

Saving Resources through Nutrition in the context of Education for Sustainability - The example of the Cretan Diet model

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Abstract

Sustainability is not just a concept. It is a whole philosophy which responds to core social and political issues of the current world. Sustainability, as a philosophical term, highlights the necessity of balancing people's bottomless desires for a high standard of life with the real needs and the possibilities of a finite planet. In today's world, the respect on the health of our planet and on the life of the next generations, is missing. Therefore, an ethical issue is arising as almost one billion people in the world are malnourished, at the same time that millions of others die from the diseases of modern civilization (e.g. obesity). Regarding this ethical issue, the education for sustainability has a core role. Teachers have as main role to educate their students towards a healthy nutrition in a healthy world. Two of the main goals of Sustainability are a) the saving of energy and resources and b) the connection with the local environment. These goals could be achieved if young people are educated in the field of rational food management and on the value of place attachment. Both of these two educational goals are met through the model of Cretan nutrition which is based on the main principles of Sustainability: reuse, recycle and retaste food. During the current school year (2021 - 2022), we implemented a preliminary research project in four urban and semiurban schools in Crete in order to assess the knowledge and the attitudes of the students regarding the model of Cretan nutrition. In addition, we investigated the attitudes of their parents and their teachers as well. The first results of our study showed that before our research intervention, the teachers had limited knowledge regarding the Cretan nutrition as a model of healthy and sustainable model of nutrition. Therefore, they never implemented educational projects regarding this topic. After the intervention, the teachers changed their perceptions and attitudes regarding Cretan nutrition,

incorporating learning objectives in their lessons regarding re-use and recycle food. One more finding of our study is that the teachers concluded to the declaration that they need much more training in this educational field and more accessible scientific recourses, so as to be able to implement efficiently such educational projects.

Keywords: Education for Sustainability, Saving of Energy and Recourses, food reuse, food recycle.