





Co-funded by the European Union

FOOD EDUCATORS: 2022 ACTION REPORT

Letter from Food Educators Lead

Our current food system is facing major challenges that affect all of us. As a community, EIT Food is working to respond to those challenges to provide healthy and sustainable food for everyone (see our <u>missions-led</u> <u>approach</u>). To achieve maximum impact, we realise the importance of increasing awareness and education, so that future generations are given the tools to be able to act for a healthier and more sustainable food system. For this reason, we launched the Food Educators programme in early 2022. The Food Educators programme provides materials to teach young people about healthy and sustainable food choices. The aim is to help young people learn how to choose foods that are good for them and the environment. We also raise awareness about the many exciting job opportunities in the agrifood industry.

Today, we are thrilled to present our first action report. As you read through the report, you can see that we have achieved a lot in our first year. We created lesson plans that have been taught in several EU countries by more than 350 teachers; we have reached more than 1,000 children in our career days; we have published a number of day in a life videos that present exciting career opportunities for young people... and much more! We rely on our team of experts and partners to create and to make use of existing high quality educational materials. That way, we ensure that valuable learning resources continue to have relevance even after the completion of projects, enabling their sustained impact.

And we won't stop here. We will continue to motivate and inspire the next generation in 2023 by supporting teachers and educating young people about healthy and sustainable food practices. We are expanding our reach and engagement and always looking for new opportunities and partners. Please do not hesitate to get in touch with us!



Fabienne Ruault, Programme Manager at EIT Food

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01. ABOUT US

We are Food Educators: the onestop shop for food education and agrifood careers resources



A world where young people have access to education about healthy and sustainable food and are encouraged to work in our exciting and innovative agrifood industry.



To support food educators across Europe and beyond to teach, engage and inspire young people to make healthier and more sustainable food choices and consider a career in agrifood.



Food Educators (formerly "Youth Mission") is an EIT Food programme that aims to promote healthy and sustainable food choices among young people and encourage them to become future agrifood leaders. <u>EIT Food</u> is the world's largest and most dynamic food innovation community, supported by the <u>European</u> <u>Institute of Innovation and Technology</u> (EIT), a body of the European Union.

02. WHAT WE DO

DID YOU KNOW?

Food Educators is the new name for Youth Mission

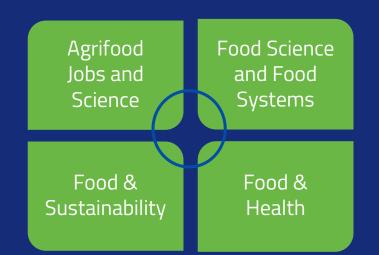
We provide teachers with fun, creative and interesting activities to disseminate to young people, mainly schoolchildren. Our easily accessible, science-based food education materials enhance students' learning so they can become better informed, conscious consumers of the future.

> Food Educators teachers training in Israel, 2022 "Browning of apples experiment"



We harvest new insights into how to deepen learning experiences around food, promote health and sustainability, and motivate future generations to pursue careers in the agrifood sector. Our programme focuses on inspiring leadership, conscious consumerism, food science literacy, entrepreneurial mindsets, and <u>vocational possib</u>ilities among young people aged **9 to 18 years old**.

FOOD EDUCATORS' THEMES



O3. SUPPORTING FOOD EDUCATORS IN EUROPE AND BEYOND



At Food Educators, we believe it is important to provide teachers with the resources they need to **help schoolchildren and students learn about healthy and sustainable food**. To be able to develop appropriate resources that teachers could use in the classroom, we conducted a survey to discover teachers' food education needs.

In 2022, our Teachers' Needs Assessment Survey was disseminated in 6 countries: Cyprus, The Czech Republic, Denmark, Israel, Hungary, The Netherlands and Spain. The survey was answered by 647 respondents and we found the following opportunities and obstacles:



- When it comes to food education, local, school-based policies and initiatives are crucial and therefore, need to be supported
- Food education is mostly related to science education (54% of all answers)
- 3 out of 4 teachers use digital tools in teaching regularly
- According to teachers, students are interested in entrepreneurial skills development



- There is a lack of information on sustainable systems and systems thinking in secondary schools.
- Although external materials are regarded positively, 71% of the teachers have not used any such materials.
- Food waste reduction, shorter supply chains and plantbased food strategies are at the top of the knowledge gaps mentioned.
- 8 out of 10 teachers do not have a clear idea of what "circular economy" means

Based on our findings, we then developed learning materials to be piloted by teachers across Europe.

We also preserved the excellent work developed by EIT Food in previous years.

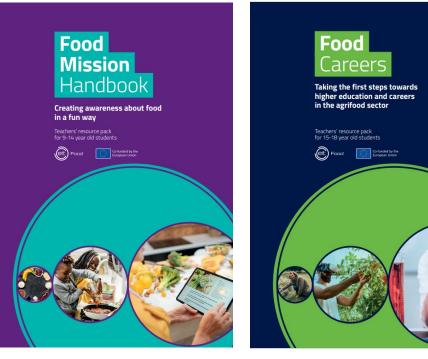
04. OUR ACTIVITIES IN 2022

In 2022, building on the previous educational projects of EIT Food, we launched the Food Educators programme. We created 2 handbooks for teachers to use in the classroom entitled, **"Food Mission"** and **"Food Careers".** The handbooks included ready-to-use resources for schoolchildren aged 9-14 years old and students aged 14-18 years old, respectively. The materials included topics such as healthy eating, food science and science communication, sustainability, agrifood careers, and regenerative agriculture.

During the pilot phase of Food Educators, the handbooks were disseminated to teachers in 5 countries: Cyprus, Czech Republic, Hungary, Israel and Spain.

Once our handbooks had been developed, they were translated into each of the pilot countries' local languages.

We offered in-person and online training to teachers so they felt competent and confident to use the materials in the classroom.



A total of 134 teachers took part in the training of which 97 used the handbooks in the classes.





Food Educators team presented the programme at The Future of Food Conference in Brussels 16th June, 2022 leading a workshop on "Attracting youth to a career in the agrifood sector and tackling the skills shortages: the role of education"

Teachers discussing Food Educators learning materials in Israel

Teachers training in Hungary, October 2022

05. EXAMPLES OF LESSON PLANS

Our handbooks included lesson plans about a range of topics. In our "Food Mission" handbook, lesson plans were divided into topics based on food and sustainability, food and health and food science and communication. In our "Food Careers" handbook, lesson plans were divided into topics based on exploring food systems, agrifood jobs and careers and food science and entrepreneurship. In our <u>"Food Mission" handbook</u>, one of the most popular lesson plans was centred on the topic of food waste and food loss. In this lesson, schoolchildren discovered the differences between food loss and food waste, learned about the damages caused by food loss and waste to the economy, environment and society and recognised ways to reduce food waste.



Food Mission Handbook suffer from hunger or nutritional insecurity (nutritional security is defined as a person' ability to regularly provide for themselve and their immediate family healthy and nutritious food from all main food group of a suitable quality and quantity, in social acceptable ways). Environment (slide 10): reducing food waste Environment (side 10): reducing too waste contributes to reducing the amount of pollutants, greenhouse gas emissions, and climate change. Food wastage is responsible for about 8% of greenhouse gas emissions worldwide. In terms of quantities, this equals around 6.3 gigatons worth of carbon dioxide The main cause of food worth from anticulture Additional resources an additional 8.0 gigaton worth of carbon management and packaging, production, distribution and consumerism is household Food waste in Europe: statistics and facts about change in land use, deforestation and land consumerism. cultivation. The effects of climate change als threaten food supply. For example, corp Simple steps may be taken to reduce food loss About Food Waste The UNEP Food Waste Index Report 2021 perature and other climate change impacts. Concluding resources: a short video with 5 tips to reduce food waste. Finally, ask the students to Infographic: Do not Wastel Change into something joint out one thing they can do at home to reduce Quiz - implementing knowledge eo: Food Waste: The Hidden Cost of the Food We This part is based on a Kaboot quiz with explan This part is based of a Nanibol quiz with explana-tions and detailed infographics (link to challenge in side 11). However, if students do not have individ-ual phones/tablets/laptops we have also included the questions in the PowerPoint (sides 12-32) and the gainers are not with the finding the store the quiz can be conducted by dividing the class into small groups and keeping a score of their righ answers. Slide 33 is a template for recording the Closing/Reflection (Slide 34) dents about what they learned today. Afterwards, the lesson can be concluded with

Other lesson plans in the <u>"Food Mission" handbook</u> include: an introduction to food processing and where our food comes from, an introduction to food science communication, understanding food labels, and experiments with food in the laboratory.

In our <u>"Food Careers" handbook</u>, one of the popular lesson plans was called the "Food careers guessing game". In this lesson, students were tasked with exploring the diversity of jobs within the agrifood sector and understanding how these jobs are interrelated.



Other lesson plans in the <u>"Food Careers" handbook</u> include: The future of school food, agrifood careers adventures, rearing chickens using regenerative versus conventional agriculture and a plant-based milk competition.

Each lesson plan includes the following

to help teachers prepare:

- A short description of the activity and examples of learning outcomes
- The length of the lesson and the preparation time needed
- Detailed instructions on how to conduct the lesson in-class
- Examples of additional resources to be used by the teachers during the lesson or to help prepare for the lesson

To enhance usability and teachers' experience, in 2023 lesson plans will be **ready to download individually** from our new website

06. FEEDBACK FROM TEACHERS

We collected feedback from teachers that used our handbooks using an online questionnaire as well as through interviews or focus groups.

Our results:

- About 93% of the teachers who piloted lesson plans in the Food Mission handbook thought that the students enjoyed the lesson and this was 94% for teachers that piloted a lesson in the Food Careers handbook.
- 80% of the teachers found the Food Mission handbook training to be helpful and 90% of teachers found the Food Careers handbook training helpful.
- About 90% of the teachers stated that the materials provided to them were appropriate in the Food Mission handbook compared to 76% for the Food Careers handbook.
- Overall, the teachers found the objectives of the lesson plans in the Food Mission and Food Careers handbooks to be clear.
- All the teachers who piloted lesson plans from the Food Mission and Food Careers handbooks stated that they would recommend the lesson plan to a fellow teacher.

Food Educators features in its lesson plans the EIT Food <u>"A</u> <u>Day in the Life"</u> <u>agrifood career videos</u>



Feedback from teachers that have used our handbooks has been very positive:

"I read both handbooks with great interest. I will use it in my work with other students as well. I am very happy to participate in this pilot."

"The material inspired me as a teacher to connect to local food stakeholders. I am motivated to think about the lesson plans further and adapt them to our students." "All lesson plans that I tried are usable and provide a sound methodology for bringing in a new topic to the classroom: food. From now on, it is up to us to improve and adapt them for our students!"

"With these handbooks, I like the approach of not having complicated theories, but lesson plans that are close to the students. Topics are from the everyday world so they are appealing to the students. I am truly impressed. These handbooks are a treasure box for teachers with plenty of good ideas and supporting materials!" "The handbooks matched my expectations, the lesson plans are easy to use, even with special needs students."

"The handbooks are very practical and practice-oriented and they are motivating and inspiring for teachers! They provide a great foundation for teachers to build on."

07. OUR LEARNINGS FROM OUR TEACHER HANDBOOKS PILOT

After piloting our "Food Missions" and "Food Careers" handbooks in 2022 and collating feedback from teachers that used them, we identified several takeaways. We will take these learnings to adapt our programme for 2023 and beyond.

Learnings include:

- To adjust lesson durations, to enable teachers to use activities for a part of a lesson or the entirety of a lesson.
- To enhance experiential elements of the lesson plans to ensure activities are interactive and encourage participation from all students in-class.
- To strengthen the links between lessons and food careers, so that students understand how food system topics relate to a variety of jobs.
- To consider how we can align our educational material with national curricula in each country.
- To support teachers in becoming more confident to bring to their classes the topics of food, health and sustainability.

08. OUR CAREER DAYS IN 2022

In 2022, we organised career days across Europe, including in Latvia, Spain, Denmark, Portugal and the United Kingdom. Our aim was to educate children about the significance of food in modern life and why we need to transform our food system to help us achieve the UN Sustainable Development Goals.



During these careers days we raised awareness of the knowledge, skills and attitudes in demand in the food sector and showcased different jobs that require innovation and entrepreneurship to address global food system challenges. We highlighted the importance of STEM-based and vocational skills in different agrifood careers to inspire children that there are lots of opportunities to work in the food sector.

IN TOTAL WE REACHED OVER 1,000 CHILDREN THROUGH OUR CAREER DAYS IN 2022.

09. SPOTLIGHT ON OUR "LOS SALVACOMIDAS" ACTIVITY

One of our highlights from 2022 was our "Los Salvacomidas" activity that we hosted in Spain. The aim of this activity was to teach and educate children about the role of nutrition in their lives, to encourage healthy and sustainable eating habits. We developed materials on topics such as the role of macronutrients and micronutrients, the differentiation between food and nutrition and

sustainable cooking, to encourage children to adopt healthy behaviours into adulthood. Once teachers had taught children about healthy eating habits using the materials provided, the children themselves then took part in a contest to design their own class project to demonstrate what they had learned.



This activity formed the basis of a national competition in Spain, where teachers could register their class to take part. Children could win their school a cash prize of $1000 \in$, by creating a fun class project that showcased what they had learned about healthy eating. In total, 369 schools across Spain took part in the nationwide competition and we look forward to hosting this competition again in 2023! 25

10. SUPPORTING TEACHERS INTO 2023 AND BEYOND

After successfully launching our Food Educators programme in 2022, that reached **382 TEACHERS AND 39,354 STUDENTS*,** we are expanding our reach and engagement into 2023.

In 2023, Food Educators will work on extending its reach.

Our focus will be on **researching**, **synthesising**, **enhancing and testing existing materials** and developing new exciting materials where needed. We will also be **hosting national competitions** and **introducing our programme at science events** across Europe to engage children in healthy and sustainable food systems and inspire teachers to use our resources in-class.



Early in 2023 Food Educators team met in Bilbao, Spain to align on vision and strategy. The team also tested the experiential approach of the program by creating plant-based milks together.



An exciting activity we will continue in 2023 will be Career Days which we host in different countries across Europe. This involves schoolchildren visiting work premises in the food system, such as farms, factories or laboratories to learn about different careers in a real-life setting. Different companies will have the opportunity to talk about the career opportunities they offer to students and young

professionals and inspire them to **consider working in their sector**.



Other innovative food education concepts to pilot in 2023!

In 2023, EIT Food revealed the results of a "Proof of Concept with Societal Potential (PoC)" call for consortia to test activities that have the potential to achieve societal impact. We are pleased that 3 PoC's have been selected in 2023 that align with the mission of our Food Educator's programme! These include 3 activities called "Food Science Web", "Plant-based Kitchen Adventure" and "Education Toolkit". We look forward to learning the results of the feasibility studies for these activities and how they can align with our programme in the future!

Learn more about the Food Science Web, the Plant-based Kitchen Adventure and the Education Toolkit <u>here</u>.

> Learn more about Career Days <u>here</u>.

Overall, throughout 2023 we hope to establish our programme as the place to go to find

quality resources for food education for the coming years and beyond!

11. MEET OUR TEAM!

The Food Educators team includes a range of experts from across several organisations in Europe. We are all motivated to drive the success of the programme and to inspire students to be the future leaders that our agrifood system needs. Meet us below!



Click <u>here</u> to see the launch video of the Food Educators

Youth Mission Kick off meeting 2023 - Bilbao, Spain

Our team explains why they are working on the Food Educators programme!



"Food education is so important for our future generation to be a conscious consumer, to understand and have trust in our food system to be able to make more informed choices and that's why we're incredibly proud to be working with EIT Food on this programme", **Carl Edwards, Director of Education and Public Engagement at LEAF.**



"Food education is important because food is the basis of our life and our health. To be able to enjoy our life in full we need to understand how to enjoy food. Schools are an important place to learn these life skills and teachers can help to achieve the maximum benefits possible for students", **Eliska Selinger, Medical Doctor, PhD Student and Researcher in Nutritional Epidemiology.**



"I'm here to co-create the tools and methods that we can provide to food systems game-changers including teachers and parents. We want to help them to inspire the next generation of consumers, including kids and teenagers, to be able to make sustainable consumer choices and enjoy healthy eating habits", **Iwona Kieda, Communication and Public Affairs, Institute of Animal Reproduction and Food Research at the Polish Academy of Sciences.**

EIT Food

- Vivien Bodereau
- Fabienne Ruault
- Laura Elphick
- Maria Joao Soares
- Miriam Saste

<u>IAR & FR PAS</u> (Institute of Animal Reproduction and Food Research of the Polish Academy of Sciences) in Poland

- Iwona Kieda
- Justyna Banasiak

LEAF (Linking

Environment and Farming) in the United Kingdom

- Carl Edwards
- Tabitha Salisbury
- Philip Adams

<u>Climate Smart</u> <u>Elephant</u> in Hungary

- Viktoria Soos
- Laszlo Jaczenko





Co-funded by the European Union

<u>Sabri Ulker Foundation</u> in Turkey

- Özge Dinç
- Özlem Üliç Çatar

<u>AZTI</u>, a non-profit technological research centre in Spain

• Elena Santa Cruz

Independent Freelancers

- <u>Dr. Keren Dalyot</u>
- Dr. Eliska Selinger

<u>Matis</u>, a biotech R&D company in Iceland • Þóra Valsdóttir

Stay up-to-date with Food Educators!

Join our community!



EIT Food is the world's **largest and most dynamic food innovation community**. We accelerate innovation to build a future-fit food system that produces healthy and sustainable food for all.

Supported by the <u>European Institute of Innovation and Technology</u> (EIT), a body of the European Union, we invest in projects, organisations and individuals that share our goals and vision for a healthy and sustainable food system. We unlock innovation potential in businesses and universities and create and scale agrifood startups to bring new technologies and products to market. We equip entrepreneurs and professionals with the skills needed to transform the food system and put consumers at the heart of our work, helping build trust by reconnecting them to the origins of their food.

We are one of nine innovation communities established by the European Institute for Innovation & Technology (<u>EIT</u>), an independent EU body set up in 2008 to drive innovation and entrepreneurship across Europe.

Find out more at <u>www.eitfood.eu</u> or follow us via social media:







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