

**EIT FoodScienceClass**

**BRINGING FOOD SCIENCE**

**IN THE CLASSROOM**





# CONTENTS

- 04** What is FoodScienceClass?
- 06** Learning in the classroom
- 08** Students investigate
- 10** Students communicate
- 12** Our partners
- 15** Contact

# What is FoodScienceClass?



The EIT FoodScienceClass brings food science and technology into classrooms and turns students into young food researchers to help raise a new generation of empowered citizens.



**EIT Food's FoodScienceClass project (2020-2022)** is a unique and exciting initiative that aims to engage students with the field of food science and technology, helping them to develop the skills and knowledge necessary to become informed and empowered citizens. The project, which has been running for three years, has brought together students from Israel, Poland, Finland, and Belgium, who have had the chance to investigate the origins of industrialized food in their communities and explore the challenges and opportunities of food production and nutrition.

Throughout the project, students have been guided and supported by teachers and food engineering researchers, who have provided them with the skills and tools necessary to conduct their own research and critically assess the various issues related to food science. In addition, these students have also received training in science communication, which has enabled them to share their findings with their peers and communities through social media and other communication channels.

Since its beginning in 2020, the FoodScienceClass project has grown significantly, with three new European partners: **VTT (Finland)**, **Rikolto (Belgium)** and **FoodBank (Poland)**, joining the original four partners **Technion (Israel)**, **IARFR PAS (Poland)**, **EUFIC (Belgium)**, and **DOUXMATOK (Israel)**. This expansion has allowed the project to reach an even wider audience and have an even greater impact on the next generation of young citizens.



**"In our project, it was important to us that students are perceived and addressed as empowered citizens, capable of communicating about significant scientific issues that are relevant to them."**

**Dr Keren Dalyot**  
FoodScienceClass Project Lead  
Technion, Israel

**1**



### **It all starts in the classroom**

Lectures serve as a learning space on the topics of food production and processing, nutrition, cooking and sustainability. Students also learn how to critically evaluate food and health information in the media and online.

**2**



### **Students become detectives**

Students investigate the techniques and ingredients used to produce the foods they commonly eat. With academia and industry as mentors, they identify the benefits and challenges involved in food production.

**3**



### **They inspire their communities**

Students are trained in science communication and are responsible to spread their knowledge to their respective communities!

**Informed consumers**



**conscious food choices**



**healthier and more sustainable diets**



**future-proof food systems**

# 1. Learning in the classroom



"The FoodScienceClass lesson plans are important food literacy tools to learn about healthy and sustainable food at school. They bring us one step closer towards a healthier generation."



**Myrthe Peijnenborg**  
Project partner  
Rikolto, Belgium

**The FoodScienceClass project**, funded by EIT Food, is a unique opportunity for students to learn about the science behind the food they eat. In the classroom, students are introduced to the various disciplines that make up the field of food science, from the foundations of biology and chemistry to the specifics of food production and processing, nutrition, cooking and sustainability. Through a series of lectures and hands-on activities, students have the chance to delve into the complex processes that occur within the food industry

Based on these experiences and feedback from the participating students, FoodScienceClass partners developed easy-to-use and interactive lesson plans for teachers and educators on various topics from understanding food labelling, and evaluating online sources to science communication, food waste and food processing. The lesson plans and attractive supplementary materials are available in English, Hebrew, Dutch, Finnish, Polish and Spanish.

**All materials are free to use and can be found on the EIT FoodScienceClass website:**

[eitfood.eu/projects/foodscienceclass/project-resources](http://eitfood.eu/projects/foodscienceclass/project-resources)





**Food Bank**  
in Olsztyn



## 2. Students investigate



The workshops received a lot of enthusiasm from the teachers, who agreed that the FoodScienceClass programme is attractive and worth implementing in schools.



One of the key features of the **FoodScienceClass project** is the opportunity for students to engage in hands-on investigations. Working in small groups, students will be able to design and conduct experiments to explore a range of food-related topics, such as evaluating online sources, investigating popular foods in their region and finding out how they are produced and what ingredients and nutrients they contain.

This hands-on approach helps students to develop important skills such as problem-solving, critical thinking, and communication, while also giving them the chance to see the practical applications of the concepts they are learning in the classroom. By participating in these investigations, students will be able to learn through doing and gain a deeper understanding of the scientific principles at work.

Workshops inviting teachers of local schools in the respective countries presented the implemented project activities. The teachers learned about the methods and tools, and were invited to several activities that had previously been carried out with the students:

- **zero-waste cooking workshops**
- **label reading activities**
- **food safety experiments**

The workshops received a lot of enthusiasm from the teachers, who agreed that the FoodScienceClass programme is attractive and worth implementing in schools.





White face mask

Przekleś  
Pomysł  
Pasta

MAKA  
TORTOWA  
1 kg

Świeże jaja od polskich kur

WAPALA  
HOT SAUCE

Bank Żywności  
KUCHNIA  
SPOŁECZNA



# 3. Students communicate



**By sharing their work with others, students will be able to contribute to the wider scientific community and gain a sense of pride and accomplishment in their own achievements.**



As part of the **FoodScienceClass project**, students were encouraged to communicate their findings to a wider audience. This might involve presenting their work to their classmates, writing a report, creating a poster to share with their school community, or even participating in a science fair. Through these activities, students will have the chance to develop their public speaking and writing skills, while also learning about the importance of sharing scientific knowledge with others.

Additionally, by presenting their work to others, students will have the opportunity to receive feedback and learn from the perspectives of their peers and teachers. By sharing their work with others, students will be able to contribute to the wider scientific community and gain a sense of pride and accomplishment in their own achievements.

The students engaged with a specifically developed "Food safety & waste" quiz, including questions about proper food storage and preventing food waste. It turned out that young participants have a wide knowledge about extending the shelf life of food and using leftovers.





# Our partners



## Keren Dalyot

Senior Research Associate, Technion, Israel

She was the lab manager of the Applied Science Communication Research Group and has been leading public engagement EIT FOOD funded projects for the past three years. Her research focuses on how the public engages with socio-scientific issues on different platforms and how we can cultivate youth interest in socio-scientific issues in general and in food science in particular.

## Justyna Banasiak

Project Specialist, Institute of Animal Reproduction and Food Research of the Polish Academy of Sciences (IARFR PAS), Poland

As part of IARFR's project team, Justyna is involved in the planning and creative implementation of communication projects aimed at building conscious consumer attitudes, improving eating habits among children and adolescents, and promoting trends in the agri-food market.



## Aneta Janikowska-kiśluk

Head of Innovation and International Cooperation Dep. at Food Bank, Olsztyn, Poland

She creates and develops international and educational projects to tackle food waste, raise awareness and pass knowledge to inspire consumers to take daily food-saving activities.



## Anu Seisto

Research Team Leader, VTT, Finland

Her team combines foresight and customer co-creation. In this project, her specific interest has been in involving students in the discussion and science communication regarding the future of food.





## Myrthe Peijnenborg

Program advisor GoodFood@School and Sustainable Catering, Rikolto, Belgium

She works with caterers, schools & local governments to make healthy, sustainable food at school the norm again.

## Yael Rozenblum

Ph.D. student in the science communication research group at the Faculty of Education in Science and Technology, Technion, Israel

Her Ph.D. research focuses on the development of scientific literacy among adults.



## Virginie Maenhout

Collaborative project Manager, European Food Information Council (EUFIC), Belgium

She has an MSc in Health Promotion and leads the communication of several publicly funded research projects related to food science, sustainability, and trust in food.



## Stephan Kampshoff

Collaborative project Junior Manager, European Food Information Council (EUFIC), Belgium

His background in Nutrition & Health helps him create and manage science-based content for several EU-funded projects.









# Contact



## Communication & media

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## ABOUT EIT FOOD

The Classroom as a Platform for Community Engagement with Food Production and Science is a project under the support of **EIT Food**. 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 European Institute of Innovation and Technology (EIT), a body of the European Union, we invest in projects, organisations and individuals that share our goals 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 (EIT), an independent EU body set up in 2008 to drive innovation and entrepreneurship across Europe.

Find out more at [www.eitfood.eu](http://www.eitfood.eu)  
or follow us via social media:



[www.eitfood.eu/projects/foodscienceclass](http://www.eitfood.eu/projects/foodscienceclass)