



Erasmus For Food Education to Children and Trainers

Project Aim

To **develop food education for children aged 6-10 years through the training of their trainers**, thus to develop among both children and trainers, key competences using innovative approaches.

Project Specific Objectives

- **To propose** a thorough analysis of best practices in food education toward children across Europe.
- **To improve** the trainer's awareness and knowledge on food education through dedicated pedagogical material and training sessions.
- **To create and implement** the "Sustainable Lifestyle Fest" in all participating countries.
- **To develop** food education for children at the European level through dissemination and transferability activities.

Key Project messages

- ▶ **EFFECT will improve** teachers' awareness and knowledge on food education.
- ▶ **EFFECT will support** trainers through increased pedagogical resources and tools.
- ▶ **EFFECT will allow** the establishment of sustainable nutritional habits.

- ▶ Trainers
- ▶ Primary school children
- ▶ Food industries
- ▶ Local & national policy makers
- ▶ General public

Main target groups



Project Methodology

▶ Implementation of the **Sustainable Lifestyle Fest** in schools in all participating countries.

▶ Implementation of **trainers' training sessions** in France, Greece and Spain.

▶ Development of a **White Book on the best practices** in food education sessions toward children.

▶ Development of **dedicated pedagogical material** on food education toward children for trainers.

▶ Development of on-line **E-Learning platform** with adapted pedagogical contents.

Impacts

- **Increase of the knowledge** of best practices in food education towards children across Europe.
- **Increase of pedagogical resources and tools** available to support trainers in the development of food education sessions towards children.
- **Increase of the children's knowledge** regarding food products.
- **Wider dissemination and uptake** of the knowledge in EU educative communities via tailored content on an e-learning platform.

Project Partnership



Total Budget:

€ 397.000

Project Duration:

36 months (11/11/2021 – 1/11/2024)

Social Media:

@EFFECTProject 1

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