



*Ministero dell'Istruzione, dell'Università e della Ricerca  
Italian Ministry of Education, Universities and Research*

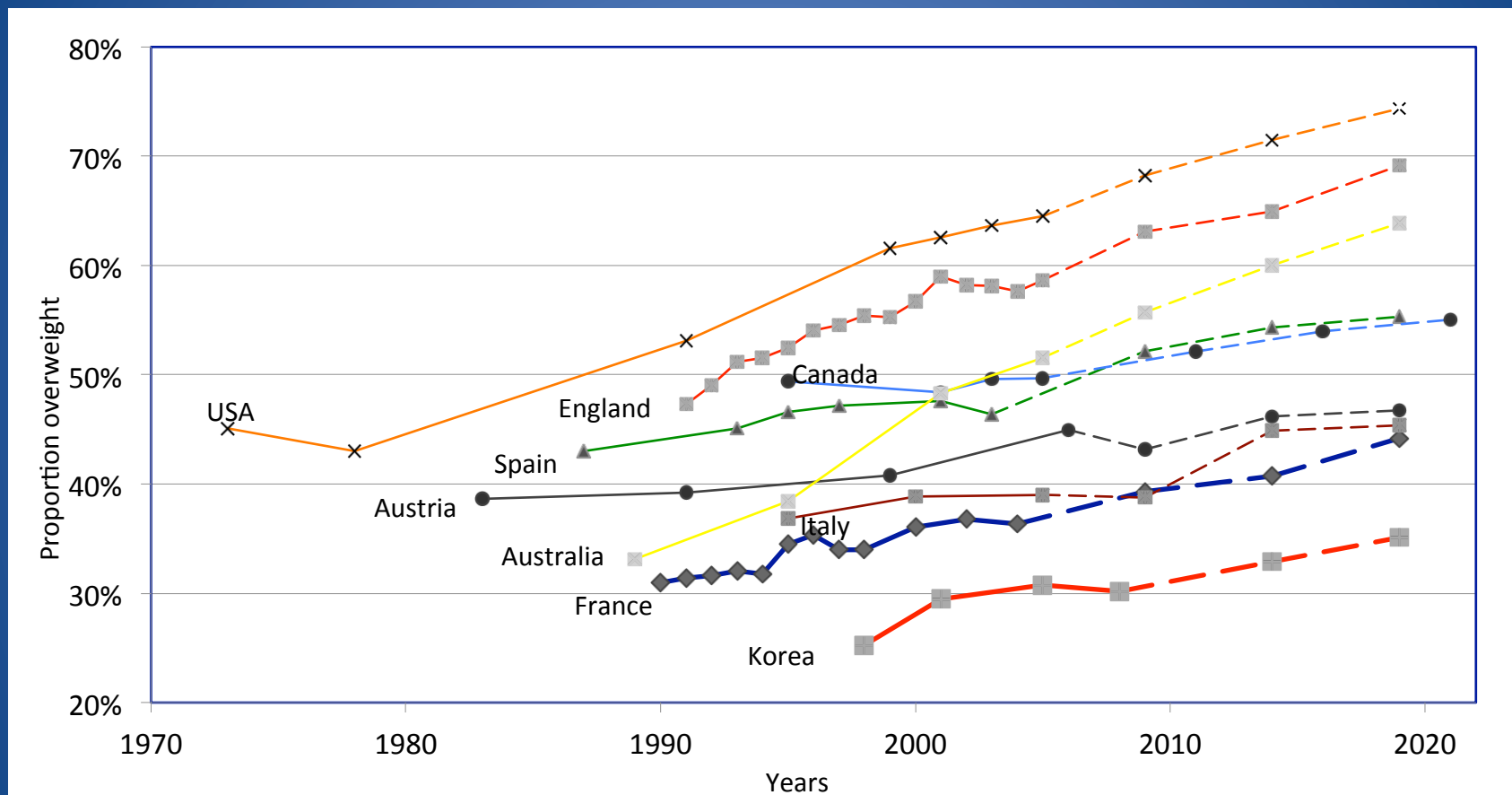
**MIUR's national program Food & Schools**

**and**

**MIUR's Guidelines for Food Education in Schools**

*Comitato Tecnico Scientifico Programma Scuola e Cibo Piani di Educazione Scolastica Alimentare – MIUR*

# Food, Nutrition and Health(?)



Source: *Obesity and the Economics of Prevention: Fit not Fat* – OECD, 23 September 2010

# Entities that participate in food education projects in schools

## The reason behind the Food & Schools Program and MIUR's Guidelines

P  
u  
b  
l  
i  
c

Ministries

Regions

Provinces

Local public  
entities  
ASLs

USRs



Trade  
associations

Businesses  
and  
companies

Educational  
farms

Food  
services for  
schools

Others

P  
r  
i  
v  
a  
t  
e

# Objectives of the Food & Schools Program

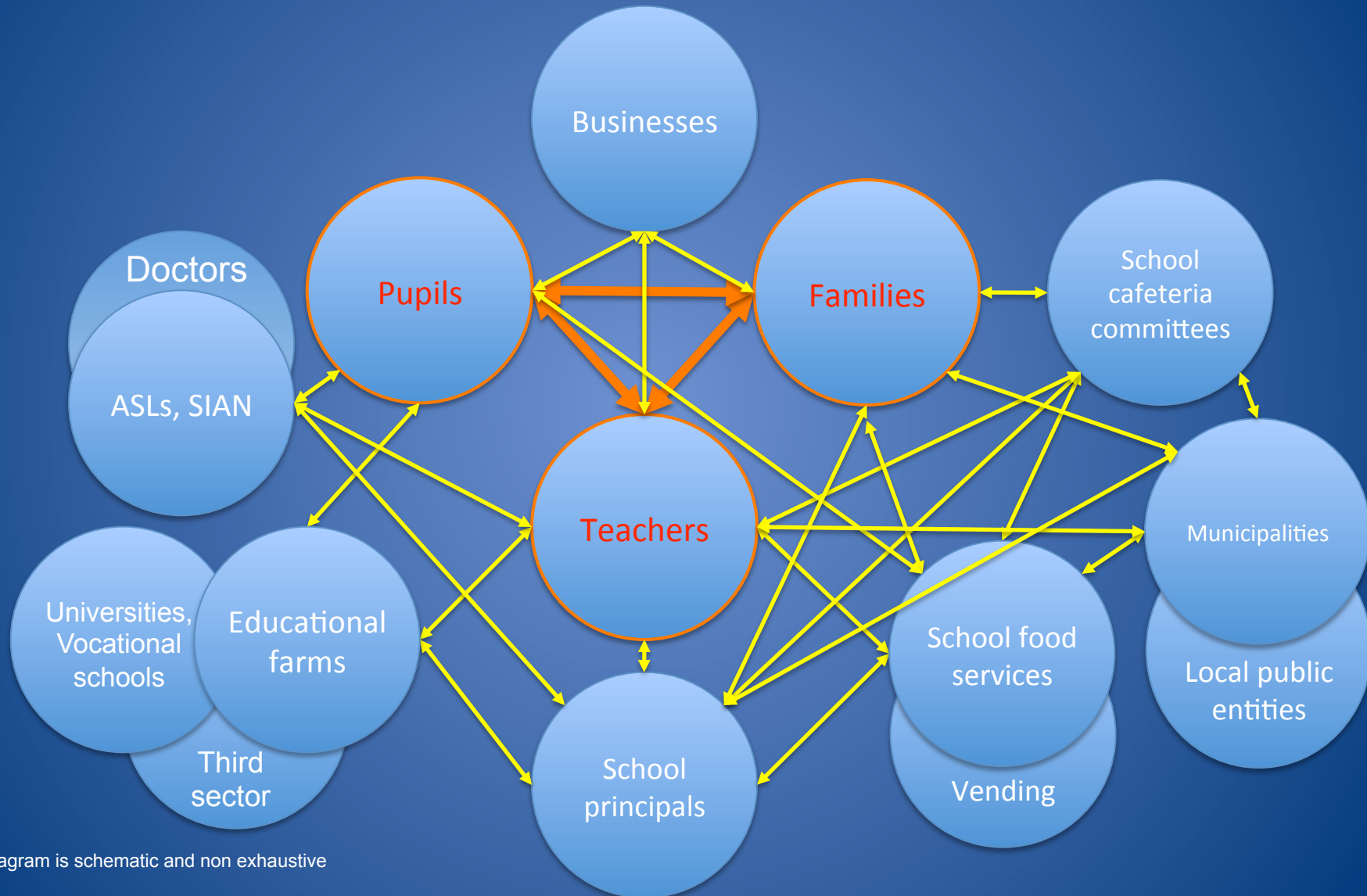
Respond to the need for an efficient and incisive food education program in schools, bringing together and systematizing all contributions

- A uniform didactic and operative **model** for schools of every order and grade in the entire country
- **Consistent** with the objectives, planning, curricula, and language of schools
- Serving as **reference** and **coordinated** with the initiatives and projects by institutions and private and public entities, at local, regional and national levels
- Supporting the **leading role** of schools in training and education programs on nutrition and food
- Able to **receive and develop** the values of EXPO 2015



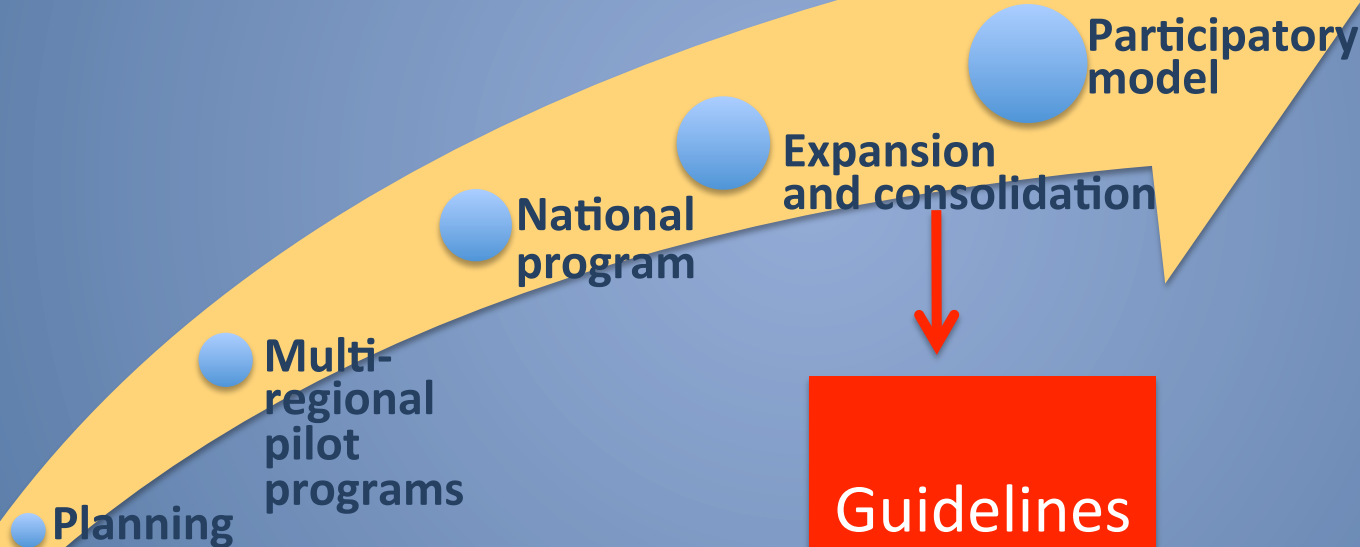
# Food education in schools

## Food & Schools Program's direct and indirect beneficiaries



\* This diagram is schematic and non exhaustive

# Phases of development of the Food & Schools Program



...and beyond!

# The values of the Food & Schools Program

## Feeding = a cultural act



# A few content areas

## The senses

- The sensory approach to food

## Nutrition

- Focus on lifestyle and on the nutritional needs of school-age children

## Knowledge about food

- Knowledge about food, from the sources of production to the issues of processing, distribution and preparation

## Food hygiene and safety

- The importance of correct handling and preservation of food

## Food culture

- Culinary traditions, rituals and customs surrounding food consumption, typical foods, dietary habits, cuisine, catering, interculture.

A method to overcome all reductive approaches:  
nutrition and food throughout the curriculum,  
in laboratories, in the household and in the local community

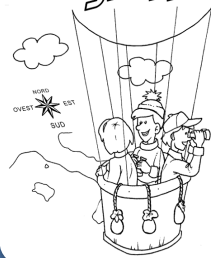
Italiano



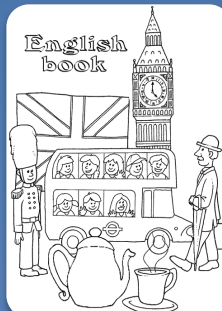
Storia



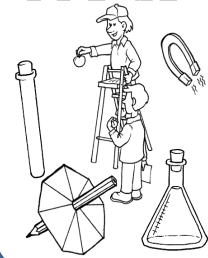
Geografia



English  
book



SCIENZE



Anthropology



Physical  
activity



*Example: primary school*

Words  
about food

Eating in  
the past,  
present  
and future

Men,  
foods, land  
and local  
foods

What do  
you eat?

The  
seasons,  
cycles and  
tastes of  
food

We are what  
we eat

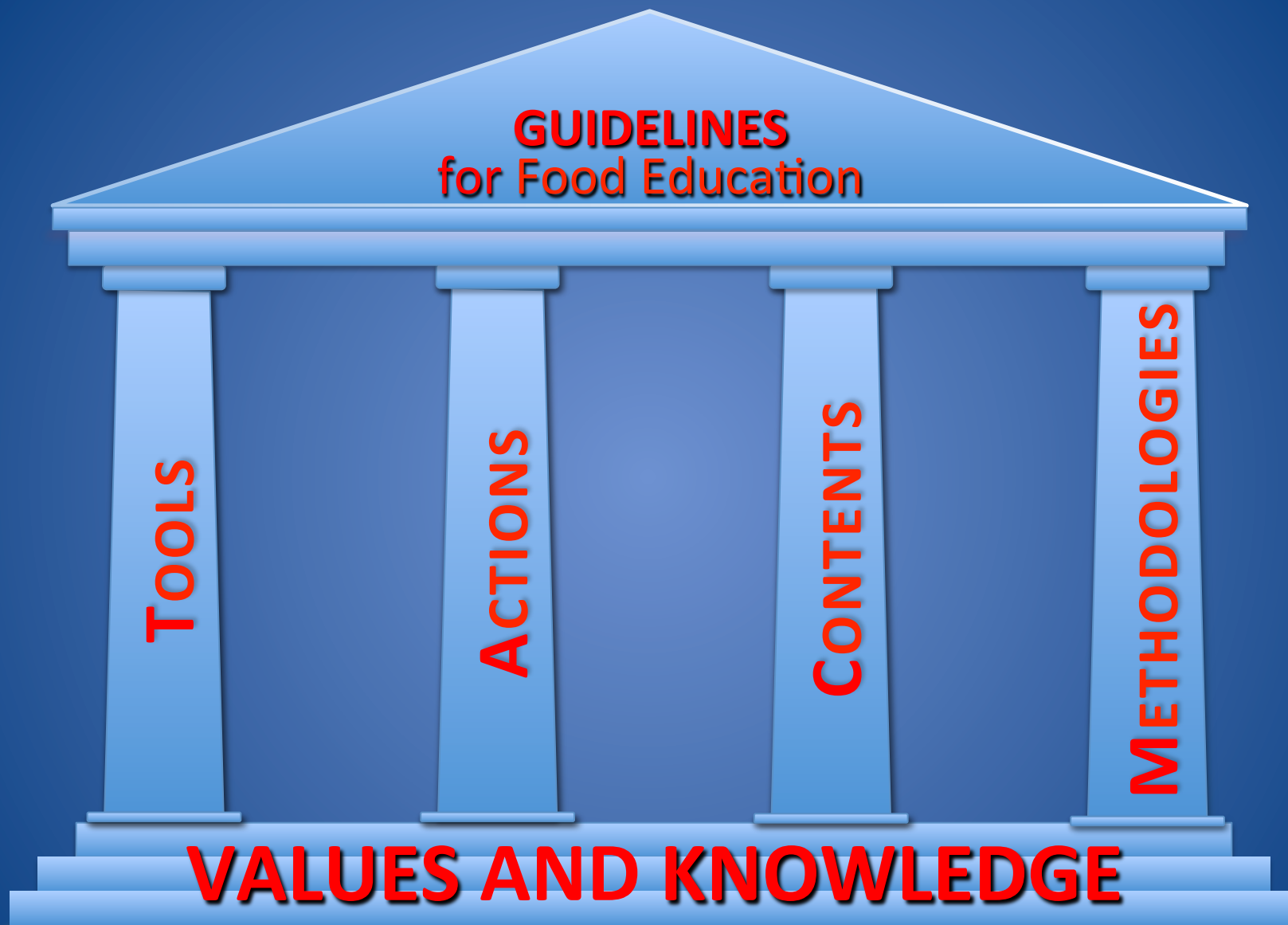
Catering,  
physical  
activity,  
laboratories  
and tours

**The Food & Schools Program offers structured indications for the development of Food Education as an interdisciplinary didactic journey**



# The methodological foundations

- **Systemic view-> focus on relationships**
- **Cognitive psychology-> focus on cognitive modes**
- **Constructivist psychology-> building one's own knowledge**
- **Experiential dimension-> learning by doing**
- **Unity of knowledge-> interdisciplinary dimension**
- **Effective languages-> communication technologies**
- **Focus on verification**



# The Guidelines' cornerstones



# MIUR's Guidelines for Food Education

*Issued in October 2011*

*Introduction and four sections*

- 1. The new role of Schools in Food Education*
- 2. Normative references*
- 3. Food Education objectives, contents and methodologies*
- 4. In support of the Guidelines for Food Education in Italian Schools*

# Introduction: contexts

- *The health care context*
- *The socio-economic and cultural context*
  - analyzing the preparation of meals
  - analyzing the daily diet
  - the growing trend of eating meals away from home
- *Italy's agricultural and food heritage*



# 1. The new role of Schools in Food Education

- *The various stages of Food Education from the 1980s to 2000*
- *A modern idea of food quality, from 2001 to the present*
- *Schools as the driving force of change*
- *The importance of relating to pupils' families*
- *Community, local entities*
- *Health care institutions*

## 2. Normative references I

- *Omissis*

# 3. Objectives, contents and methodologies of Food Education I

## *a) Objectives*

- ✓ *Promoting awareness*
- ✓ *Promoting the adoption of healthy eating habits*
- ✓ *Furthering knowledge about the agro-alimentary system*
- ✓ *Promoting Food Education as a cross-discipline*
- ✓ *Subscribing to a comprehensive concept of food quality*

## *b) Contents of didactic activity: the need for a cultural and systemic approach*

- ✓ *Nutrition and science*
- ✓ *Food products and the food industry*
- ✓ *Food safety and hygiene*

# 3. Objectives, contents and methodologies of Food Education II

## *c) Food Education methodologies*

- myself, the food on my plate, my body
  - myself, daily eating habits, school and family life
  - myself, food, the seasons, my friends and the land where I live
  - myself, food, and society, in the world and in time
- 
- ✓ *Constructivist psychology and a project-based didactical approach: teaching through aims*
  - ✓ *Markers of quality in didactic activities*
  - ✓ *The importance of computer technologies for Communication and for Food Education*

## 4. In support of the Guidelines for Food Education in Italian Schools

- Participatory involvement of USRs, USPs, pilot schools, local communities and entities in the Guidelines and in the Food & Schools Program
- Monitoring numerous third-party initiatives for schools
- CTS Schools & Food as facilitator
- Focus on the development of functional relationships with other social subjects
- Monographic material can be added and integrated



# The Guidelines promoting the evolution of the role of schools in food education

flickr: luiza p.



## Past

- Unstructured
- Not coordinated at a national level
- Mostly local, isolated initiatives



## 2010-14

- National identity
- Act as referent and coordinate third-party initiatives
- Community of practice



## 2015 and beyond

- A model for Italy
- Visibility
- Leading role

# The Food & Schools Program for the efficiency and effectiveness of educational courses on food and nutrition in schools

