

Teaching Youth Social Action through Citizenship

Understand unhealthy diets from a structural perspective and the role of corporate influence in the obesity epidemic. Citizenship - Students explore those laws and policies implemented to ensure that everyone has a healthy meal.

7	Find what policies your school implement to ensure the consumption of healthy diets and, if there is not any available, propose one.
8	Investigate obesity from a sociocultural perspective and understand that it represents not only an individual responsibility but also a structural one. What policies could be effective to tackle obesity and unhealthy diets? <u>A sociocultural history of obesity.</u>
9	Learn about the role of FSA (Foods Standards Agency in the UK) and its role. <u>FSA Agency.</u>

Teaching Youth Social Action through Information Technology

Students will learn how technology and innovation are integral to the modern food industry. They provide an opportunity for food companies to respond to consumer demands and a changing environment. Food technology brought amazing changes to the way we eat. However, technology also has some disadvantages to our health (e.g. excessive use of chemicals on fruit and vegetables to protect them from insects and slow their growth).

[Technology and its impact on the food industry.](#)

[Healthy eating blog - food tech, innovation and nutrition](#)

7	Learnt about different types of pesticides and why they are used: https://www.youtube.com/watch?v=emdJB9gxxQM
8	Explore all areas where food technology brought improved nutrition (quicker food production, to optimised analysis of land and water usage for different crops, creation of plant-based alternatives to meat, collect better data etc.)
9	Compare negative and positive consequences of food technology on health and the environment