

Growing a healthy future, a workshop teaches children how to eat healthy and fun recipes

LOCATION: El Ejido (Almería)

DURATION: 1'35"

SUMMARY: Over 700 students are participating in the 'Growing a healthy future', designed by an agro-food company from Almería. This workshop teaches children how to follow a healthy lifestyle, apart from fun and tasty recipes that they make with fresh products from the Almerian crops.

VTR:

They show a lot of interest but they are not being told about any new videogame. They are talking about nutrition within the workshop 'Growing a healthy future', designed by an agro-food company from Almería. And they are fast learners.

MARTA IBÁÑEZ

Student

"Fruits and vegetables are good for our health."

ANNETTE RODRÍGUEZ

Student

"We need to eat less bakery products and sweets."

PABLO VELASCO

Student

"We also need to exercise, to have strong and healthy muscles."

After the talk, the students of the Andalucía School, make original and fun recipes with fresh products from the Almerian crops. According to the Ministry of health, over 41% of the Spanish children is overweight. This workshop promotes the consumption of fruits and vegetables.

ISABEL MARTÍN

Lecturer

"Eggplants or zucchinis are vegetables that children don't even want to hear about and, once you finish the talk, and you give them some information about nutrition, they end up saying: cripes! Tonight I am going to make the salad we have prepared in the workshop."

Today they have learnt things like that the blue colouring of candy comes from petroleum but, what is their biggest concern?

ISABEL MARTÍN

Lecturer

"If they can eat burgers from McDonald's. That's what they mostly ask but, in general, they are very interested in palm oil, which is trending now."

The agro-food distributing company La Unión teaches these workshops since 2016 to encourage children to follow a healthy lifestyle.

ALBERTO RODRÍGUEZ

Marketing manager La Unión

"We have reached around 2,000 kids and we estimate that we will reach 3,000 once we finish this workshop and those that will be held in the summer."

STUDENTS

"Eating healthy is fun!"