



EDUCATIONAL MEASURES: INVOLVING TEACHERS

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Examples of educational measures



CREA Territorial Research Network

participating in the School fruit, vegetables and milk scheme



★ Research Centre for Animal Production and Aquaculture (Lodi, Monterotondo, Bella-Muro)

CREA research centers	Seat
Oliviculture, Fruit-Growing and Agriculture	FORLI'
	CASERTA
	ACIREALE (CT)
	RENDE (CS)
	ROMA
Viticulture and Oenology	TURI (BA)
	VELLETRI (RM)
	AREZZO
	CONEGLIANO (TV)
Horticulture and Floriculture	GORIZIA
	SANREMO (IM)
	PONTECAGNANO (SA)
	PESCIA (PT)
Genomics and Bioinformatics	MONSAMPOLO del TRONTO (AP)
	MONTANASO LOMBARDO (LO)
	FIORENZUOLA D'ARDA (PC)
Forest and Wood	TRENTO e supporto su BOLZANO
	CASALE MONFERRATO (AL)
Defense and Certification	BAGHERIA (PA)
	PALERMO
	CASCINE DEL RICCIO (FI)
Food and Nutrition	ROMA



Accompanying educational measures under the school scheme (2017/2018)



<https://www.lattenellescuole.it/>



LATTE NELLE SCUOLE

Farm visits for pupils at CREA Centre for Animal Production and Aquaculture for knowledge of dairy animals and cheese making technology



Educational videos for teachers on sensory laboratories: scientific description of milk and/or yogurt features.





Teachers' training action

1. **The school scheme:** EU, Ministry, CREA role.
2. **Milk:** what it is, what it contains, what it is good for, what can be done with it.
3. **Fallacies and myths:**



- a. I'm allergic/intolerant to milk so I cannot drink it
- b. Milk is good for bones! OR Milk acidifies bones inducing calcium lost and causing osteoporosis!
- c. Milk is rich in fat so it makes you gain weight/increase cholesterol!
- d. Milk consumption is a risk factor for cancer!
- e. Milk is full of antibiotics/pesticides/hormones residues
- f. Humans are the only animals who drink milk from other mammals

False!



Accompanying educational measures for school fruit and vegetables since 2014



<http://www.fruttanellescuole.gov.it/misure-di-accompagnamento>





School in field

Children: 39.456
Teachers: 10.689
Parents: 2.679



Fruit Olympic Games

Children: 28.483
Teachers: 589



Teachers' training

Teachers: 751

Children: 67.939

Teachers: 12.029



Children: **332.577**



Teachers' training



- We mostly eat what we like.
- We will never like new foods unless we have the chance to try them.
- *Neophobia* is natural, it's the fear that an unfamiliar food (especially fruits and vegetables) will cause you harm.



Are WE willing to taste something new?



Something not familiar?



It can help if children see someone eating that food. And surviving.

Liking is the consequence of familiarity,
so we have to make familiar food that was not familiar.

Sensory-based food education encourages kids to eat more fruit and vegetables



Frutta in tutti i sensi

Sensory laboratories

Sensorial meals

Let's try!!

Sensorial snack/break



Frutta in tutti i sensi

A. Appendice

Tabella di aggettivi da utilizzare per l'attività

VISTA	UDITO	OLFATTO	TATTO	GUSTO
APPUNTITO	CROCCANTE	ACRE	ACQUOSO	ACERBO
ARROTONDATO	FRUSCIANTE	AGRUMATO	APPICCIOSO	ACIDO
BELLO	GORGOLIANTE	AROMATICO	BAGNATO	ACIDULO
BRILLANTE	RUMOROSO	BALSAMICO	BITORZOLUTO	ACRE
COLORATO	SFRIGOLANTE	DELICATO	BOLLENTE	AGRO
CORTO	SILENZIOSO	DOLCE	CALDO	AGRODOLCE
FINO	ERBACEO	CARNOSO	AMARO
GRANDE	FETIDO	COSTOLATO	AMAROGNOLO
LARGO		FRAGRANTE	CROCCANTE	AROMATICO
LUCIDO		FRESCO	DELICATO	APPETITOSO
LUNGO		FRUTTATO	DURO	ASPRO
MINUSCOLO		GRADEVOLE	ELASTICO	ASTRINGENTE
OVALE		INEBRIANTE	FILAMENTOSO	COMPATTO
PALLIDO		INTENSO	FLACCIDO	CREMOSO
PICCOLO		MALEODORANTE	FREDDO	DELICATO
PROPORZIONATO		PENETRANTE	FRIABILE	DOLCE
SGARGIANTE		PIACEVOLE	GELATINOSO	DOLCIASTRO
STRIATO		PROFUMATO	GHIACCIATO	FARINOSO
TONDEGGIANTE		PUNGENTE	GRANULOSO	FIBROSO
TONDO		PUZZOLENTE	GRINZOSO	FORTE
TRASPARENTE		RINFRESCANTE	LEGGERO	FRESCO
VIVACE		TANFOSO	LEVIGATO	GRADEVOLE
.....		LISCIO	GRANULOSO
.....		MOLLE	GUSTOSO
			MORBIDO	INSIPIDO
			OLEOSO	MATURO
			ONDULATO	MOSCATO
			PELOSO	NEUTRO
			POROSO	OLEOSO
			PUNGENTE	PASTOSO
			RIGIDO	PEPATO
			ROVENTE	PIACEVOLE
			RUGOSO	PICCANTE
			RUVIDO	POLPOSO
			SCIVOLOSO	RANCIDO
			SETOSO	SALATO
			SODO	SAPORITO
			SPINOSO	SQUISITO
			SQUAMOSO	SUCCOSO
			TENERO	ZUCCHERINO
			TIEPIDO	ZUCCHEROSO
			UMIDO
			UNTO
			VELLUTATO
		
		



Well done!!



Thank you for your attention

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