

## Health and Nutrition/Well-Being

# STEPS



## Introduction to Health and Nutrition

Health and Nutrition/Well-Being – In many communities, schools also fulfil the supplementary nutritional needs of children. Engaging children to grow their food in small pots, home backyards, and community spaces could be an interesting activity that may not only supplement food, but also create an appreciation for the food and hence reduce waste. The theme also provides students with skills to grow their own food, forge a deeper understanding of the impact their consumption of food has on the environment and what steps they can take to reduce this impact.

## Integrating the Eco-Schools Seven Steps to meet the Challenge of COVID 19

The steps are designed to be adapted to the circumstances different countries/regions are facing. The activities could be done either at home, online or at school. The activities are merely suggestions, so please adapt them to the recommendations and guidelines in your area.

We estimate that going through all of the steps will take about 40-50 hours spread out over 8-10 weeks, and possibly more if you also include the gardening activities.

### Linking the curriculum

Teachers would find links between these steps and the existing curriculum. What subjects are covered: geography, biology, civics/social/cultural studies, etc. Topics like health, diet, gardening, plants, food production, active citizenship, etc. can be easily linked to this theme.

### Skills

It is important to focus on skills that students acquire in the process – framing questions, scientific inquiry, research, communication skills, goal setting and framing success indicators; negotiation, team-work, active citizenship, systemic thinking, critical thinking, facilitation, planning and taking care of plants, appreciation of food, empathy, taking responsibility, agency, etc.



## 1 - Form a committee

Form an Eco Committee with the people around you. It is important to gather stakeholders who need to be involved in decisions to implement the actions! The committee must meet regularly. Depending on the situation where you are, the committee can meet online or use open spaces while keeping the guidelines of social distancing at home.

- At school: in the class or groups, form a Health and Nutrition Eco Committee. It is important to keep the guidelines from local authorities in mind for gathering and meetings. Having virtual meetings is a good idea.
- At home: form an Eco Committee with family, neighbours, friends that are nearby.

## 2 - Sustainability audit

Carrying out a Sustainability Audit helps identify environmental issues related to Health and Nutrition. The results of the Audit will inform your Action Plan.

Research food production and nutrition. What are the current recommendations for consumption of food? How much fruit, vegetables, protein, carbs, etc. should a person eat in a day?

Research what types of food are responsible for a lot of carbon emissions and what types have a low carbon footprint.

Look into what types of fruit and vegetables can be grown in your climate and what is necessary to make them successful. What crops does your country grow the most and why? How much water, sun and soil do the plants need? Do they need greenhouses – do the greenhouses need heating or artificial light?

## 3 - Action Plan

Use the Sustainability Audit to identify the environmental issues you saw in the audit. Create an Action Plan to resolve or improve those problems. It should include the necessary tasks, the people responsible and the time frame for actions to achieve your goals/targets.

What could be done to make your eating habits more sustainable?

Gardening: Work out what fruits and vegetables would have the best chance of growing and surviving where you are. What do you need to grow them and what season would be the best to start sowing the seeds? Do you have a garden available or is something that can be done on your windowsill?

Prepare an action plan to address the problems you have identified. You can use the following format to develop your action plan, and we have illustrated examples for guidance.

Problem Statement	Actions that can address the problem	How will you implement the identified action?	What will success look like?
Large amount of imported food	<ul style="list-style-type: none"> <li>• Raising Awareness of environmental consequences of transporting food a long way</li> <li>• Enforcing it as a social norm</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness campaign on key messages</li> <li>• Public appreciation of people who follow the norms</li> <li>• Providing cognitive reminders at key locations</li> </ul>	People taking responsibility for trying to find foods that are local and seasonal and asking others to do the same
Large amount of food waste	<ul style="list-style-type: none"> <li>• Increasing awareness of the problems surrounding food waste</li> <li>• Spreading ideas on what can be done to get more out of the produce people buy</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness campaign on key messages</li> <li>• Posters appealing to people to use what they have before buying more food</li> </ul>	People taking responsibility for the food waste in their own homes and taking initiative to show restaurants, grocery shops, etc. how to do the same

Tell your family, friends and neighbours what you have learned and spread the message on Social Media using the hashtags [#ecoschoolsstayactive](#), [#sustainablenutrition](#) and [#ecoschoolsgarden](#).

#### 4 - Monitor and evaluate

To find out whether or not you are successfully achieving the targets set out in your Action Plan, you must monitor and measure your progress.

Evaluate the success of the project by looking at the behaviours of the people around you. Has it led to any changes in behaviours? Revisit your action plans and tweak them for desired messaging and impacts to bring about change!

Inform and involve people about what you have learned. Call relatives or friends and tell them what the project's outcomes are. What worked or did not work? What changes have resulted from the project?

Gardening: Did you pick the right crop and did you figure out what it needed to grow? Did you manage to harvest any fruits/vegetables? If not, try going back to action plan and working out what could be done differently.

## 5 - Produce an Eco Code

The Eco Committee must decide on an Eco Code that provides participants with a strategy on what actions can be taken to reduce food waste and creates awareness of the impact our eating habits have on the environment - based on the observations and research done during the project. The Eco Code should list the main objectives of the Action Plan and should be prominently displayed in the school, home or neighbourhood.

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