



**PROGETTO SEEDS 2013-2015**

Taste laboratory

science topic

teaching of Science with particular reference to education for consciousness and well being

references  
and contacts

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**objectives**

Acquire some information about proper nutrition through “peer education”.

**resources**  
RISORSE

Time 5/6 lessons in Chemical and Agronomy about biomolecules and nutrients with students of fourth class, 4 hours with students of first class

Utilities 16 students 17/18 years old, 100 students 14/15 years old

( age , n° student)/

Money 100 euro for buying food

Space classrooms

## description

4 students of fourth class conduct an activity of nutrition and taste education towards a class of about 25 students of first class, following this outline :

- a) Test about “How is my breakfast ?”
- b) Comparison between past and current afternoon snack
- c) Ingredients in the snacks
- d) Food nutritional and caloric values
- e) Count of caloric value
- f) Origin of food calories and health consequences
- g) Group work : every group must choose some ingredients, prepare a snack, give it a name, choose a slogan, indicate nutritional and caloric values
- h) Presentation by the groups about their works and tasting of the snacks
- i) Final valuation of the recipe
- l) Suggestions for breakfast and afternoon snack

**teaching methodology**

peer education

**experimental approach**

yes, preparing snacks and tasting them

**results**

good reply and enthusiasm by the students, both older and younger

**Critical**

time problems and small spaces.

