

# Healthy snack competition

## Subject where this project is worked

4th of Scientific Culture

## Goals

- Promote healthy eating in 1st and 2nd year ESO students, through healthy snacks and a contest.
- Set Wednesday as the day of the fruit.
- Transmit the importance of bringing snack in reusable containers to avoid the indiscriminate use of aluminum foil and plastics that pollute the environment.

These objectives are related to the objectives of the 2030 agenda, more in depth with objective 3 (Good health), but also with 13 (fight against climate change), 14 (aquatic flora and fauna) and 15 (terrestrial flora and fauna)

## Process

During the first weeks of the quarter the students of 4th ESO of Scientific Culture will draw up an action plan in which they will specify:

- Elaboration of a survey to know the alimentary habits of the students of 1º and 2º ESO, centered in snacks and breakfasts.
- Elaboration of a survey with a proposal of healthy snacks menus, introducing different types of breads, with the objective of proposing to the bar of the institute a variety of little sandwiches, brochettes ... that the students would be willing to buy.
- Establish one day of the fruit per week, as it does in elementary schools, so that all students bring that day fruit for break. It is agreed that it is Wednesday.
- Elaboration of a power point explaining the project and what the contest will consist of.

Once the materials have been developed, the students of 4th ESO:

- Speak with the tutors of the 1st and 2nd ESO classrooms to motivate their students to win the contest. They will also go through the classrooms explaining the contest and recommending that the sandwiches bring them wrapped in paper and inside a lunch box or a plastic bag that will be reused, to avoid the use of aluminum foil. The contest will consist of bringing a healthy snack every day, and a fruit on Wednesday.
- At the time of the break two students of 4th Scientific Culture will be placed in the schoolyard to write down those students who have brought a healthy snack. After one month, the class that brought the most snacks will win a free snack for the whole class and for the tutor. They will also earn an ecoto (wrap to carry the sandwiches).

With these data obtained in the dietary survey, some graphs and a report will be made. On the other hand, different workshops will be prepared that promote healthy eating to be done in class with students of 1st and 2nd of ESO.

At the end of the course, a survey will be carried out to find out whether they have changed their eating habits or not.

**Temporary**

2nd quarter of the 2017-2018 academic year

End of course (survey of changes in eating habits)