



Lifelong
Learning
Programme



TRAINING DESIGN

My Food – My Medicine

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1. Introduction

My Food My Medicine is a LLP project funded by the European Commission with the main aim of transferring knowledge about a healthy diet among adults that live in cities.

The idea of the project is to inform different target groups that food must be our medicine, thus a healthy diet is the basis of a good life thus regaining control over food.

The project answers the challenges of healthy nutrition in the cities in the midst of the economic crisis aiming mainly at promoting traditional organic food and healthy diet.

The partners from Bulgaria, Italy, Greece, Portugal and Spain have developed educational material on organic diet, small scale organic cultivation in the city and traditional cuisine that answer the most common questions asked by consumers when it comes to healthy diet or organic products: “Why eat organic?” “Does it cost more?” “Why does it costs more?” “Is it worth it?”

Training design

The present document is to accompany and support future My Food My Medicine trainers in planning and carrying out the training. The structure of the training will be explained together with training methods and material available to trainers and participants, which has been created within the mentioned project.



2. Goals

The following elements can be considered as important goals for the MY FOOD MY MEDICINE training:

- raising the participants' awareness and sensitising them on organic food and health lifestyles;
- imparting basic knowledge on food and healthy diet;
- giving instructions for practical action, implementation of organic cultivation and traditional cuisine.

Raising the participants' awareness and sensitising them

The first step to a successful behavioural change towards a sustainable life style consists in making the participants aware of a healthy diet and organic products. Why to eat organic food? Why to produce your own organic food? Why returning to traditions and what is the link with organic items? What impact does this have on an individual basis? In order to sensitise the participants, it is necessary to raise their awareness and knowledge on the topics so that they can make their own perceptions and lines of action visible, reflect on them and consequently also change them.

Imparting basic knowledge

Besides raising the participants' awareness and their sensitisation, an important feature of the MY FOOD MY MEDICINE training is in imparting basic knowledge. In this respect, it is not a matter of imparting special knowledge and facts and figures, in detail, but of imparting fundamental information on the respective topics. In this context, the training focuses on the areas that are necessary to achieve the other goals. Information and knowledge can contribute to raising awareness but can also promote the implementation of measures. Therefore, imparting knowledge in the fields of organic food, healthy lifestyle and traditions is a fundamental element of the training.

Giving instructions for practical action (implementation of measures)

The combination of raising awareness, sensitisation and imparting of basic knowledge forms the basis for applying knowledge in everyday life. Giving instructions for practical action is a part of the training to make some traditional dishes or to follow recipes suggested. This will help to integrate what has been learned in each participant's everyday life and will lead to a long-term change in the life style.

The educational material created is for: Adults interested in issues of organic/healthy nutrition; City residents; Students; Trainers; Consumers' associations; Adult training centers; Parents of minors and pregnant women; Teachers of primary and secondary education that teach lessons related to environmental awareness and nutrition with the final aim of changing lifestyles and improving personal well-being in all participants.

3. Training Methods

The My Food My Medicine Training is to be designed at the discretion of each trainer, as each trainer has a “style” of his/her own and it should also be possible to maintain this style. However, some useful items that should be taken into account when planning the training according to the material devised within the project are listed below.

Lectures / Face to face training

The lectures/ face to face trainings given by trainer should be structured as to impart the most important contents by starting from the project handbook and devising slides.

Nevertheless, all trainers are invited to apply their own methods of teaching specifically to the target groups.

Videos - illustrative examples

The videos created within the MY FOOD MY MEDICINE project are illustrative examples of successful stories to motivate those participating in the training to actively deal with the topics and in some cases to create a job around the issue. The videos can be used during the face to face training or online as an introduction or conclusion to the module. This method is useful to people who think through images, illustrative examples and clear messages are very important and conducive.

Group work

Group work is particularly suitable for researching further material on the topics and for linking them to the individual sphere of the participant. Group work helps to promote social competencies, foster problem resolution within the team and increase fun at learning. The trainer can create different group works based on his/her experience and practice oriented to the topic.

“Letting things happen”

Interactive activities and group work often lead to autonomous activities, where what has been learned and seen is translated into reality. No matter whether the ideas implemented are small or big, it is a matter of promoting creativity and helping the participants to approach real measures. Here theory becomes practice while the results are made visible.

Working continuously

Despite all the endeavours to work practically, it should be borne in mind and explicitly pointed out that implementation of measures of healthy lifestyle will only be enabled by working on the issues continuously.

In this respect, it should also be noted that no rating (against absolute figures) should be made, i.e. that measures should not be classified as being significant or insignificant. Small steps also are important and will have to be appreciated accordingly. Any contribution to improvement of healthy lifestyle is justified and will have to be acknowledged.

Interactive Quizzes

Interactive quizzes are to motivate those participating in this training to actively deal with the topics by answering questions related to the topic. The quizzes are suitable as homework enabling the participants to repeat what they have learned and/or to deal with the fundamentals of a topic during a lesson. The interactive quizzes can be used in gaming situations between the participants of the course.

Events/Visits

In addition to the trainings and teaching units, events or visits to relevant institutions provide an optimal method of raising awareness. Visiting a farm or a shop with organic products helps to see what has been learned, in a more practical way. Also putting into practice what has been learnt through cooking workshops and/or realizing products suggested in the recipes enhances motivation in the participants who can experiment different elements individually. It is necessary to make sure that the needs and expectations of the target group are listened and responded to as far as possible and that the visit is designed and programmed accordingly.

Motivating participants

In order to motivate those participating in the trainings and keep up their attentiveness, it will be very important to address the participants where they are concerned personally most. In the field of sensitisation, in particular, it is necessary to combine the lessons with daily life. Where am I concerned as an individual? What effects do I need to bear and expect? What advantages can I draw? These are some of the questions that the trainer needs to ask when preparing and carrying out a training.

The methods to be used to motivate the participants are different from one trainer to the other and also depend on the target group. The options range from positive motivation (facilitation and support, advantages) via working with touching examples (intact nature, beautiful pictures) to “shocking figures” and deterrent images. These tools need to be handled with care in order to enable successful training.

4. Educational Material

For carrying out the MY FOOD MY MEDICINE Training, different educational material has been created:

- A handbook;
- An online learning platform;
- Educational videos
- An online environment for trainers

And reports on different events carried out by the partners of the project as follows:

- Educational seminars
- Infodays

a. Handbook

The handbook includes educational material on two main thematic categories:

- Organic/healthy eating including the following main topics (nutrition guide, healthy lifestyle, children's obesity and rules for a healthy diet for children, pregnancy and healthy diet, food safety and traditional cuisine and recipes)
- Organic cultivation in the city – local seeds with two wide topics (vegetables and herbs).

The handbook includes text and exercises on 12 topics: an introduction to healthy Diet; tomatoes and Healthy Diet; Healthy Eating and Bulgarian Sour Milk; Dried Fruits and Healthy Diet; Wine; Olive oil; Honey; Nutrition during Adolescence; Healthy diet for children – childhood obesity; Eatable Gardens - cultivate your own herbs; How to stay healthy ... With Grandma Remedies; How to Eat Healthily ... With Traditional Cuisine from Alentejo.

All topics are developed following the same structure starting with a short historical introduction, developing theoretical contents, putting into practice through recipes or activities and concluding with further resources to be explored.

The English version of the handbook can be downloaded at: <http://food-med.eu/en/educational-material>

The partners have translated and adapted 9 of the 12 topics above to their national languages. These handbooks can be downloaded on the project website: <http://food-med.eu>

b. online learning platform

The online learning platform is available at: <http://food-med.eu/moodle/>

A username and password is needed; users can create an account when entering for the first time.

The platform contains educational videos, texts about the topic and quizzes to test knowledge acquired. Each partner has created an online environment in their language where participants can also communicate on the different issues of the topic in forums (for asynchronous communications) and in chat (for synchronous purposes), thus allowing to receive new information and data from the participants themselves and therefore creating a community for learning. Quizzes and tests can be done online or offline and then sent to the trainer at distance. External links have been integrated into the material.

c. Educational videos

Educational videos on different topics have been created (at least 3 in the national languages of the partners). The videos follow the same format, starting with an introduction of a professional working with the product (ie. for Honey a honey maker and beehive keeper presents his/her job), a presentation of the product, it's history and today's use and the realization of a recipe with the product to end with. Each video has a duration of about 15 minutes and is available on the My Food My Medicine Youtube channel:

<https://www.youtube.com/channel/UCJVO9BdyfKyh8EGXJT22MYA>

and on the online learning platform, and via the home page of the web site www.food-med.eu

d. online environment for trainers

The online environment “Training methodology and Resources for trainers” is available at: <http://food-med.eu/moodle/course/view.php?id=135>

A username and password is needed; users can create an account when entering for the first time.

This section contains:

- the training design/methodology suggested by the project partners to implement the MY FOOD MY Medicine training;
- Resources for Training: a set of questions to be used for interactive quizzes in class or online. A short text/tutorial on how to use KAHOOT!, an online tool to create interactive quizzes and allow to create a simple competition in class on the topics discussed.
- Examples of use of the training material – reports on partners experiences of different training activities carried out with the training modules.

The above educational material should be adapted by each trainer specifically to the needs of the target groups. Please keep in mind that case studies and practical examples will be most effective if they are linked to everyday life of each participant.

Additional training documentation to be recommended includes

- excerpts from radio and television broadcasts
- further readings

It is up to the individual trainer to select and use documentation as needed. When selecting documentation, the trainer should consider topical issues, contributions and facts as far as possible.

As a second set of material recommended to be used for the training the reports of the partners experience in delivering the educational material should be taken into consideration.

During the project period all partners have run:

a. Educational seminars

Each partner organized 3 pilot seminars addressed to adults to evaluate all the educational material created. The participants of the seminars have evaluated the material the organization and the potential impact in changing personal attitude towards healthy food through a questionnaire. This document can be consulted to decide on the organization of the training and to see how the different activities and training methods have been combined in various sessions.

All results have been summarized in the “overall international seminars report” available on the online learning platform in the dedicated section for trainers “Training methodology and Resources for trainers“ <http://food-med.eu/moodle/course/view.php?id=135>

b. Information days

Each partner organized information days addressed to a general public interested in the topics of organic food and healthy eating. The main aim of the information days was to transfer the project products to anyone interested. The participants of the seminars have evaluated the material and the organization through a questionnaire. This report is useful to understand how to promote the material created and the methods used to engage participants in potential courses.

All results have been summarized in the “national information days reports” available on the online learning platform in the dedicated section for trainers “Training methodology and Resources for trainers“ <http://food-med.eu/moodle/course/view.php?id=135>

5. Training Scheme

The structure of the MY FOOD MY MEDICINE training material is based on a modular concept, meaning that the topics/sections of the course can be used independently, therefore the trainer or course organizer has the opportunity to build his/her own course based on the specific characteristics of the target group (expectations and prior knowledge).

The trainer can also decide on the different methods to be used to deliver specific content by using all the above mentioned material and methods.

The created modules cover different hours of teaching with additional learning hours for each module developed.

The MY FOOD MY MEDICINE training is composed of the following training/learning modules:

- An Introduction to Healthy Diet
- Tomatoes and Healthy Diet
- Healthy Eating and Bulgarian Sour Milk
- Dried Fruits and Healthy Diet
- Wine
- Olive oil
- Honey
- Nutrition during Adolescence
- Healthy diet for children – childhood obesity
- Eatable Gardens - cultivate your own herbs
- How to stay healthy ... With Grandma Remedies
- How to Eat Healthy ... With Traditional Cuisine from Alentejo

For each training module a framework describing general aims, learning time and duration, learning objectives, competences achieved and training methods to be used during the training has been created.

The frameworks for all the modules can be found below.

Title	AN INTRODUCTION TO HEALTHY DIET
Area	Healthy nutrition
Main Target Audience	The end users of the module are: Adults mainly city residents; students over 16; trainers and teachers interested in healthy nutrition; Consumers' associations; training centers.
Description of the module and general aims	This module allows the participant to understand: <ul style="list-style-type: none"> ● Energy requirements and consumption ● Acquaintance with the nutrients ● Diet tips for good health ● Greek (Mediterranean) Diet ● Are organic products safer than conventional? ● Are organic products more nutritious than conventional?
Learning Time and Duration	Learning time and maximum duration for the training related to the module: 24 hours learning time
Learning Objectives	Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module. Once the participant has completed this module he/she will be able to: <ul style="list-style-type: none"> ● Understand which are the characteristics of basic foods ● Know what are the energy requirements for a healthy life ● Organize your diet so that you use the right variety of food ● Understand the basic elements of Mediterranean diet and how it affects positively longevity ● Understand the advantages of organic products
Competences achieved	Specific competences related to the project theme <ul style="list-style-type: none"> ● knowledge of the nutritional characteristics of main foods; ● how to organize a balanced diet; ● be able to evaluate organic versus conventional food.
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	Type of activities considered useful for the training of this module: <ul style="list-style-type: none"> - Face to face teaching - Online learning

Title	Tomatoes and Healthy Diet
Area	small scale organic cultivation
Main Target Audience	The end users of the module are: Adults mainly city residents; students over 16; trainers and teachers interested in healthy nutrition; Consumers' associations; training centers.
Description of the module and general aims	This module allows the participants to understand: <ul style="list-style-type: none"> ● The Origin and characteristics of tomatoes ● Valuable local varieties of tomatoes ● Differences between organic and conventional tomatoes ● Organic growing of tomatoes and technologies ● Benefits from traditional cuisine and recipes with tomatoes
Learning Time and Duration	Learning time and maximum duration for the training related to the module: The maximum duration of training is 24 hours, distributed in: 8 hours of theoretical training; 8 hours for visits (farms, processors, markets) and 8 hours of practical work.
Learning Objectives	Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module. Once the participant has completed this module he/she will be able to: <ul style="list-style-type: none"> ● Identify local varieties of tomatoes to use for the production of organic tomatoes; ● distinguish organic from conventional production of tomatoes; cultivate organic tomatoes; ● understand what benefits there are for health consumption of organic tomatoes and foods in which they are the main ingredient; ● prepare food with tomatoes.
Competences achieved	Specific competences related to the project theme knowledge about values of tomatoes; how to cultivate organic tomatoes; how to prepare healthy food with tomatoes.
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	Type of activities considered useful for the training of this module: <ul style="list-style-type: none"> · Theoretical learning /blended learning/: <ul style="list-style-type: none"> - face to face; - online learning. · Practical learning: <ul style="list-style-type: none"> - case study - workshop; - self study.

Title	Healthy Eating and Bulgarian Sour Milk
Area	Domestic production
Main Target Audience	The end users of the module are: Adults mainly city residents; students over 16; trainers and teachers interested in healthy nutrition; Consumers' associations; training centers.
Description of the module and general aims	This module allows the participant to understand: <ul style="list-style-type: none"> • Historical facts and features of sour milk • Types and nutritive value of sour milk • Difference between organic sour milk and industrial production • Benefits of organic sour milk categorized by groups of people
Learning Time and Duration	Learning time and maximum duration for the training related to the module: The maximum duration of training is 24 hours, distributed in: 8 hours of theoretical training; 8 hours for visits (farms, processors, markets) and 8 hours of practical work.
Learning Objectives	Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module. Once the participant has completed this module he/she will be able to: <ul style="list-style-type: none"> • Understand the origin of Bulgarian sour milk; • Distinguish organic from conventional production of sour milk; • make domestic sour milk; • understand the benefits of consumption of sour milk; • use sour milk.
Competences achieved	Specific competences related to the project theme <ul style="list-style-type: none"> • knowledge about values of Bulgarian sour milk; • how to make domestic sour milk; • how to prepare healthy food with sour milk.
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	Type of activities considered useful for the training of this module: <ul style="list-style-type: none"> - Theoretical learning /blended learning: <ul style="list-style-type: none"> - face to face; - online learning. Practical learning: <ul style="list-style-type: none"> - case study; - workshop; - self study.

Title	Dried Fruits and Healthy Diet
Area	Organic diet
Main Target Audience	The end users of the module are: <ul style="list-style-type: none"> ➤ Adults mainly city residents; students over 16; trainers and teachers interested in healthy nutrition; Consumers' associations; training centers, schools.
Description of the module and general aims	This module allows the participant to understand: <ul style="list-style-type: none"> • The origin and meaning of dried fruits • The most widespread dried fruits - Classical Quartet • Nutrition values of several dried fruits • The benefits of organic production • Production of dried fruit at home • Traditional Bulgarian recipes with dried fruits
Learning Time and Duration	Learning time and maximum duration for the training related to the module: The maximum duration of training is 24 hours, distributed in: 8 hours of theoretical training; 8 hours for visits (farms, processors, markets) and 8 hours of practical work.
Learning Objectives	Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module. Once the participant has completed this module he/she will be able to: <ul style="list-style-type: none"> • understand the importance of dried fruits; • identify the features of dried fruits; • understand the benefits of consumption of dried fruits for health; • prepare dried fruits at home and recipes with them.
Competences achieved	Specific competences related to the project theme <ul style="list-style-type: none"> • knowledge about values of dried fruits; • how to choose dry fruits and use them.
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	Type of activities considered useful for the training of this module: <ul style="list-style-type: none"> • Theoretical learning /blended learning: <ul style="list-style-type: none"> - face to face; - online learning. • Practical learning: <ul style="list-style-type: none"> - workshop; - self study.

Title	WINE
Area	Knowledge of attributes and healthy features of wine
Main Target Audience	The end users of the module are: Adults mainly city residents; students over 16; trainers and teachers interested in healthy nutrition; Consumers' associations; training centers, schools.
Description of the module and general aims	This module allows the participant to understand: <ul style="list-style-type: none"> ● Wine and Health throughout history ● Red wine composition ● Key Health benefits of wine ● Short description and list of diseases wine can cure. ● Wine contraindications ● Folk remedies with wine
Learning Time and Duration	Learning time and maximum duration for the training related to the module: The maximum duration of training is 24 hours, distributed in: 8 hours of theoretical training; 8 hours for visits (farms, processors, markets) and 8 hours of practical work
Learning Objectives	Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module. Once the participant has completed this module he/she will be able to: <ul style="list-style-type: none"> ● Make his/her own remedies with wine.; ● Identify measures against insomnia, prostate, cancer, etc ● Identify benefits arising from wine consumption. ● prepare foods with wine.
Competences achieved	Specific competences related to the project theme knowledge about values of wine; <ul style="list-style-type: none"> ● how to prepare healthy foods with wine. ● How to treat small disturbances with wine.
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	Type of activities considered useful for the training of this module: <ul style="list-style-type: none"> · Theoretical learning: <ul style="list-style-type: none"> - face to face; - online learning. · Practical learning: <ul style="list-style-type: none"> - field survey; - workshop; - self study. - Wine tasting events

Title	OLIVE OIL
Area	Knowledge of attributes and healthy features of Olive Oil
Main Target Audience	The end users of the module are: Adults mainly city residents; students over 16; trainers and teachers interested in healthy nutrition; Consumers' associations; training centers, schools.
Description of the module and general aims	This module allows the participant to understand: <ul style="list-style-type: none"> • Olive Oil composition • Key Health benefits of Olive Oil • Short description and list of diseases Olive Oil can cure. • Olive Oil contraindications • Folk remedies made with Olive Oil.
Learning Time and Duration	Learning time and maximum duration for the training related to the module: The maximum duration of training is 24 hours, distributed in: 8 hours of theoretical training; 8 hours for visits (farms, processors, markets) and 8 hours of practical work
Learning Objectives	Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module. Once the participant has completed this module he/she will be able to: Make remedies with Olive Oil. Identify measures against high cholesterol, against cancer, prevention of diabetes, rheumatism, burns, skin care, etc Identify benefits from Olive Oil consumption. prepare food with Olive Oil.
Competences achieved	Specific competences related to the project theme knowledge about values of Olive Oil; how to cultivate organic Olives; how to prepare healthy foods with Olive Oil.
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	Type of activities considered useful for the training of this module: <ul style="list-style-type: none"> · Theoretical learning: <ul style="list-style-type: none"> - face to face; - online learning. · Practical learning: <ul style="list-style-type: none"> - case study /field survey/; - workshop; - self study. - Olive Oil tasting events

Title	HONEY
Area	Knowledge of attributes and healthy features of Honey
Main Target Audience	The end users of the module are: Adults mainly city residents; students over 16; trainers and teachers interested in healthy nutrition; Consumers' associations; training centers, schools.
Description of the module and general aims	This module allows the participant to understand: <ul style="list-style-type: none"> • The origin and meaning of Honey • The most widespread Honey - Classical Quartet • Nutrition values of several Honeys • The benefits of organic production of honey • Traditional recipes with Honey
Learning Time and Duration	Learning time and maximum duration for the training related to the module: The maximum duration of training is 24 hours, distributed in: 8 hours of theoretical training; 8 hours for visits (farms, processors, markets) and 8 hours of practical work
Learning Objectives	Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module. Once the participant has completed this module he/she will be able to: Understand the importance of Honey; Identify the characteristics of Honey; identify the benefits of Honey consumption for health; prepare recipes with Honey at home.
Competences achieved	Specific competences related to the project theme Knowledge about values of Honey; How to use Honey at home for the family's health..
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	Type of activities considered useful for the training of this module: <ul style="list-style-type: none"> • Theoretical learning: <ul style="list-style-type: none"> - face to face; - online learning. • Practical learning: <ul style="list-style-type: none"> - workshop; - self study. - Honey tasting event

Title	NUTRITION DURING ADOLESCENCE
Area	Healthy nutrition
Main Target Audience	The end users of the module are: Adults mainly city residents; students over 16; trainers and teachers interested in healthy nutrition; Consumers' associations; training centers, schools.
Description of the module and general aims	This module allows the participant to understand: <ul style="list-style-type: none"> • Development in adolescence • Changes in the body during adolescence • The nutritional needs of adolescents • Factors that influence the dietary behavior of adolescents • Problems related to nutrition and body image • Nutrition advice in special situations
Learning Time and Duration	Learning time and maximum duration for the training related to the module: 24 hours learning time
Learning Objectives	Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module. Once the participant has completed this module he/she will be able to: <ul style="list-style-type: none"> - Understand the changes of the body during adolescence - Understand the psychological and social changes during this age - Get acquainted with the special nutritional needs of adolescents - Understand how obesity can be avoided - Know about the necessity of physical activity
Competences achieved	Specific competences related to the project theme: <ul style="list-style-type: none"> - Organize one's daily and weekly diet patterns - Change one's diet - Avoid obesity - What to eat when out of home
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	Type of activities considered useful for the training of this module: <ul style="list-style-type: none"> - Face to face teaching - Online learning - Suggestion of additional web sources and bibliography

Title	HEALTHY DIET FOR CHILDREN- CHILDHOOD OBESITY
Area	Healthy nutrition
Main Target Audience	The end users of the module are: Adults mainly city residents; students over 16; trainers and teachers interested in healthy nutrition; Consumers' associations; training centers, schools.
Description of the module and general aims	This module allows the participant to understand: <ul style="list-style-type: none"> • The 10 secrets of healthy diet • How we eat • Physical activity and health • Principles of a balanced diet – Recommendations • General tips for the enhancement of proper child nutrition • Behavior-techniques of the parents to change children's dietary habits • How to motivate a child to exercise? • Childhood obesity – how it appears • When the child needs to lose weight and how much
Learning Time and Duration	Learning time and maximum duration for the training related to the module: 24 hours learning time
Learning Objectives	Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module. Once the participant has completed this module he/she will be able to: <ul style="list-style-type: none"> - Understand the importance of affecting the dietary habits for a healthy life during childhood - Understand how to speak and guide children for a balanced diet - Teach children about what and where we eat - Understand the importance of physical activity - Understand the importance of paradigm - Be careful in order to prevent children to face the danger of obesity
Competences achieved	Specific competences related to the project theme <ul style="list-style-type: none"> - Knowledge of the nutritional needs of children - Knowledge of how to guide children towards healthy nutritional habits - How to be careful about the danger of obesity and how to face it if it happens
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	Type of activities considered useful for the training of this module: <ul style="list-style-type: none"> - Face to face teaching - Online learning - Suggestion of additional web sources and bibliography

Title	Eatable gardens... cultivate your own herbs
Area	Organic, small scale production
Main Target Audience	The end users of the module are: <ul style="list-style-type: none"> • Adults mainly city residents; students over 16; trainers and teachers interested in healthy nutrition; Consumers' associations; training centers, schools.
Description of the module and general aims	This module allows the participant to understand: <ul style="list-style-type: none"> • The role of herbs in food • The use of herbs in food • The importance of herbs in cooking • Herbs most commonly used in Europe • Nutritional and functional properties of herbs
Learning Time and Duration	Learning time and maximum duration for the training related to the module: The maximum duration of training is 24 hours, distributed in: 8 hours of theoretical training; 8 hours for visits (farms, processors, markets) and 8 hours of practical work
Learning Objectives	Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module. Once the participant has completed this module he/she will be able to: <ul style="list-style-type: none"> - recognize the most commonly used herbs in European cuisine, - understand the characteristics and benefits of herbs for health; - to cultivate and use eatable gardens. - Acquire knowledge on methods and ways to create an eatable garden in small spaces, re-using materials creatively and thus contributing to global sustainability.
Competences achieved	Specific competences related to the project theme: <ul style="list-style-type: none"> - Understanding of main benefits of the herbs used in European food - techniques to create an eatable garden in small urban spaces. - re-use materials and create new features in vacant spaces.
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	Type of activities considered useful for the training of this module: <ul style="list-style-type: none"> • Theoretical learning /blended learning/: <ul style="list-style-type: none"> - face to face; - group discussions - online learning. • Practical learning: <ul style="list-style-type: none"> - workshop - self study

Title	How to be healthy with grandma´s medicines... natural medicines
Area	Healthy Diets
Main Target Audience	The end users of the module are: Adults mainly city residents; students over 16; trainers and teachers interested in healthy nutrition; Consumers' associations; training centers, schools.
Description of the module and general aims	This module allows the participant to understand: <ul style="list-style-type: none"> • Traditional and natural medicine principles • Traditional and natural medicine recipes. <ul style="list-style-type: none"> - ingredients characteristics - their health benefits
Learning Time and Duration	Learning time and maximum duration for the training related to the module: The maximum duration of training is 24 hours, distributed in: 8 hours of theoretical training; 8 hours for visits (farms, processors, markets) and 8 hours of practical work
Learning Objectives	Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module. Once the participant has completed this module he/she will be able to: <ul style="list-style-type: none"> - acquire knowledge about natural / traditional medicine in a practical way; - know the ingredients used in traditional pharmacopoeia; - acquire knowledge on plants and herbs; - prepare recipes with herbs at home.
Competences achieved	Specific competences related to the project theme: <ul style="list-style-type: none"> • knowledge about the health value of different ingredients and herbs; • how to prepare natural medicines for the most common food • how to use natural medicines for the most common food
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	Type of activities considered useful for the training of this module: <ul style="list-style-type: none"> • Theoretical learning /blended learning: <ul style="list-style-type: none"> - face to face; - group discussions - online learning. • Practical learning: <ul style="list-style-type: none"> - workshop – preparing the recipes - self study – exercises

Title	How to eat healthy... with traditional cuisine from Alentejo
Area	Healthy Diets
Main Target Audience	The end users of the module are: <ul style="list-style-type: none"> • Adults mainly city residents; students over 16; trainers and teachers interested in healthy nutrition; Consumers' associations; training centers, schools.
Description of the module and general aims	This module allows the participant to understand: <ul style="list-style-type: none"> • The Mediterranean diet and its relation with traditional cuisine of Alentejo • Alentejo traditional recipes. <ul style="list-style-type: none"> - ingredients characteristics - their health benefits - how to plant a herb garden at home
Learning Time and Duration	Learning time and maximum duration for the training related to the module: The maximum duration of training is 24 hours, distributed in: 8 hours of theoretical training; 8 hours for visits (farms, processors, markets) and 8 hours of practical work
Learning Objectives	Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module. Once the participant has completed this module he/she will be able to: recognize healthy eating elements in Alentejo's traditional recipes; valorize the heritage of the Mediterranean diet;
Competences achieved	Specific competences related to the project theme: <ul style="list-style-type: none"> • knowledge about nutritional value of different ingredients of the Mediterranean diet ; • how to use several vegetables and herbs organically in traditional food • how to prepare healthy foods with traditional recipes
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	Type of activities considered useful for the training of this module: <ul style="list-style-type: none"> · Theoretical learning /blended learning/: <ul style="list-style-type: none"> - face to face; - group discussions - online learning. · Practical learning: <ul style="list-style-type: none"> - workshop – cooking the recipes - self study – exercises and cooking

6. Questions

The Lead Partner of the “My Food My Medicine” project will be pleased to answer your questions and accept your suggestions:

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7. Conclusions

In the last years, due to the economical crisis, adult people started to consider less important to have a healthy diet, because organic or healthy food is considered more expensive or not so important as in the past. For this reason, My Food My Medicine Project intends to share information and resources for city residents, students, trainers and consumers in order to raise their awareness on healthy and traditional food.

Teachers and trainers of primary and secondary education that teach lessons related to environmental awareness and nutrition are the main actors in this process. My Food My Medicine Project has created a set of materials, tools and methodologies that can be used by trainers and teachers during their lessons.

The training modules are the core of the My Food My Medicine approach. They are structured for a quick and easy implementation in regular lessons or seminars. This training design can be used by teachers and trainers to use the materials in an effective way and to understand the training methods to be used. The teachers and trainers can integrate the My Food My Medicine educational Units with additional materials or activities coming from their experience and needs. For this reason My Food My Medicine Partnership created the online educational platform. The static dimension of the printed handbook will be integrated by the potential of a live community created around My Food My Medicine learning platform and official website.

In particular, the e-learning platform can be considered as a tool to add new materials, update the existing ones, ask questions or share experiences.

We, as My Food My Medicine partners, will be glad that teachers and trainers all around the world join us contributing to the sustainability of this material.