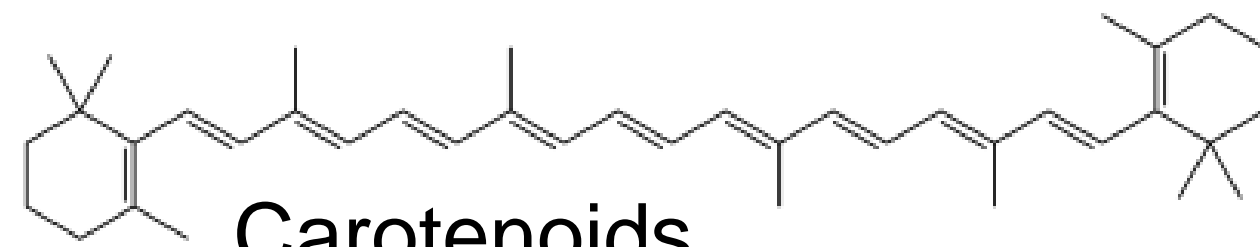


# BIOACTIVE COMPOUNDS

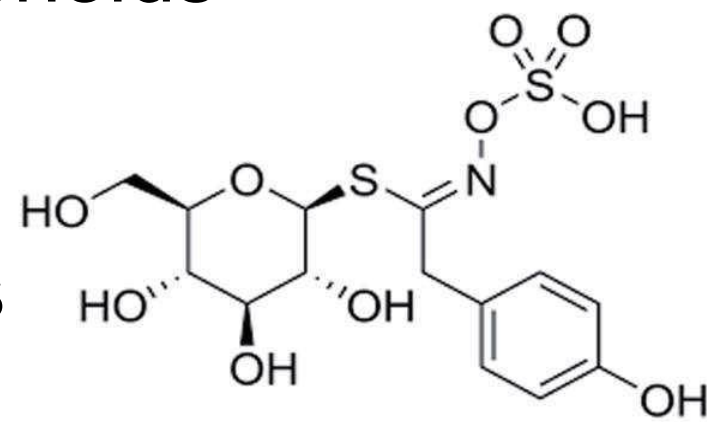


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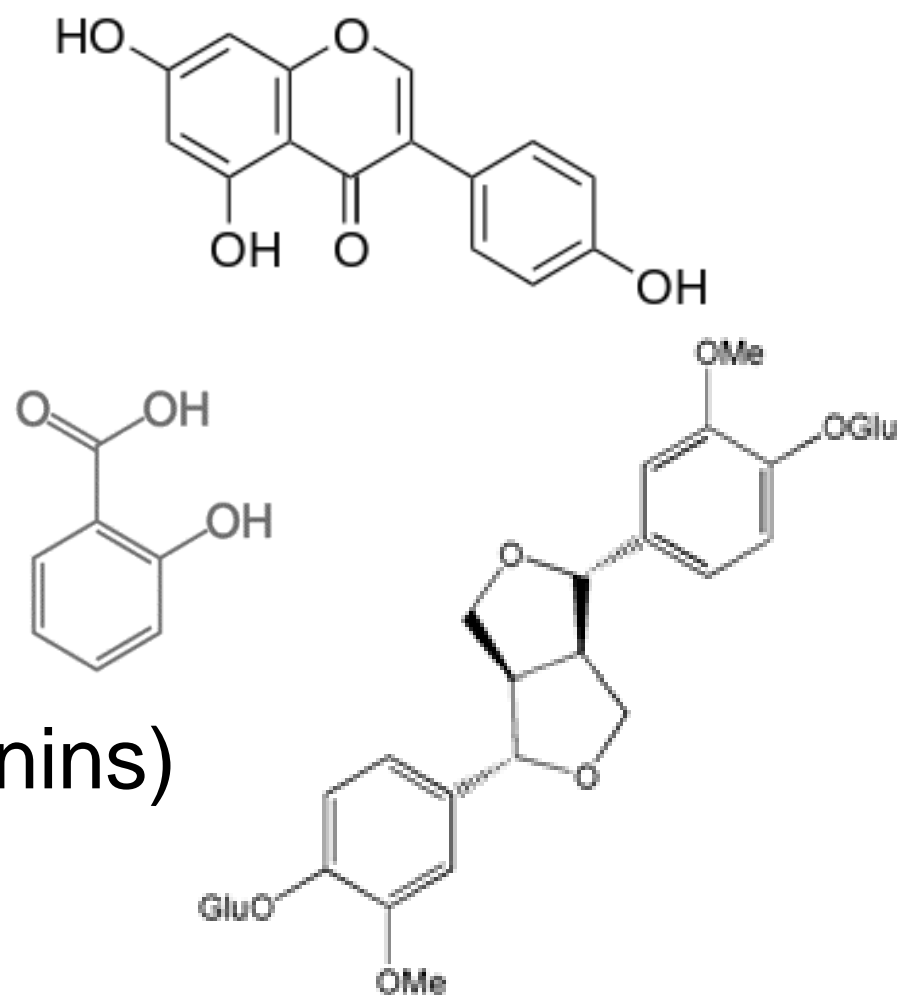
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Glucosinolates



Polyphenols  
(flavonoids,  
phenolics, tannins)



Neuroprotection

Cardioprotection

Hepatoprotection



Antidiabetes

Anticancer

Antiobesity





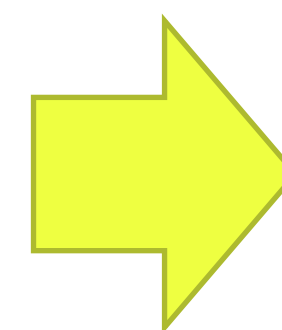
# ¿WHAT ARE WE STILL DOING WRONG?



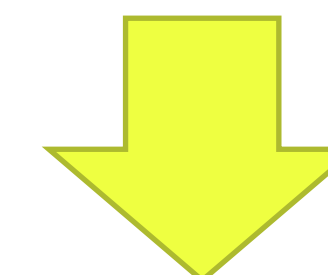
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## TOO MUCH OF:



- Highly processed and hipercaloric foods
- Unhealthy fats (saturated, trans)
- Added sugars (free sugars)
- Salt
- Additives



## TOO LITTLE OF:



- Fibre, minerals, vitamins, healthy bioactive compounds





# The EU position on sustainable food systems (2023)



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❑ **REDUCE** the environmental impact of the agri-food chain:

- **SUPPORTING** agriculture, rural and regional development
- **PROMOTING** research and innovation in the food industry

❑ **PRESERVE** the future and social fairness of the food sector:

- **IMPROVE** the working conditions of people working in food-related industries and producers
- **REDUCE** food waste

❑ **IMPROVE** the well-being of European consumers:

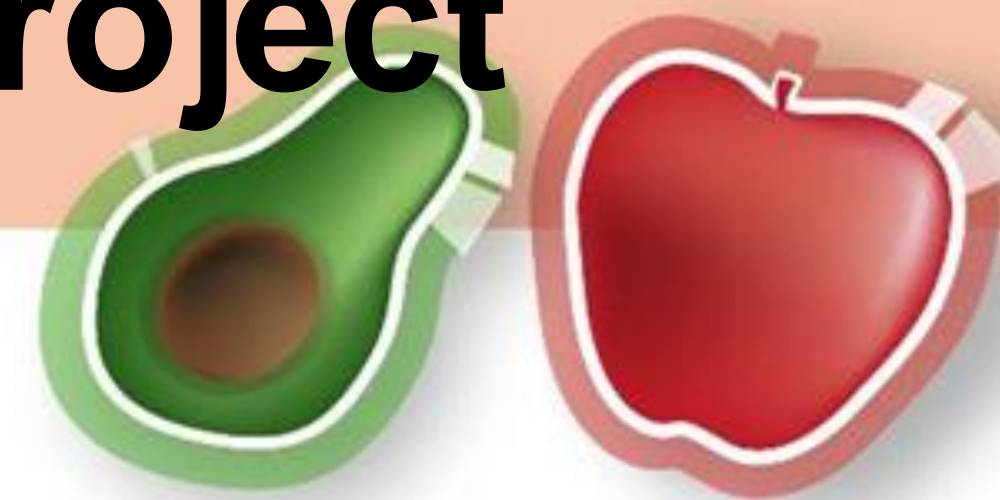
- **PROVIDE** healthier food for wider sections of the population





# GOODFOOD: The project

Education as a tool to become responsible food consumers



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- ❑ IMPROVE consumers **knowledge** about the role of our diet in our health and in the sustainability of the food production.
- ❑ PROVIDE consumers with the **capacity to make food choices** that rises the demand for more sustainable and healthy diets.
- ❑ MODIFY consumers **behaviour** regarding food acquisition, preparation, meal practices and storage.







# GOODFOOD: The partners



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**PROJECT  
COORDINATOR**





# GOODFOOD - FLOW DIAGRAM



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FOCUS  
GROUP

Teachers

Brainstorm

Students

Survey

Learning needs

Form

Content

- Subjects, tools and  
activities

- Food Themes covered

PR1: Learning  
Methodology

PR2: 7 Learning Units



School projects

Results presentations &  
Reports: GOODFOOD Recipes

Prepare Recipes Handbook  
Video-Slogan Competition

PR3: Handbook Recipes  
European Competition





# LEARNING METHODOLOGY



**INTERACTION &  
COMMUNICATION:**

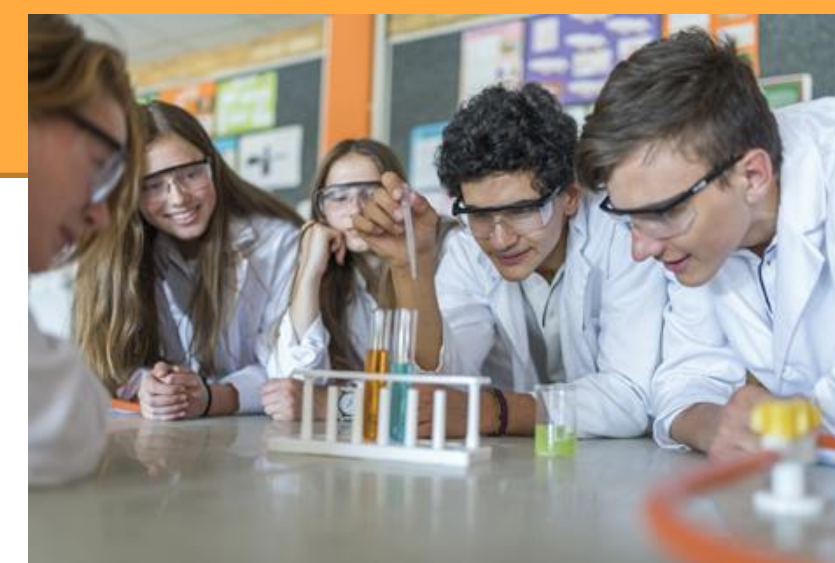
**PREVIOUS KNOWLEDGE/  
NEEDS ABOUT MAIN  
ISSUES**

**LAUNCHING IDEAS TO  
INVESTIGATE**



**INVESTIGATION PROCESS  
MAIN ACTIVITIES:**

**LABORATORY, VISITS &  
INTERVIEWS TO  
PROFESSIONALS, TALKS  
BY EXPERTS, HANDS-ON  
& FIELD ACTIVITIES**



**INTERACTION  
& COMMUNICATION:**

**RESULTS  
PRESENTATIONS,  
CONCLUSIONS AND  
DISCUSSION**

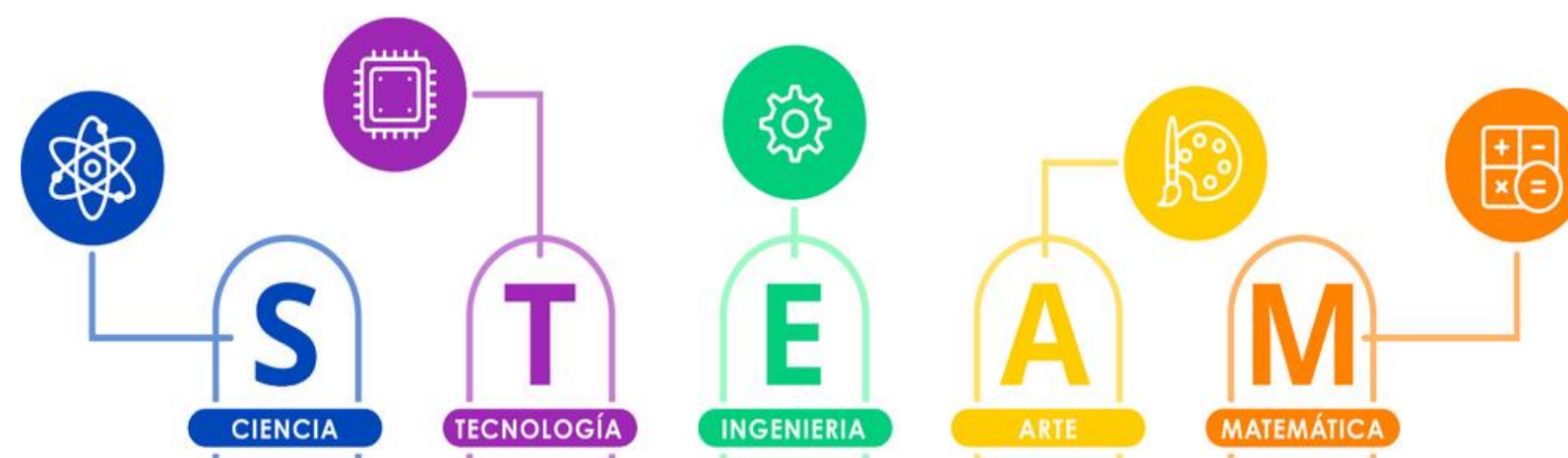


# LEARNING UNITS



## Digital Tools

### Science, Technology, Engineering, Art, Mathematics



### Investigation process



### Hands-on activities



# MAIN FOOD THEMES



## 1. SUSTAINABLE FOOD PRODUCTION



## 2. SUSTAINABLE FOOD DELIVERY AND SELECTION



## 3. NUTRITIOUS & HEALTHY FOOD



## 4. SUSTAINABLE FOOD WASTE







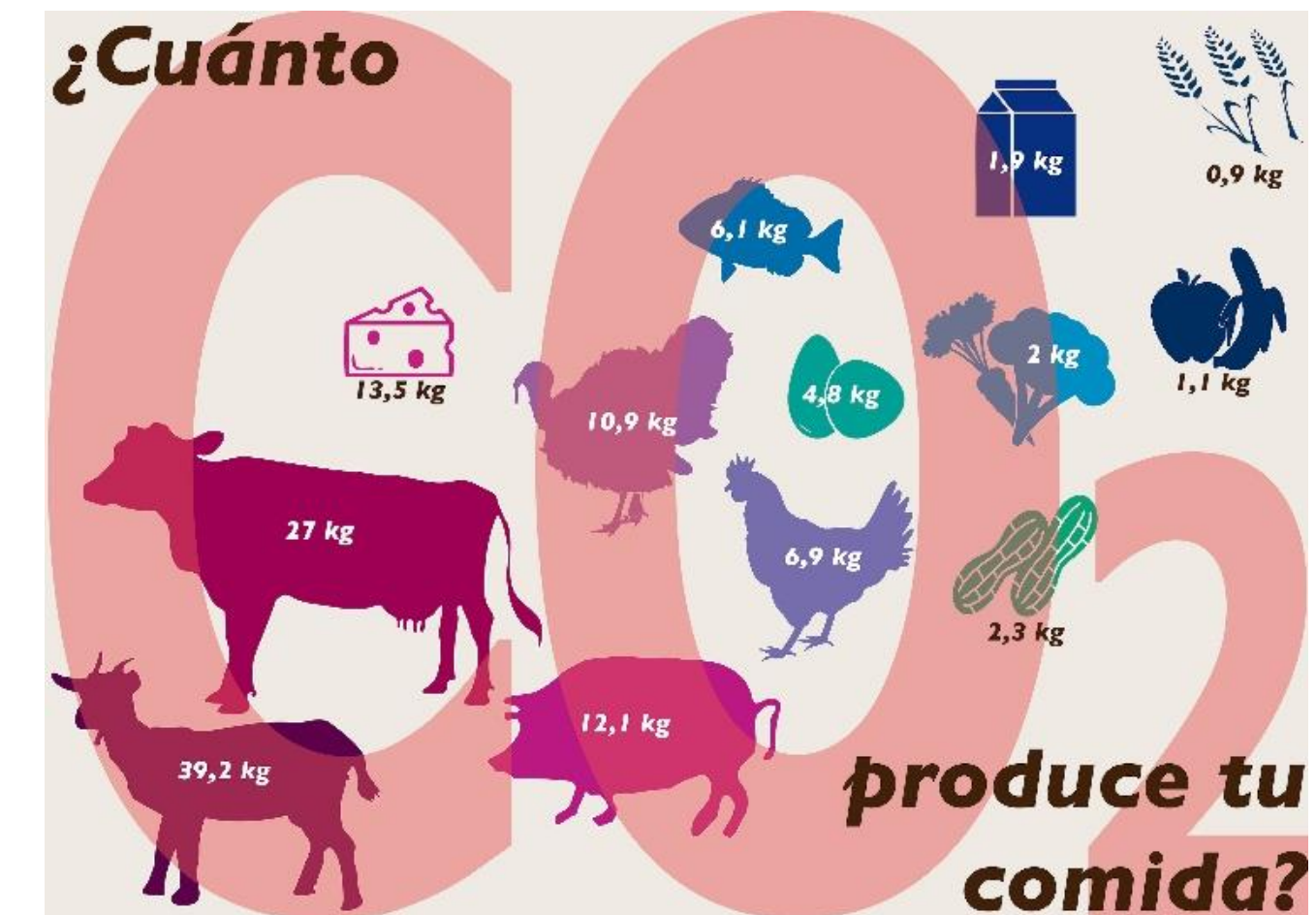
# Learning Units: Sustainable Production



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➤ The carbon footprint of our foods.



➤ Sustainable labels for foods.







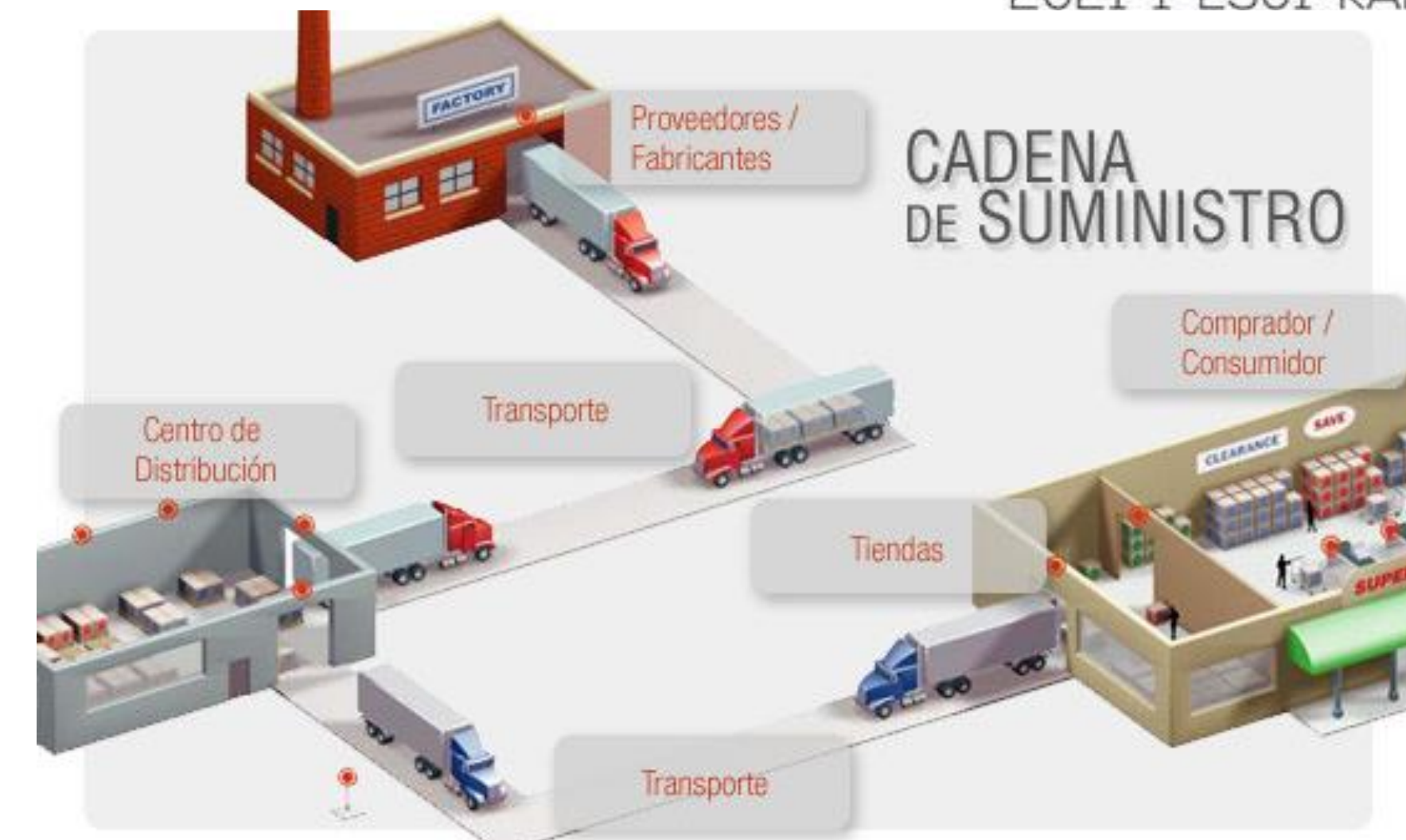
# Learning Units: Sustainable Supply



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➤ **Short chains food supply.**



➤ **Food selection and habits of adolescents.**







# Learning Units: Nutrition and Health



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➤ **The fat in our food.**



➤ **¿How much salt do we eat?**



➤ **¿What do we know about bioactive compounds?.**







# Learning Units: Sustainable Food Waste



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➤ **Food Packaging.**



➤ **Reusing food waste.**

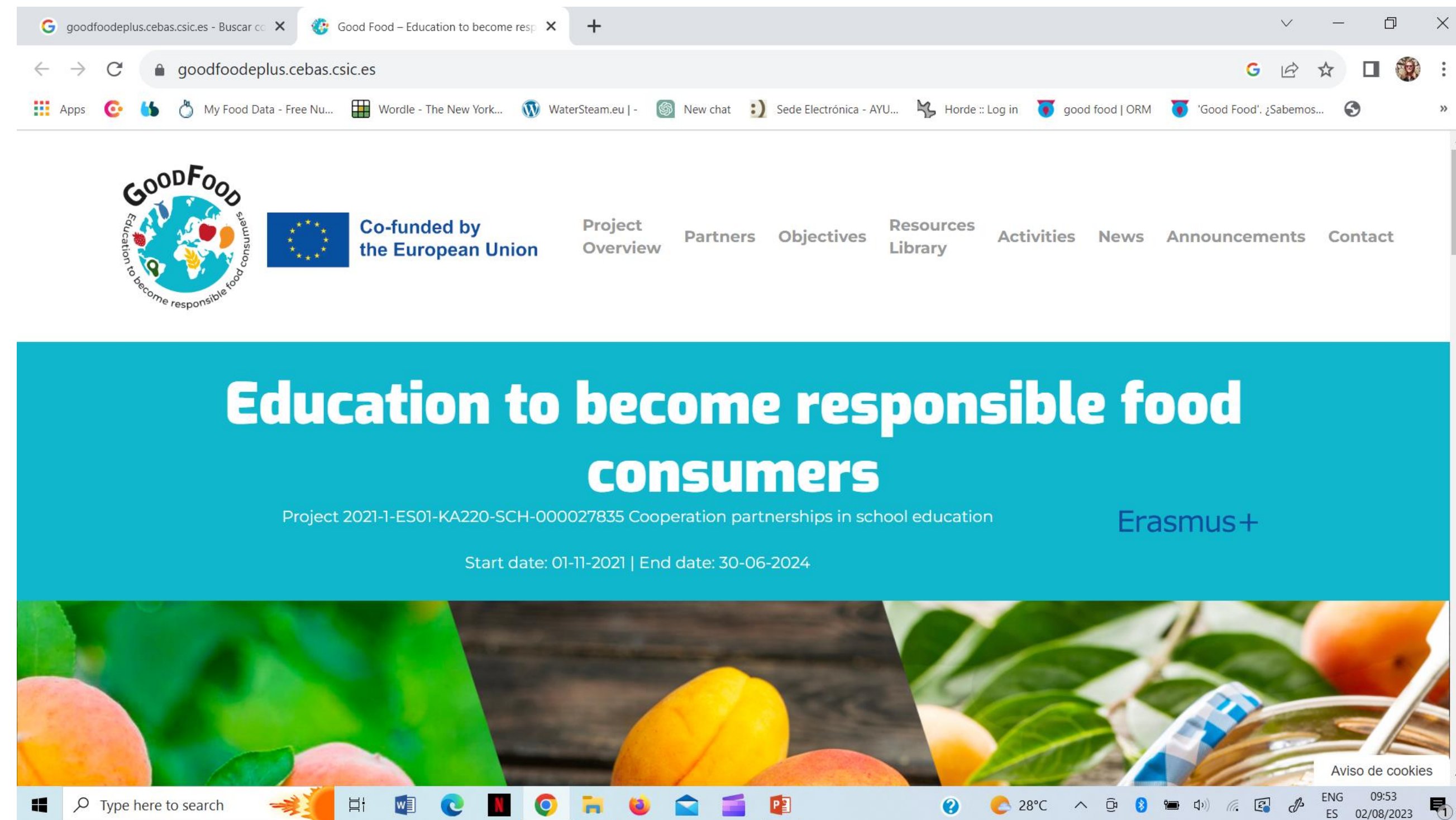






# GOODFOOD : Education to become responsible food consumers

## OUR WEBSITE



<https://goodfoodeplus.cebas.csic.es/>