

NATIONAL REPORT 3 CYCLES OF EDUCATIONAL SEMINARS IN PORTUGAL

Introduction

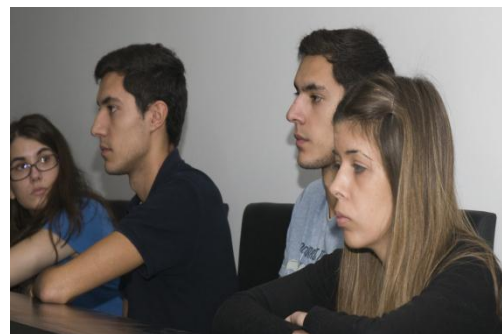
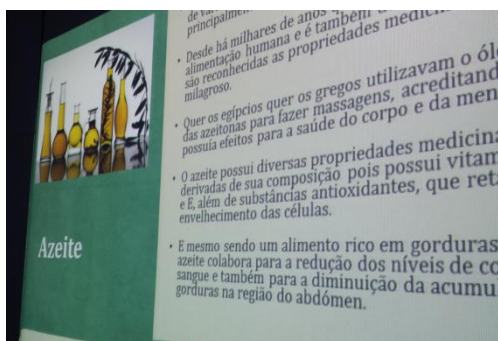
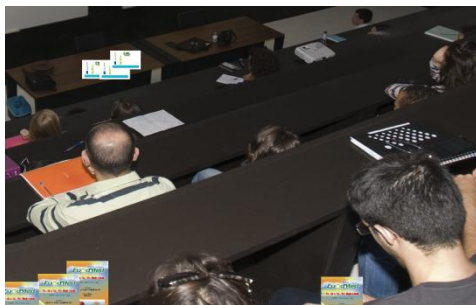
This report represents results of 3 cycles of educational seminars in Portugal. The seminars are the most important events of FoodMed project and its goal is the dissemination of knowledge on healthy diet among adult persons. The seminars, attended by the Portuguese FoodMed Project team, took place in the city of Évora and in the city of Beja between 21 May and 19 September 2015.

General information

- Location University of Évora and Polytechnic Institute of Beja
- Dates 25, 26, 27 May 2015/ 29, 31 July 2015/17, 19 September 2015; 21, 22, 23 May 2015
- Participants: 93 people
 - 36 men/ 57 women
 - Age from 19 to 64
 - Level of education: tertiary, polytechnic and university students
 - Professional activity various /in service sector/, farmers, traders/ students /working students/teachers
- Participants received a certificate with the colours and logos of the project (it includes the participant's name, ID, and the date and signature of the coordinator of the project in Portugal). An example of the certificate is in Google drive.
- There were presented comprehensive following educational unit - Introduction in healthy diet (1 time)–Eatable Gardens - cultivate your own herbs unity (1 time); How to eat Healthy...with traditional cuisine from Alentejo (1 time); How to Stay Healthy – with Grandma Remedies (1 time); Olive Oil (1 time); Bulgarian sour milk (1 time); Dried fruits (1 time); Honey (1 time); Tomatoes (1 time); Wine (1 time); Nutrition during adolescence (1 time); Healthy diet for children – childhood obesity (1 time).
- Training methodology: theoretical face to face, using Moodle platform and choice experiment with food testing and gardens construction. Involved staff: Maria Raquel Lucas /moderator/, Rui Fragoso /teacher/, Cristina Marreiros/teacher,

Alexandra Cardoso and Silvia Biscaia/master students/technical support. Seminars started with presentation of the website and the Moodle platform. Educational units were presented and discussed separately. Participants take a part in a few choice experiments with healthy foods, remedies and eatable gardens construction.

- Educational videos also were showed during the seminar.
- All participants received copy of Portuguese educational handbook, project leaflet and folder with sheets.
- Participants attended each seminar were 15, except one with 18 people.
- Photos from the seminars.









Conclusions of 3 cycles of seminars in Portugal

- The materials are well prepared.
- Topics are very interesting and useful to the audience.
- Participants recognized that they achieved a new knowledge related with healthy diet (particularly for the partner's unities), or renovated an existent knowledge about the other thematic units. Due to the great interest, they will disseminate the information to family and friends.
- Many participants said they would increase the consumption of healthy products and change their food habits.
- Educational videos are useful to better understand the contents and to illustrate how put in practice the traditional recipes.
- Moodle Platform is easy and improve project materials dissemination and communications;

- Choice experiments were very useful for changing the perception of healthy food, the consumption habits and the recycling perspective of people who take a part.
- Participants asked for more practical exercises/show cooking.

Evaluation of the 3 Cycles of seminars and the e-learning platform

1. Period of the Seminars May - September 2015 Participants 90 people
2. Please, specify which modules you have tested – Introduction to healthy diet; Healthy diet for children-childhood obesity; Nutrition during adolescence; Healthy eating and Bulgarian sour milk; Tomatoes and healthy diet; Dried Fruits and healthy diet; Wine; Olive oil; Honey; How to eat healthy...with traditional cuisine from Alentejo; Eatable gardens – cultivate your own herbs; How to stay healthy...with grandma remedies. /Each seminar covers 2 modules. /Each module is presented one time.
3. How satisfied are you with the contents of the modules of the seminar:

MODULES	Very satisfied	Satisfied	Neutral	Dissatisfied	Very dissatisfied
MODULE I: AN INTRODUCTION TO HEALTHY DIET	9	4	2		
MODULE II: HEALTHY DIET FOR CHILDREN – CHILDHOOD OBESITY	10	10	3		
MODULE III: NUTRITION DURING ADOLESCENCE	9	3	3		
MODULE IV: HEALTHY EATING AND BULGARIAN SOUR MILK	11	4	1		
MODULE V: TOMATOES AND HEALTHY DIET	12	3			
MODULE VI: DRIED FRUITS AND HEALTHY DIET	10	3	2		
MODULE VII: WINE	10	3	2		
MODULE VIII: OLIVE OIL	13	2			
MODULE IX: HONEY	12	3			
MODULE X: HOW TO EAT HEALTHY... WITH TRADITIONAL CUISINE FROM ALENTEJO	13	2			
MODULE XI: EATABLE GARDENS – CULTIVATE YOUR OWN HERBS	14	1			
MODULE XII: HOW TO STAY HEALTHY... WITH GRANDMA REMEDIES	12	3			
OVERALL SEMINAR	135	41	13		

4. Please evaluate the following elements regarding the seminar
1 - the most negative value

3 - the indifferent value
5 - the most positive value

Nº	Questions	1	2	3	4	5
1	The quantity of information provided			16	44	33
2	The quality of the content explained			5	58	30
3	The language and layout of the materials			1	13	79
4	The material is clear and easy to understand?			10	13	70
5	Preparation of the trainers/speakers				19	74
6	Adequacy of the provided educational material			8	16	69
7	Classroom adequacy				2	91
8	Satisfaction about the organization of the training (facilities, environment timing etc.)			1	9	83
9	Are there any modifications/amendments that you would introduce in this seminar?					
8	Please, propose the topics of your great interest for next seminars					
Local/Typical Products Nutrition/Healthy Diet and Life Cycle Healthy Diet, Fashion and Life Style Urban Gardens Peri Urban Agriculture Sustainability Green Terraces and Environment Functional Foods Renewable Energy Food and Ethnics Reuse Waste Food						
9	Will you put in practice what you have learned here?: 77 □ yes; 0 □ no; 16 □ maybe					

E-learning platform

5. Have you used an e-learning training before?

82 ☐ Yes 13 ☐ No

Nº	Questions	1	2	3	4	5
1	Is the e-learning system useful?			1	23	69
2	Is the e-learning platform accessible and well designed?			6	34	53
3	Is the e-learning platform easy to use?			6	19	68
4	Is the online material readable and easy to understand?				9	84
5	Is the e-learning methodology appropriate?				14	79
6	Is there anything missing? If yes please indicate:					
More Videos and Less Information.						

Will you use what you have learnt in the e-learning platform in your daily life?

- ☐ Yes 93
- ☐ No 0
- ☐ Don't know 0

6. After the seminar, my knowledge about healthy nutrition and organic farming/products is:

- ☐ better 77
- ☐ has not changed 16
- ☐ worse 0