

Healthy eating with a workshop aimed at little food detectives

LOCATION: Los Villares (Jaén)

DURATION: 1'52"

SUMMARY: The Scientific Culture Unit of the University of Jaén organises workshops to promote critical thinking and a scientific vocation among children. One of them arouses their curiosity for food composition, helping them to develop healthy eating habits. It is aimed at elementary students that become food detectives.

VTR:

These students from the Nuestra Señora del Rosario school, in Los Villares (Jaén), are unveiling the secrets of foods. They are doing it in a workshop organised by the Scientific Culture Unit of the University of Jaén, aimed at elementary students. It is called food detectives and has two main goals:

Ana Belén Segarra
UJA biologist and researcher

"Children are going to learn about our relationship with food. We not only need it to nourish us, we also love it, we love eating, and that idea needs to be spread too."

Miguel A. Valdivia
Ntra. Señora del Rosario
School Director

"Nowadays we eat too much prefabricated products, elaborated, too much sugar. So we believe that if we give them autonomy and they are responsible for what they eat, they will have a better future and health at all levels."

Every experiment teaches them something...

"I liked the experiment very much, we have tasted flavours."

"We have discovered that certain foods and substances, when mixed with water, have an acid taste".

"I have discovered which foods contain proteins, vitamins, carbs...etcetera."

KIDS

"To get the materials we need to form our body, and to be strong and healthy."

And they discover how to improve their health.

KID

"We need to eat more vegetables, because they are good for our organism; drink a little more water, we need to get rid of sodas and drink water more often; and a little meat, with a handful of macaroni if we wish."

A way of teaching nutrition education and to arouse their interest for science, which will arrive in all the schools of the province of Jaén that demand it.

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