



Lykeum  of Rafina



GoodFood

Let us begin!!!

*bringing
a recipe
to class*



**bringing
a recipe
to class**



**bringing
a recipe
to class**



**bringing
a recipe
to class**



*bringing
a recipe
to class*



*bringing
a recipe
to class*



- collaborative
 - student –
centred
 - experiential
- METHOD

A holistic
approach to
the subject of
nutrition

*=> Highlight the importance of
nutrition
by cultivating their creativity &
critical thinking*

LEARNING UNIT
Food choices and
adolescents'
habits

Eleni

*Kantia-Nandia-
Antonis P. – Hlias*

Adolescent
Nutrition

Nutrition affected
by standards, icons
and Influencers

Nutrition and Eating
Disorders



**Orientation phase
(October- November)**



Orientation phase (October- November)

short videos
about teens' nutrition
habits and eating in
social media



Orientation phase (October- November)

Articles from
newspapers /
magazines/ sites
about
teens' nutrition

Two short videos
about teens' nutrition
habits and the influence
of icons

The Netflix documentary
"We are what we eat"



Two short videos
about teens' nutrition
habits and the influence
of icons



Articles
in Greek language
about
teens' nutrition
habits

Conceptualisation phase (December)

TEAM-1 & TEAM-2 & TEAM-7
Adolescent nutrition,



TEAM-3 & TEAM-4 & TEAM-8
models / icons Influence,



TEAM-5 & TEAM-6 & TEAM-9
Eating disorders,



Learning unit:
**Food choices and
adolescents' habits**

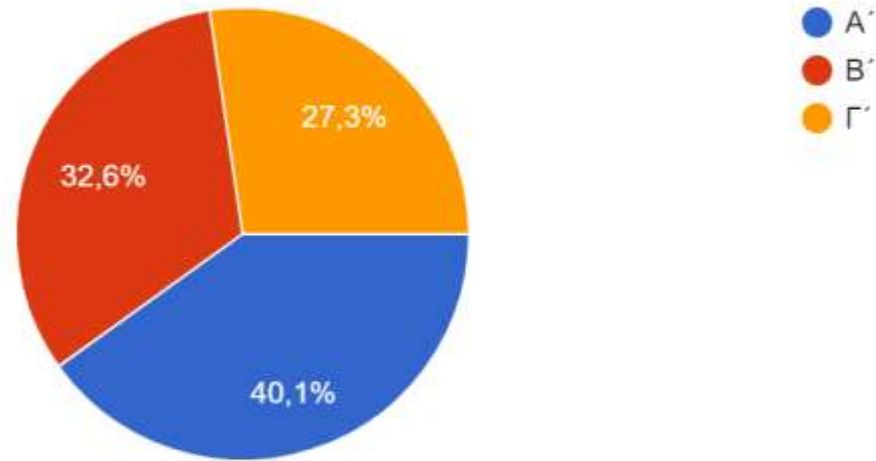


Adolescent Nutrition



Investigation phase - (January- March)

267 απαντήσεις



**Adolescent
nutrition**

1 questionnaire
about teens
nutrition

2

3

4

FOOD HABITS OF ADOLESCENTS

A QUANTITATIVE SOCIAL RESEARCH

Demographics Data AND FOODS HABITS



267 STUDENTS PARTICIPATING IN THE RESEARCH	11 QUESTIONS WITH DEMOGRAPHIC DATA
A' B' C' CLASSES FROM 1 st LYCEUM OF RAFINA (GREECE)	23 QUESTIONS WITH THE FOOD HABITS OF ADOLESCENTS



IS YOUR FATHER WORKING NOW?
IF YES, WHAT JOB DOES HE DO?

YOUR MOTHER WORKING NOW?
IF YES, WHAT JOB DOES SHE DO?

FATHER	State employee 22,8%	Private employee 32,6%	Freelancer-Entrepreneur 37,1%	Retired 3%	Household 0,4%	Student -	Unemployed 3%
MOTHER	State employee 25,8%	Private employee 40,4%	Freelancer-Entrepreneur 14,1%	Retired 1,5%	Household 8,6%	Student 0,4%	Unemployed 8,6%



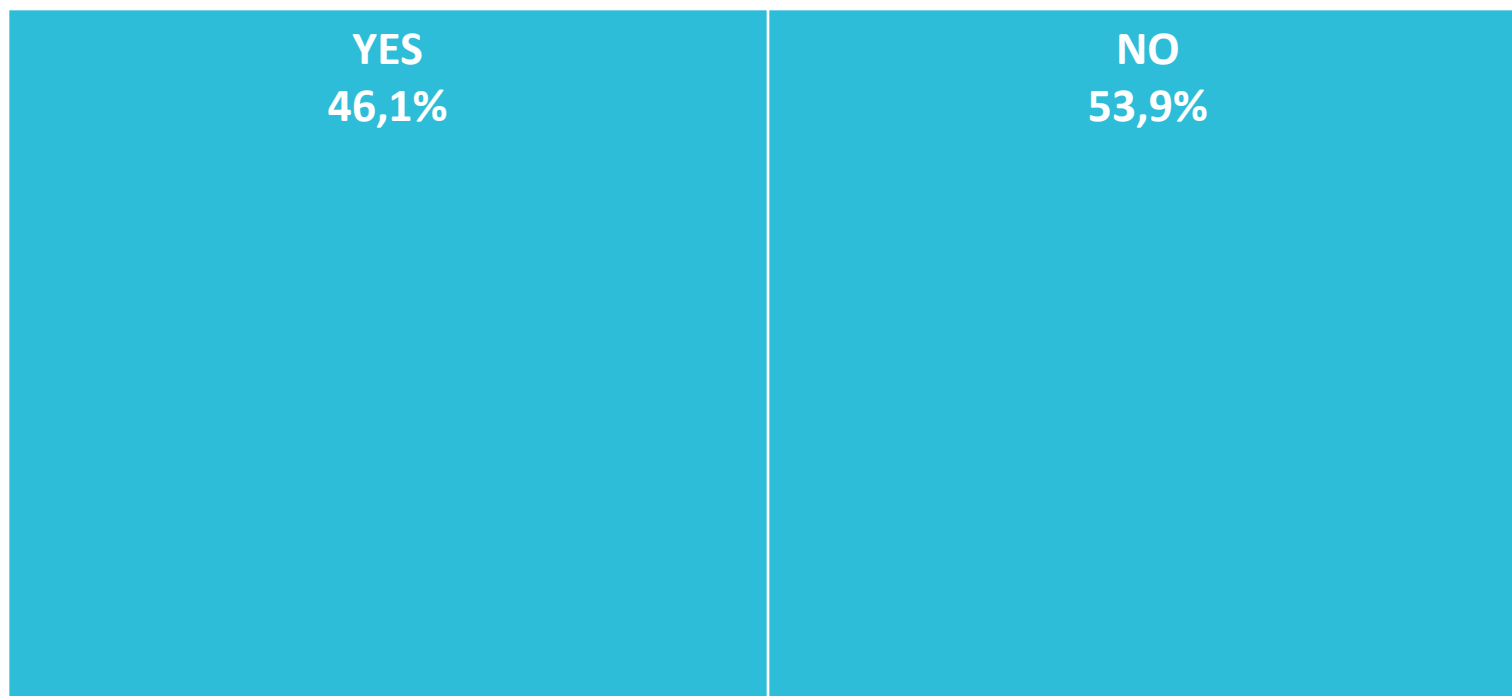
In which of the following categories does your father's educational level belong?

IN WHICH OF THE FOLLOWING CATEGORIES DOES YOUR MOTHER'S EDUCATIONAL LEVEL BELONG?

FATHER	Primary school 2,2%	High school 7,1%	Lyceum 34,1%	Vocational training institute 16,9%	Technological Educational Institute (TEI) - University (AEI) 22,1%	Postgraduate 13,1%	Ph.D 4,5%
MOTHER	Primary school 1,1%	High school 4,9%	Lyceum 23,2%	Vocational training institute 20,2%	Technological Educational Institute (TEI) - University (AEI) 35,2%	Postgraduate 1,2%	Ph.D 3,4%



Do you eat breakfast every morning?





HOW OFTEN DO YOU EAT LEGUMES PER WEEK?

Never 8,6%	Once or twice 79,4%	Three to four times 9,7%	Five to six times 0,7%	Daily 1,5%
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HOW OFTEN DO YOU EAT FRUIT OR VEGETABLES PER WEEK?

Never 4,1%	Once or twice 12,4%	Three to four times 24,7%	Five to six times 17,2%	Daily 41,6%
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How often do you eat fish or seafood per week?

Never 24%	Once or twice 74,2%	Three to four times 1,1%	Five to six times 0%	Daily 0,7%
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HOW OFTEN DO YOU EAT RED MEAT PER WEEK?

Never 10,9%	Once or twice 58,8%	Three to four times 25,1%	Five to six times 4,1%	Daily 1,1%
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HOW OFTEN DO YOU EAT POYLTRY PER WEEK?

Never 8,2%	Once or twice 55,1%	Three to four times 31,5%	Five to six times 4,5%	Daily 0,7%
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How many glasses of water do you consume daily?

One to two glasses 12%	Three to four glasses 34,5%	Five to six glasses 25,5%	More than six glasses 28,1%
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HOW OFTEN DO YOU EAT JUNK FOOD PER WEEK?

Never 16,5%	Once or twice 70,8%	Three to four times 8,6%	Five to six times 1,5%	Daily 2,6%
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DO YOU DRINK ALCOHOL?

YES 46,4%	NO 53,6%
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DO YOU FOLLOW AN
EXCLUSIVELY VEGETARIAN
DIET?

YES 3%	NO 97%
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HAVE YOU EVER BEEN IN THE
PROCESS OF A DIET, AND IF THAT 'S
THE CASE, HOW MANY TIMES?

Never 54,7%	Once or twice 29,6%	Three to four times 9,4%	Five to six times 1,5%	Daily 4,9%
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DO YOU FORM YOUR DIET ACCORDING TO YOUR MOOD?

IF YES, SPECIFY:

YES 58,1%	NO 41,9%	I eat excessive amounts of food when I feel pressure, stress, sadness or other strong feelings 38,7%	I have no appetite at all concerning food when I feel pressure anxiety, sadness or other intense feelings. 61,3%
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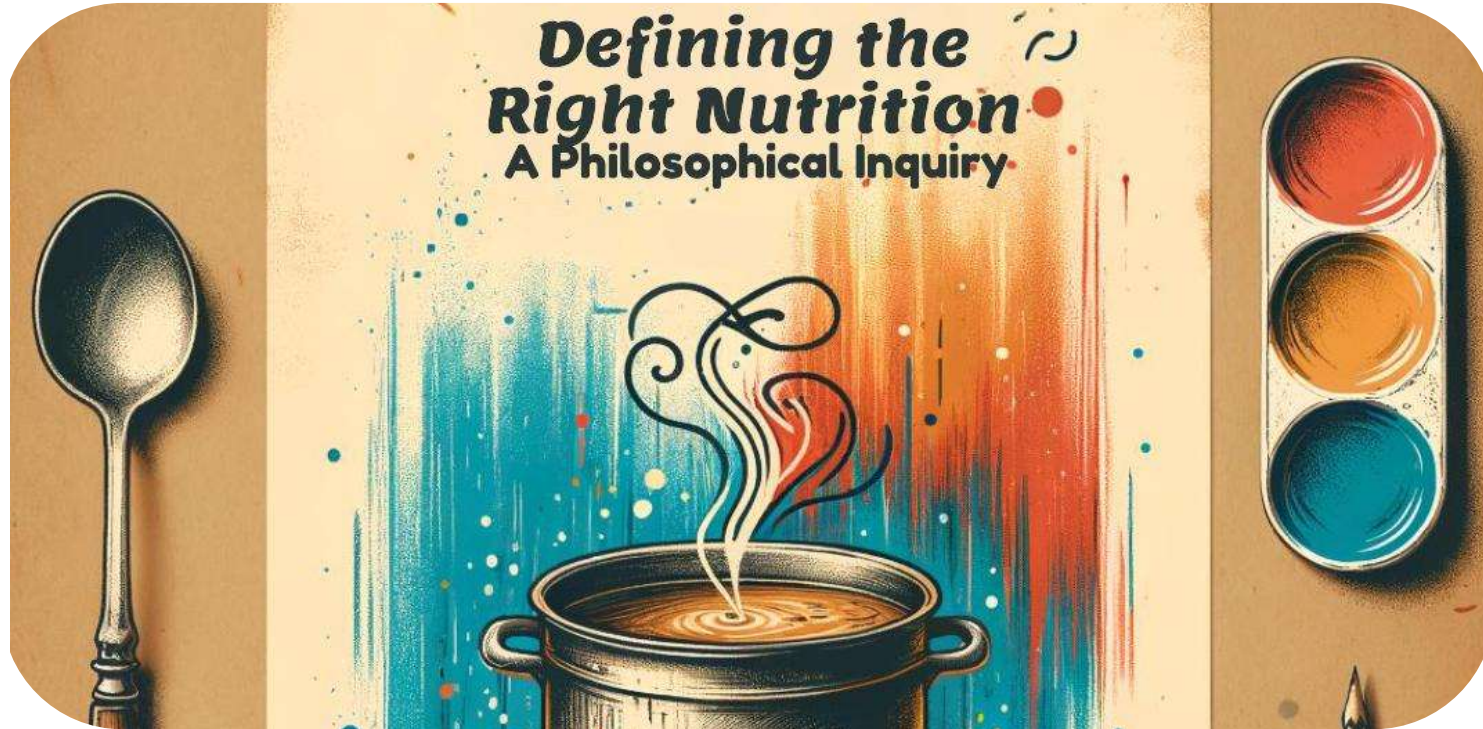
Investigation phase - (January- March)



***Adolescent
nutrition***



Investigation phase - (January- March)



**Adolescent
nutrition**





Socrates

Plato

Aristotle

ARISTOTLE: ITHIKA NIKOMACHEIA

1116a

if for a person it is too much to eat ten "portions" and too little to eat two, the coach will not set six "portions" for every athlete, because this quantity may be too little for a champion and too much for a beginner.

εἴ τῳ δέκα μναῖ φαγεῖν πολὺ δύο δὲ ὀλίγον, ὁ ἀλείπτης ἕξ μναῖς προστάξει· ἔστι γὰρ ἴσως καὶ τοῦτο πολὺ τῷ ληψομένῳ ἢ ὀλίγον· Μίλωνι μὲν γὰρ ὀλίγον, τῷ δὲ ἀρχομένῳ τῶν γυμνασίων πολὺ..

Investigation phase - (January- March)



**Adolescent
nutrition**





*Visiting
The Association of
Pontius refugees
In Elefsis*





*Visiting
The Association of
Pontius refugees
In Elefsis*





*Visiting
The Association of
Pontius refugees
In Elefsis*



models – icons influencers





Influence of models – icons

*web research
during the
Investigation
phase*



*Influence of
models – icons*

*web research
during the
Investigation
phase*

Reproducing
stereotypes
about the
perfect male
and female
body



Eating disorders



Learning unit: Food choices and adolescents' habits



Eating disorders

31st of January

**visit and interview
with a psychologist
mis Koukouli**



Eating disorders

31st of January

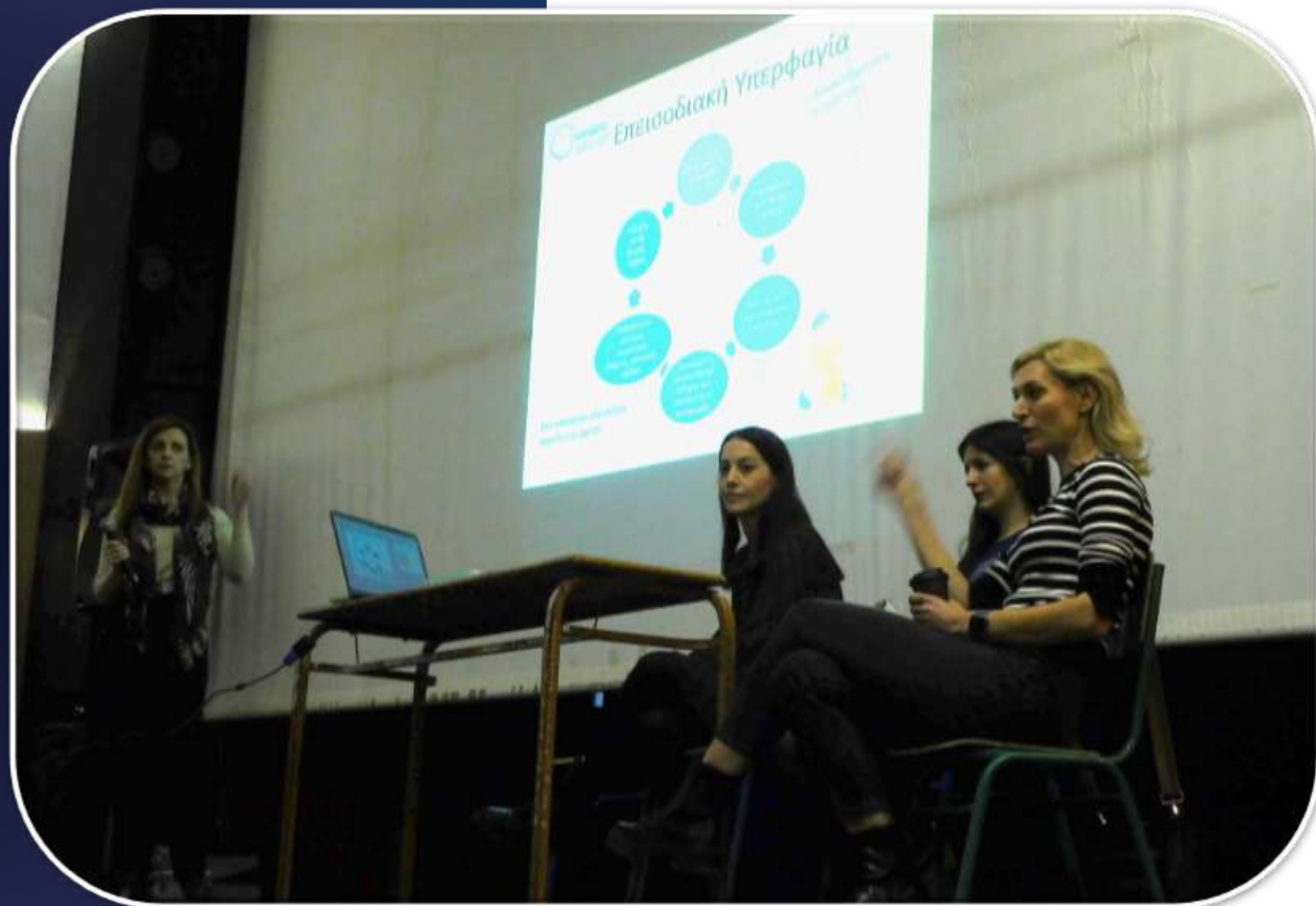
**visit and interview
of a psychologist
mis Koukouli**



Eating disorders

12th of February

**organization for
mental health
& food disorders
prevention
of "ANASA"**



Eating disorders

12th of February

**organization for
mental health
& food disorders
prevention
of "ANASA"**



Eating disorders

29th of March

**Conversation with
an ex student -
eating disorders
survivor**



Eating disorders

29th of March

Conversation with an ex student - eating disorders survivor





Our students' projects

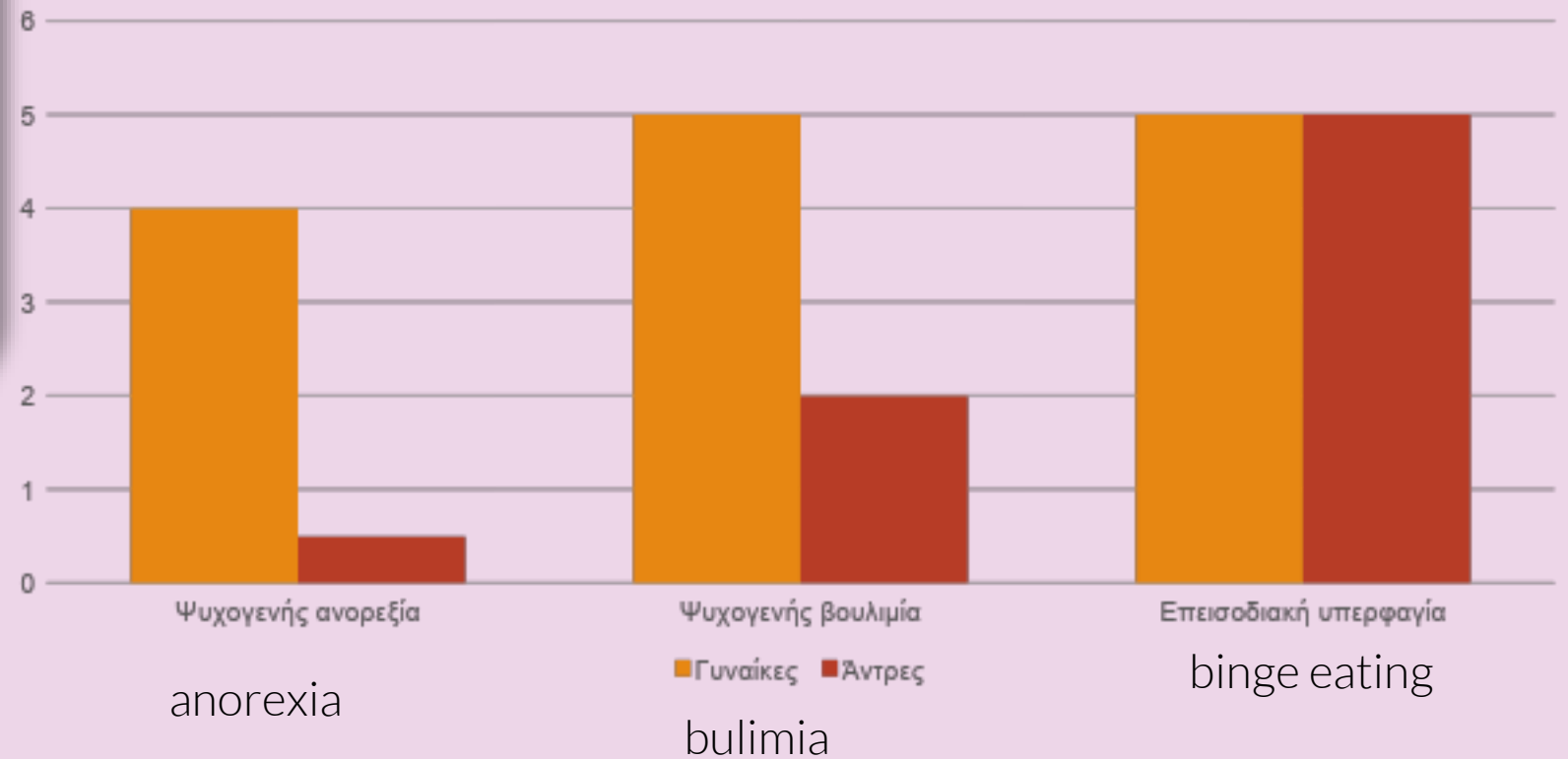
Samples of students' projects

Ποιες είναι οι πιο διαδεδομένες διαταραχές πρόσληψης διατροφής;

- ΨΥΧΟΓΕΝΗΣ ΑΝΟΡΕΞΙΑ
- ΨΥΧΟΓΕΝΗΣ ΒΟΥΛΙΜΙΑ
- ΕΠΙΣΟΛΕΙΑΚΗ ΥΠΕΡΦΑΓΙΑ



Samples of students' projects

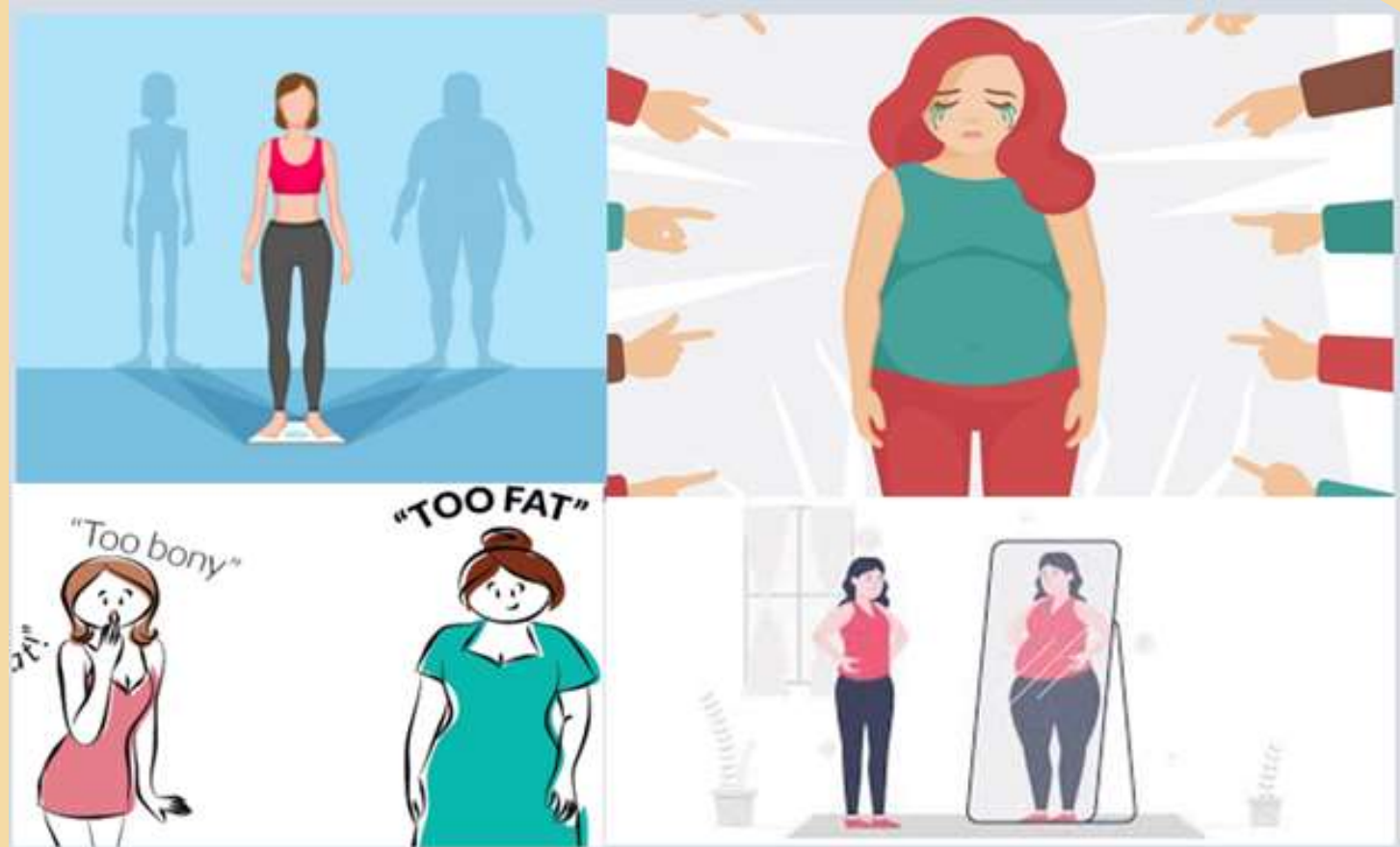


Samples of students' projects

“Childhood obesity”



Samples of students' projects



Μορφές του Body Shaming

Make negative comments in order to humiliate sb

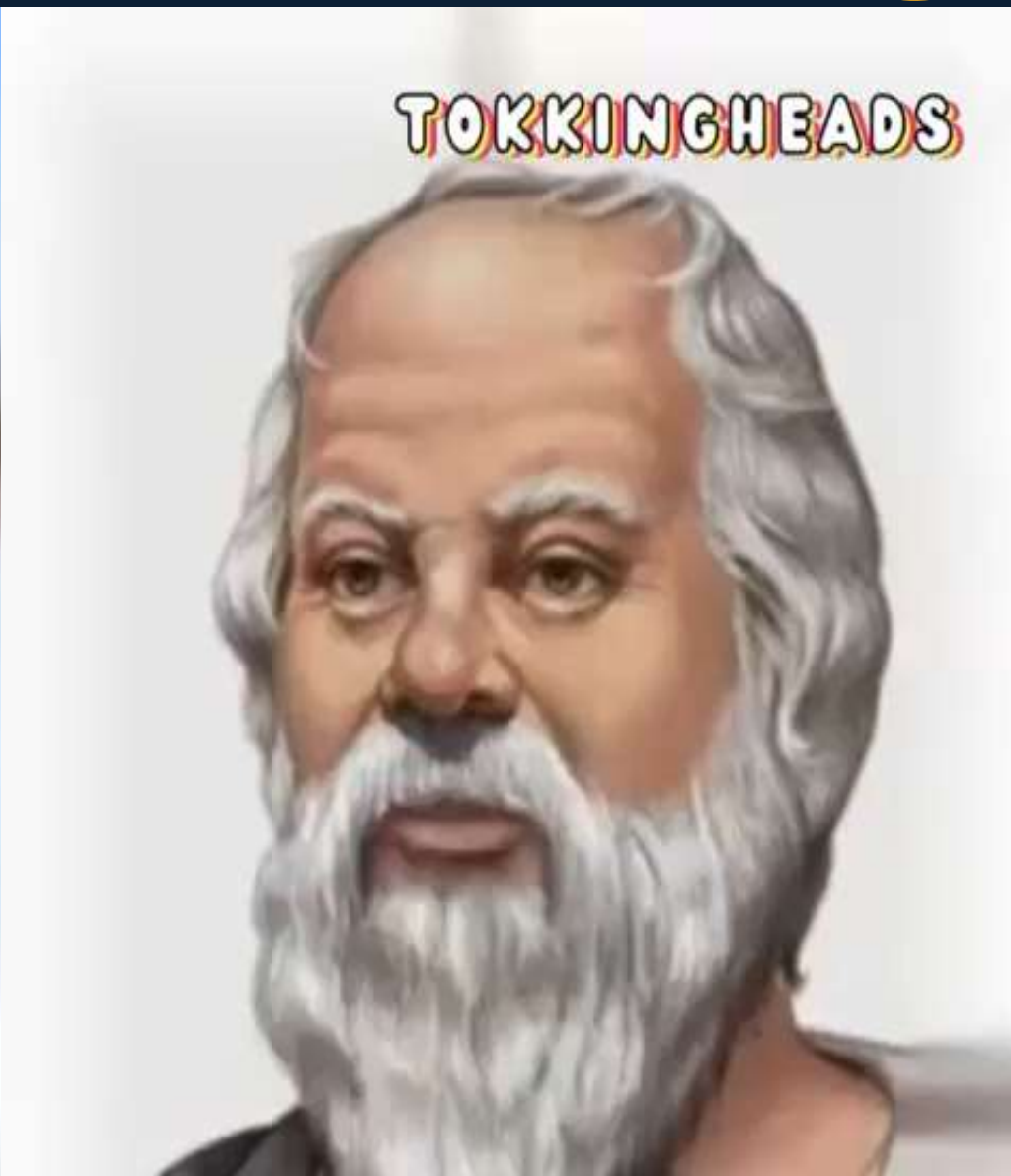
Samples of students' projects



TOKKINGHEADS



TOKKINGHEADS



3 σωστά πρότυπα



GoodFood

We did it!!

THANKS

