



FOOD ECO- CULTURE EDU

Connecting Disciplines in European Higher Academia

Module 3

FOOD LITERACY & WELLBEING

www.foodecocultureedu.eu



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01

INTRODUCTION & LEARNING OUTCOMES



WHY FOOD LITERACY AND WELLBEING?

In this module, you will develop foundational **food literacy** competencies that support **personal well-being and informed, responsible food choices** and how individual cooking practices influence health and wider societal and environmental outcomes.

You will engage with core topics such as healthy and balanced diets (the Mediterranean Diet case study), home-cooking, and practical healthy cooking skills, as well as understanding nutrition information and food labels, and interpreting food ingredients.





FOOD LITERACY

Food literacy is a broad concept that encompasses the knowledge, skills, and attitudes necessary to make informed and conscious decisions about food and health.

*Silva, P. Enhancing Adolescent Food Literacy Through Mediterranean Diet Principles: From Evidence to Practice. *Nutrients* 2025, 17, 1371*
<https://www.mdpi.com/2072-6643/17/8/1371>





WELL-BEING

Well-being is a **positive state** experienced by individuals and societies. Similar to health, it is a resource for daily life and is determined by social, economic and environmental conditions. Well-being encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose.

[World Health Organisation \(WHO\), 2021](#)

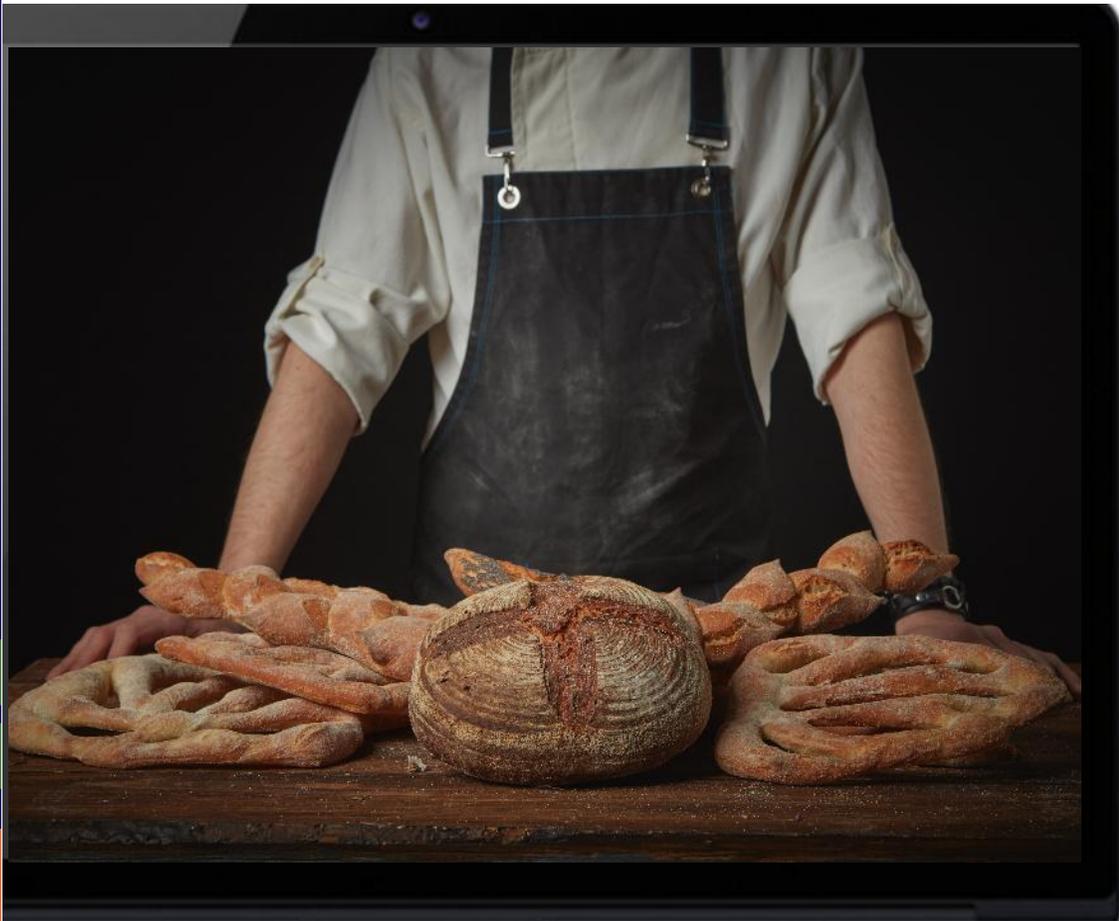
LEARNING OUTCOMES AT THE END OF THIS MODULE

Learning outcome 1

You will be able to demonstrate an informed understanding of the **principles of a healthy diet** and their relevance to wellbeing, including the role of home-cooking, basic healthy cooking skills, and the interpretation of nutrition labelling and food ingredients.

Learning outcome 2

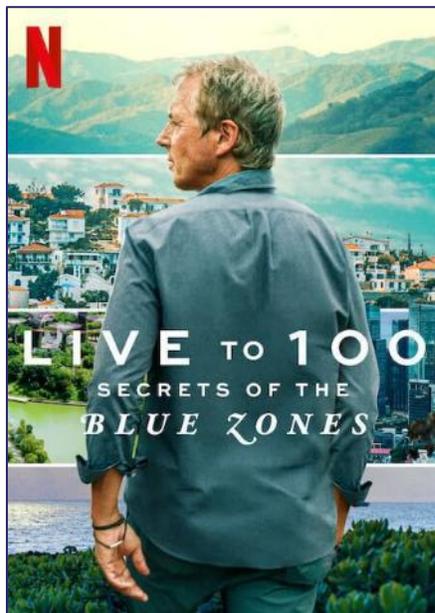
You will be able to apply practical food-literacy knowledge to everyday food choices, using nutrition labels, ingredient lists, and healthy cooking principles to support personal wellbeing and more conscious food consumption.



Inspiration

Before starting the training, we would like to highlight a few of the numerous series and books that have been made related to food and wellbeing.

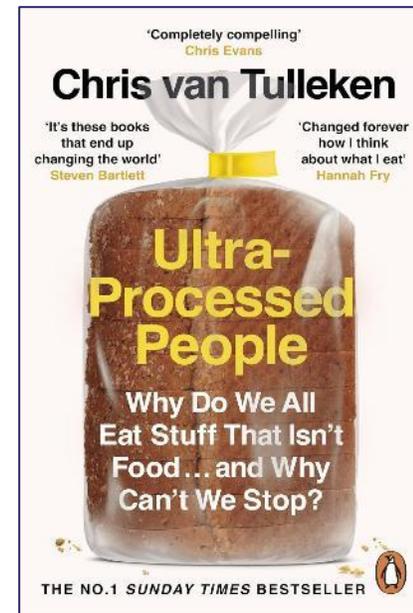
Live to 100: Secret of the Blue Zones



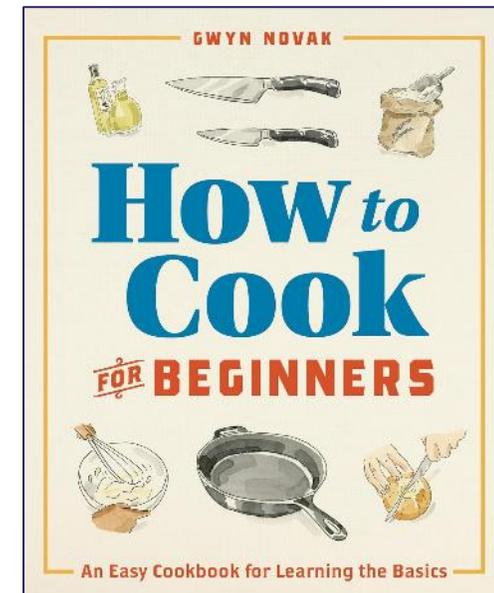
Cooked



Ultra-Processed People: Why We Can't Stop Eating Food That Isn't Food



How to Cook for Beginners: An Easy Cookbook for Learning the Basics



TEDx Talk

Food Literacy – *it's about more than just reading the labels*

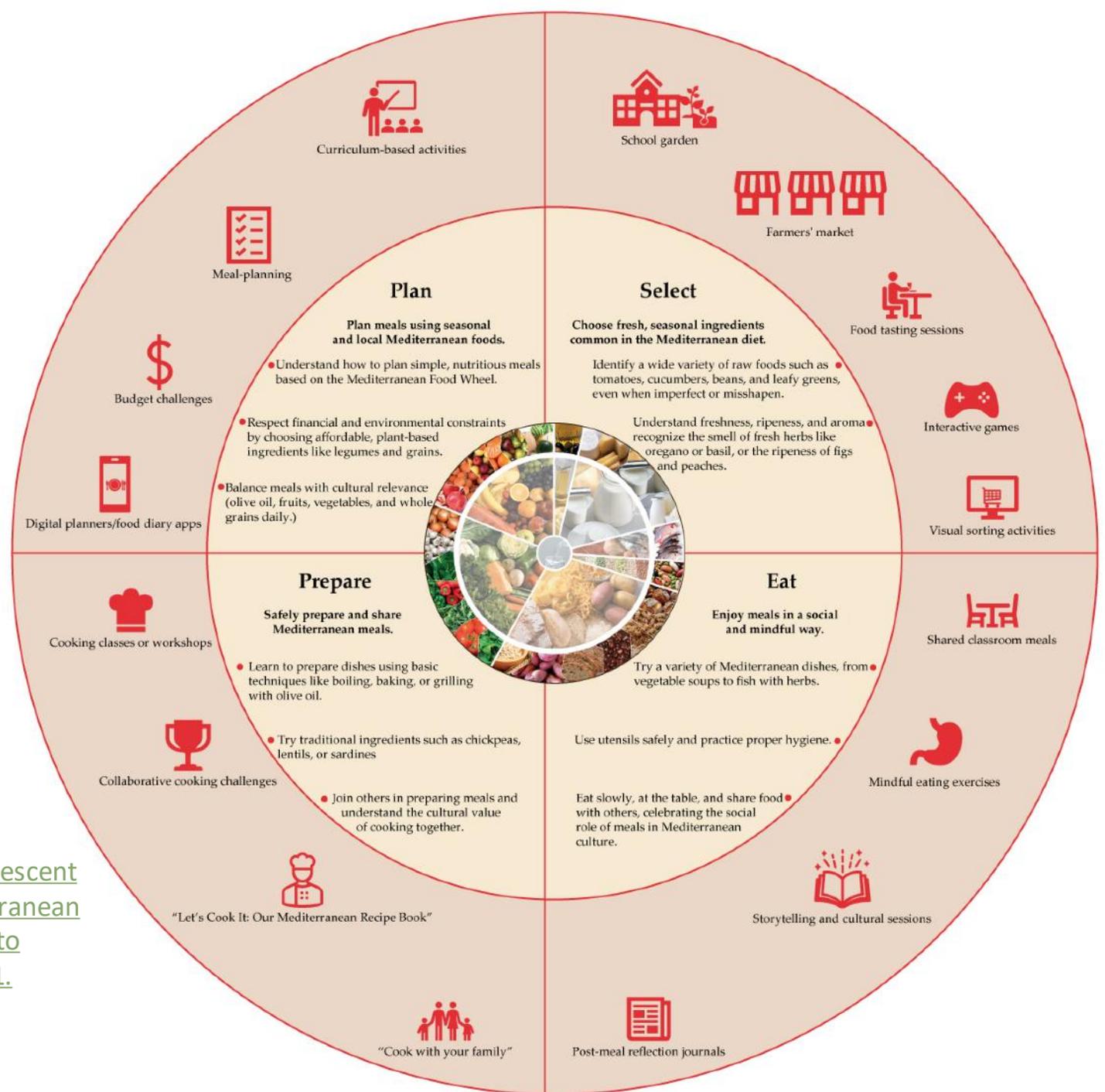


In this video, Eric Schofield, a Culinary Arts teacher from Canada, talks about food literacy, sharing a bit about his life and experiences.

[Food literacy - it's about more than just reading labels: Eric Schofield at TEDxTerryTalks 2013](#)

CASE STUDY

This narrative review describes strategies to improve the food literacy of adolescents in school settings. It supports a school intervention project aligned with the principles of the Mediterranean diet.



Click to Read

[Silva, P. \(2025\). Enhancing Adolescent Food Literacy Through Mediterranean Diet Principles: From Evidence to Practice. *Nutrients*, 17\(8\), 1371.](#)

02

HEALTHY DIETS



Topic 1 - Healthy Diet

- Diet plays a critical role in shaping the health and well-being of both individuals and populations, and unhealthy diets are a major risk factor for disease and disability.
- Healthy diets help to protect against malnutrition in all its forms, as well as noncommunicable diseases (NCDs), (e.g.) diabetes, heart disease, stroke & cancer.
- Healthy dietary practices start early in life – breastfeeding fosters healthy growth and improves cognitive development.
- Dietary behaviours and preferences established in childhood and adolescence often extend into adulthood.
- Healthy diets come in many forms, but the four core principles of **adequacy, balance, moderation and diversity** should be the foundation of any healthy diet.
- A diet must also be safe to be healthy, i.e. free from microbial and chemical contaminants.
- A variety of minimally processed and unprocessed foods, low in unhealthy fats, free sugars and sodium are the foundation of any healthy diet.

SOURCE: [World Health Organisation \(WHO\), 2020](#)



Principles for a Healthy Diet – WHO recommendations

**Eat a variety of foods daily:
Vegetables, Fruits,
Legumes, Nuts
and Whole
grains.**

1

**Limit free sugar
intake to <10%
of daily energy.**

2

**Limit total fat intake to
<30% of daily energy.
Limit saturated fats
to <10% and
trans fats
to <1%.**

3

**Eat at least 400 g
(5 portions) of fruits
and vegetables every
day.**

4

**Limit salt intake
to <5 g/day;
Use iodized
salt.**

5

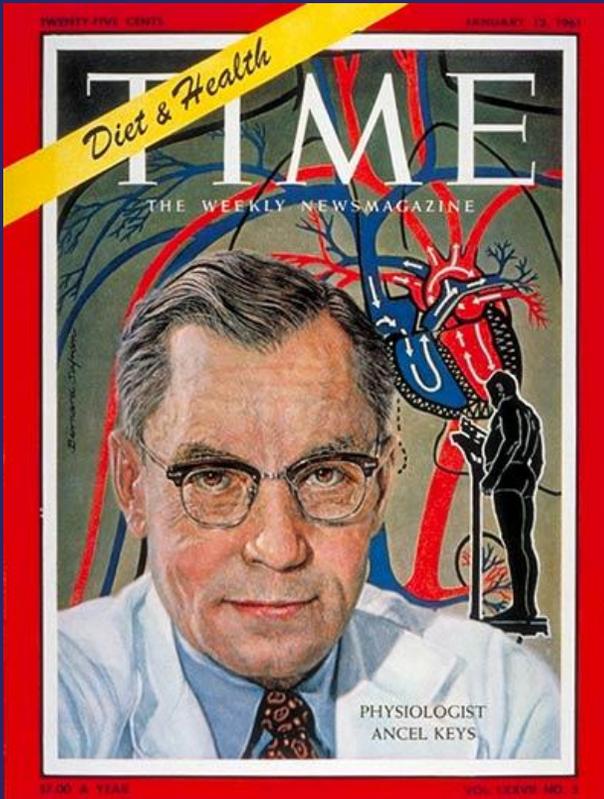
Case Study - The Mediterranean Diet

The Mediterranean diet is a healthy eating pattern and a means of preventing chronic diseases. It is not just a diet model, but a way of living with health and wellbeing.

The Mediterranean Diet was first described scientifically by an American named Ancel Keys, who in 1951 became particularly interested in a healthy way of eating that he'd discovered in Italy, the 'triad'. The 'triad' refers to the way of eating in the Mediterranean based on wheat, olive oil and wine; three ingredients linked to three deities: Demeter for Grain, Athena for olive oil and Dionysus for wine.



Case Study - Mediterranean Diet



<https://www.sevencountriesstudy.com/>

The Seven Countries Study was the first major study to investigate diet and lifestyle, along with other risk factors for cardiovascular disease, across contrasting countries and cultures and over an extended period.

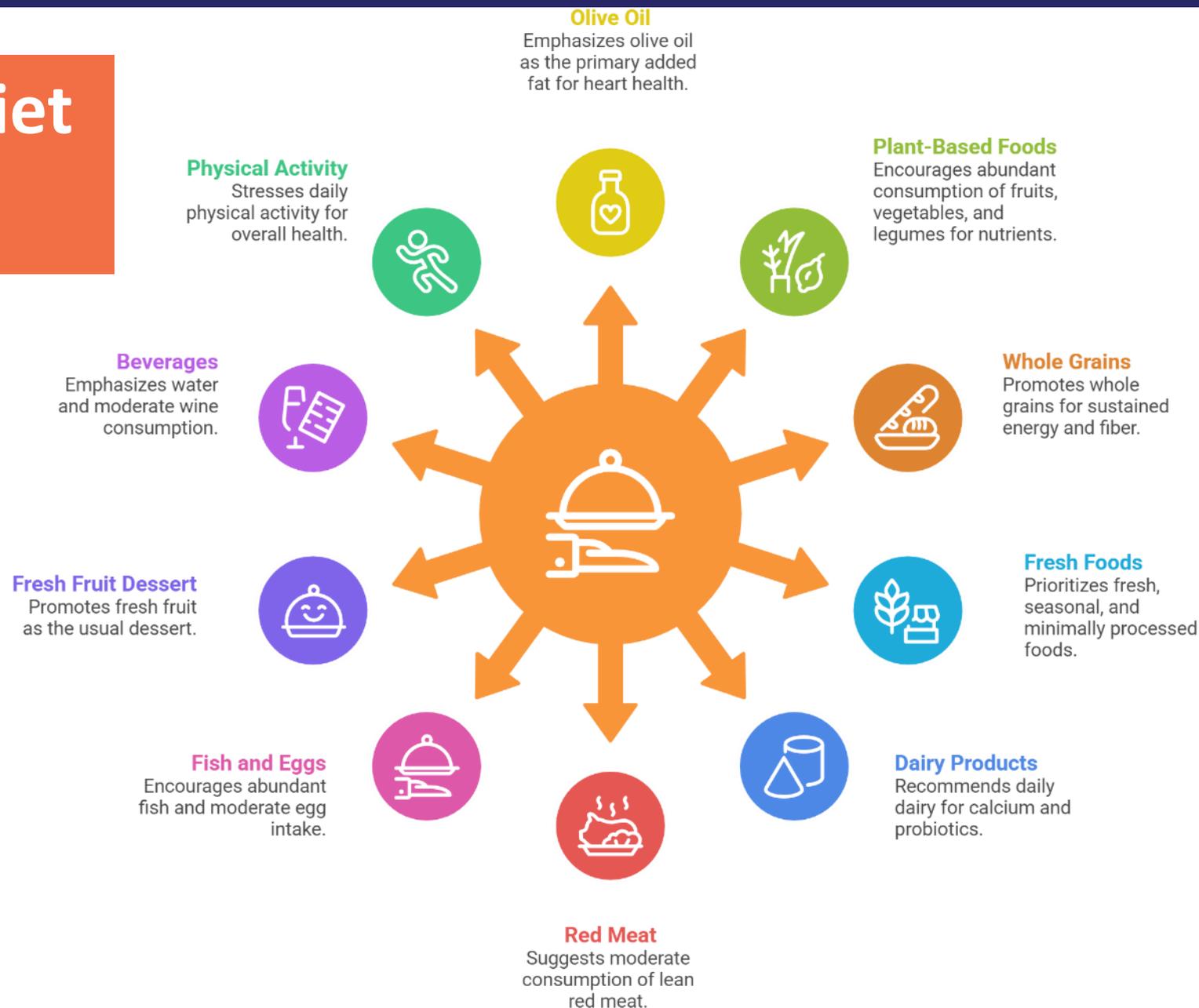
Conducted 1958–1964 onwards, it tracked nearly 13,000 middle-aged men across seven countries for decades.

The study found that populations eating diets high in saturated fat and animal products had much higher rates of heart disease, while those following Mediterranean or Japanese diets rich in vegetables, fish, and plant foods had significantly lower rates.

Later, the term Mediterranean Diet was adopted by Mediterranean countries such as Spain, Italy, Greece, Portugal and Morocco.

It's UNESCO World Heritage since 2013.

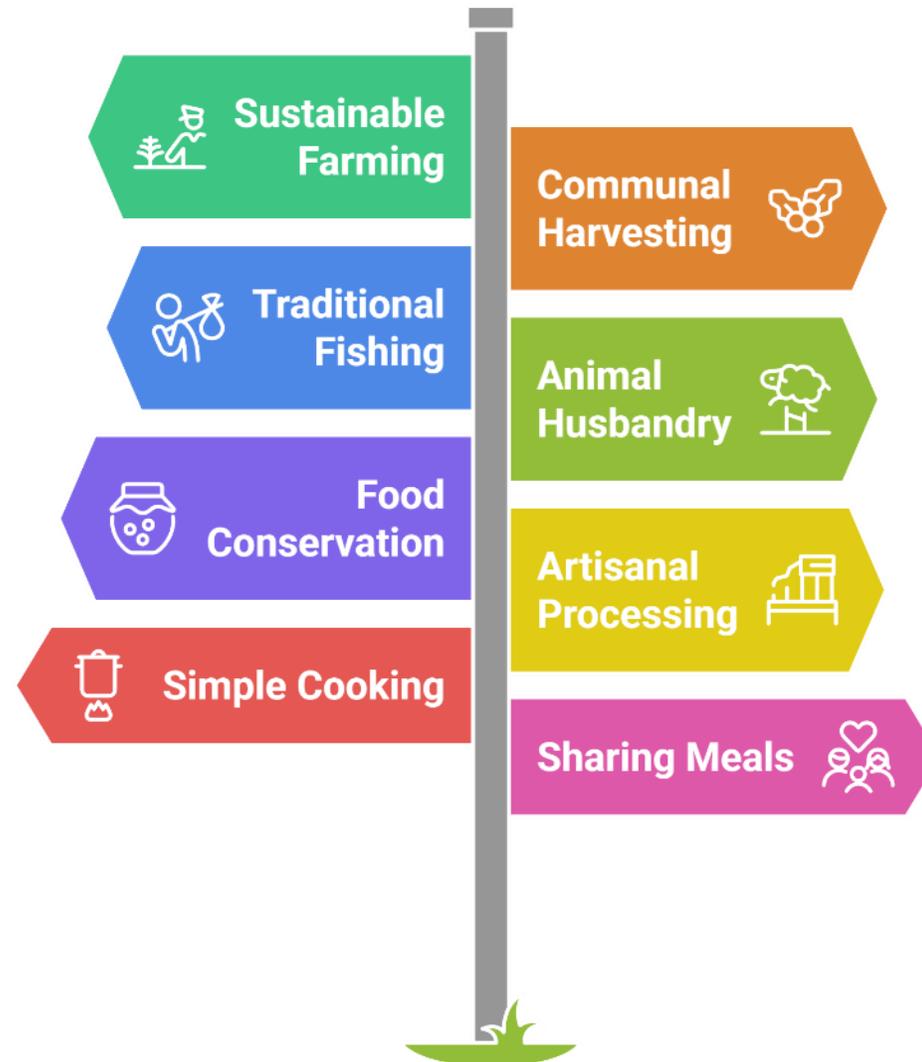
Mediterranean Diet Principles



Mediterranean Diet



The Mediterranean diet involves a set of skills:



Mediterranean Diet



Intangible Cultural
Heritage of Humanity



Traditional eating
habits



Healthy Dietary
Pattern



Sustainability and
wellbeing





As our ‘Regional’ Mediterranean diet becomes the base for a global reference diet with all the acknowledged benefits, we agree that ‘humanity as a whole’ will benefit from its preservation and scientific-based evidence. A true ‘intangible cultural heritage of humanity’.

Antonia Trichopoulou, 2021

[Trichopoulou A. Mediterranean diet as intangible heritage of humanity: 10 years on. Nutr Metab Cardiovasc Dis. 2021.](#)



Learner Exercise



Familiar recipe adaptation

TASK: Adapt one of your local or family recipe, putting some of the principles of the Mediterranean Diet into action:

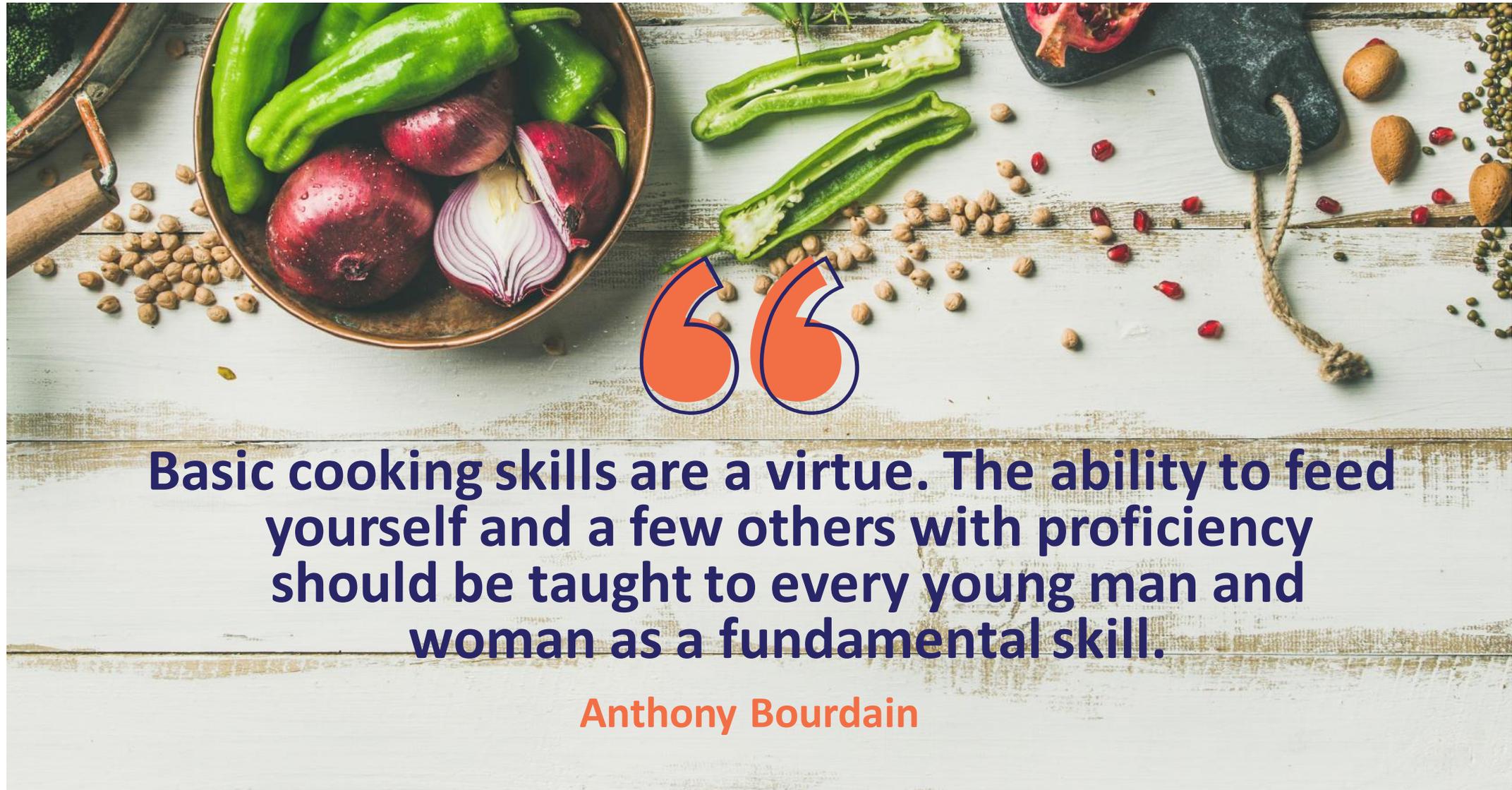
- Try replacing the animal fats and reducing fat content.
- Use more vegetables and legumes.
- If possible, try to use whole grains.



03

HOME-COOKING AND HEALTHY COOKING SKILLS





Basic cooking skills are a virtue. The ability to feed yourself and a few others with proficiency should be taught to every young man and woman as a fundamental skill.

Anthony Bourdain





TOPIC 2 | HOME-COOKING

- Home-cooking refers to the ability to plan, prepare, and cook meals independently.
- It is a core life skill linked to healthier diets, food autonomy, and wellbeing.
- Regular home cooking is associated with improved nutritional quality and reduced intake of ultra-processed foods.
- Home-cooking also contributes to sustainability by reducing food waste.

Research Shows...

“Participation in a semester-long, personal food skills course with a teaching kitchen may improve self-efficacy, cooking, and vegetable consumption among college students.”



Click to Read

[French C.D., et al. Impact of a Food Skills Course with a Teaching Kitchen on Dietary and Cooking Self-Efficacy and Behaviors among College Students. *Nutrients*. 2024 Feb 21;16\(5\):585.](#)

nutrients MDPI

Article

Impact of a Food Skills Course with a Teaching Kitchen on Dietary and Cooking Self-Efficacy and Behaviors among College Students

Caitlin D. French , Alexander Gomez-Lara, Arianna Hee, Akshara Shankar, Nayoung Song, Monserrath Campos, Mikelle McCain and Susana L. Matias *

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Abstract: College students may face barriers to eating healthy foods. Educational interventions providing practical knowledge and skills may help students to overcome financial barriers or other barriers to acquiring, preparing, and consuming healthy foods. We evaluated the association between participation in a semester-long food skills course with an interactive teaching kitchen and dietary and cooking self-efficacy and behaviors. Participants were recruited from course enrollees (intervention) and the general student population (comparison). We assessed differences in pre-post changes in the outcomes between groups using the propensity score weighting and mixed effects linear or Poisson regression. Course participation was associated with improved self-efficacy around cooking (group \times time β -coefficient [SE]: 3.25 [0.57], $p < 0.0001$) and fruit (6.33 [1.19], $p < 0.0001$), vegetable (5.43 [1.42], $p = 0.0002$), and whole grain (5.83 [1.40], $p < 0.0001$) consumption. Course participants reported smaller pre-post decreases in vegetable consumption compared to non-participants (0.35 [0.16], $p = 0.03$), increased cooking frequency (0.22 [0.10], $p = 0.03$) and a decreased frequency of skipping meals (-0.47 [0.16], $p = 0.003$). There were no changes associated with the intervention in the consumption of fruit or whole grains, or in eating out frequency. Participation in a semester-long, personal food skills course with a teaching kitchen may improve self-efficacy, cooking, and vegetable consumption among college students.

Keywords: teaching kitchen; nutrition curriculum; college students; young adults; cooking skills; self-efficacy; dietary intake; fruits and vegetables

check for updates

Citation: French, C.D.; Gomez-Lara, A.; Hee, A.; Shankar, A.; Song, N.; Campos, M.; McCain, M.; Matias, S.L. Impact of a Food Skills Course with a Teaching Kitchen on Dietary and Cooking Self-Efficacy and Behaviors among College Students. *Nutrients* **2024**, *16*, 585. <https://doi.org/10.3390/nu16050585>

Home-Cooking and Health Outcomes



Individuals who cook more frequently tend to consume:

- More fruit, vegetables, and whole foods
- Less salt, sugar, and saturated fat



Home cooking supports:

- Better weight management
- Improved metabolic health
- Long-term dietary habits
- Cost effectiveness



Cooking skills are a key determinant of food literacy and dietary resilience!

Core Home-Cooking Skills

**Meal planning
and time
management.**



**Understanding
cooking methods
such as boiling,
steaming, baking
and sautéing.**



**Basic recipe
reading and
adaptation.**



**Basic knife and
food preparation
skills.**



**Safe food
handling and
hygiene.**



Basic Knife Skills 101



This is a short video that explains some basic knife skills.

Alexis de Boschnek explains how to handle a kitchen knife safely.

How to Follow a Recipe | Technique with Lan Lam



This is a short video where Lan Lam from America's Test Kitchen explains how to properly follow a recipe and how to adapt recipes to your needs.

[How to \(Actually\) Follow a Recipe | Technique with Lan Lam](#)



HEALTHY COOKING

Healthy cooking focuses on:

- Preserving nutritional value during preparation.
- Using cooking methods that limit excess fat, salt, and sugar.
- Enhancing flavour through the use of herbs, spices, and natural ingredients.
- Balancing meals according to dietary guidelines.



Healthy Cooking Techniques

Examples of healthier techniques include:

- Steaming and boiling instead of deep frying.
- Baking, grilling, or air-frying instead of pan-frying.
- Using minimal added fats.
- Cooking vegetables al dente to preserve nutrients.
- Batch cooking to save time and energy.



Ingredient Selection

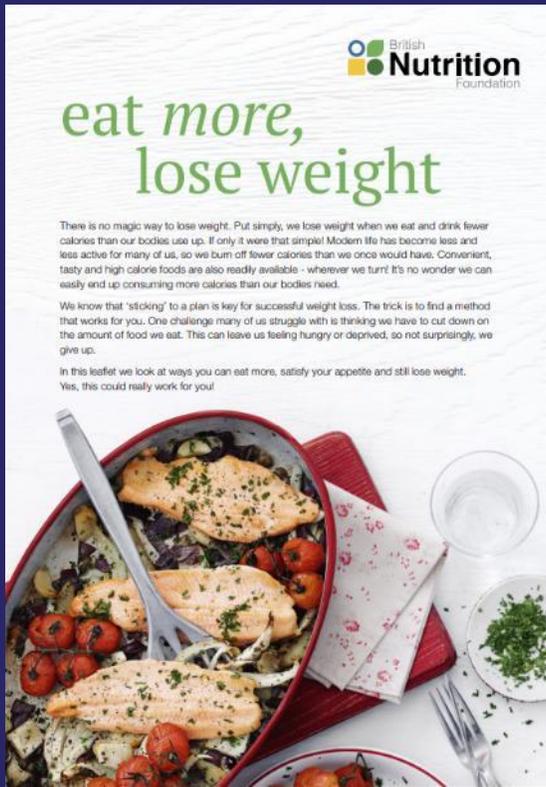
Healthy cooking begins with ingredient choices:

- Prioritise fresh, seasonal, and minimally processed foods.
- Choose whole grains over refined cereals.
- Include plant-based proteins such as legumes, nuts, and seeds.
- Read food labels to avoid excess salt, sugar, and additives.

- Prefer seasonal foods for your meals.



Click to Read



[energy-density-leaflet-april-2022.pdf](#)

Portion Control and Meal Balance

- Always structure meals around vegetables and plant foods.
- Include appropriate portions of proteins and carbs.
- It is preferable to choose plant-based proteins such as legumes; alternatively, seafoods and lean white meat cuts are more favourable proteins.
- Avoid oversized servings.
- Understand the energy density of foods.

Please refer to the [British Nutrition Foundation Leaflet](#) for further reading!

Portuguese Kale Soup Recipe



This is a short video explaining how to prepare a very simple Portuguese Kale soup.

For a lighter version, part of the potatoes can be replaced by peeled courgettes.

Kale can also be replaced with other dark leaf vegetables, such as spinach.

Source: Fed by Sab.

Spanish Beans with Fish

Traditional Bean & Seafood Stew Recipe



This short instructional video demonstrates how to prepare a healthy one-pot seafood and vegetable stew.

This recipe works particularly well with monkfish and prawns; however, any firm white fish can be used.

The dish can be easily adapted by reducing the amount of animal protein and increasing the proportion of legumes, enhancing both nutritional balance and sustainability.

Source: Spain on a Fork

<https://youtu.be/H5fzTL6aOME>

Eggplant pasta | Pasta alla norma



This is a short instructional video showing how to prepare an eggplant pasta (pasta alla norma).

A simple, easy plant-based dish.

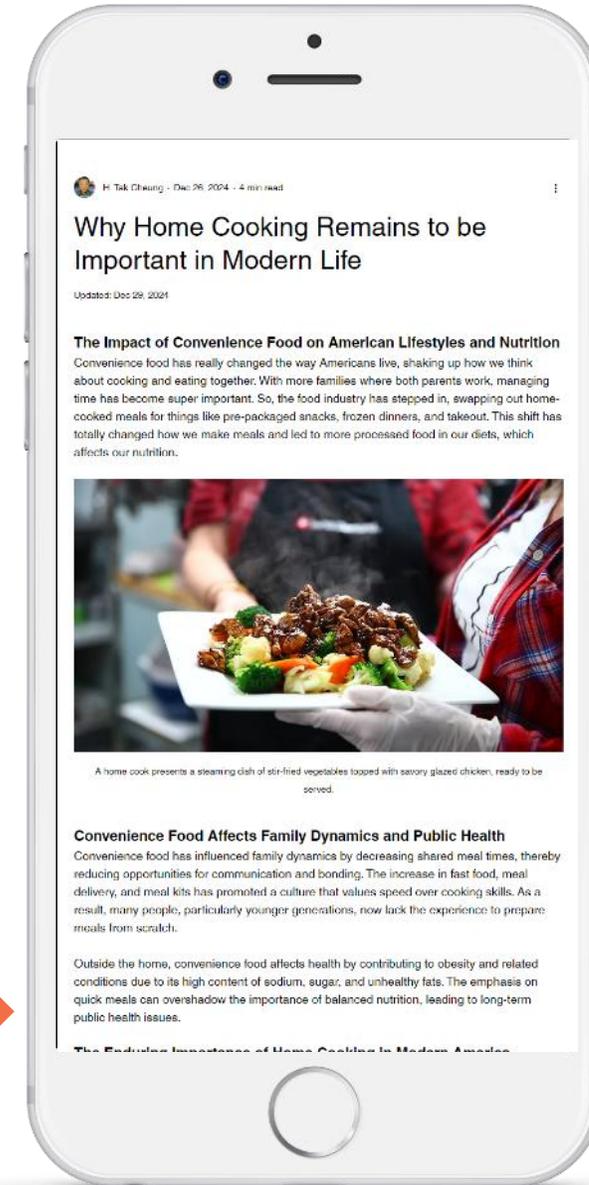
The use of whole-wheat pasta increases fibre content and improves nutritional adequacy.

Source: Recipe Tin Eats

Home-Cooking, Culture, and Sustainability

- Encourages respect for ingredients and reduces food waste.
- Supports sustainable food systems through conscious food choices.
- Strengthens the connection between food, territory, and identity.
- Cooking at home reinforces cultural food practices and traditions.

Click to Read



<https://www.wokwithtak.com/post/home-cooking-remains-to-be-important-in-modern-life>

Learner Exercise



Exercise 1

Improving your knife skills

Task:

- Try to cut some courgettes into 1 cm cubes.
- Dice an onion on a chopping board.
- Try to julienne a carrot.
- Incorporate your veggies in a dish you like.

Exercise 2

Try to cook a meal that you enjoy more healthily.

Task:

- Try changing the protein source for a healthier one.
- Decrease fat and sodium content.
- Play around with some herbs and spices that you like.
- Record your recipe for later.

Exercise 3

Use AI to help you plan a meal

Task:

- Check out which ingredients you have available in your fridge and pantry.
- Use the following simple prompt: “I have the following ingredients in my fridge and pantry: [list them]. Create a simple, quick, **healthy** recipe using only these ingredients. Include clear steps and basic cooking tips”

04

NUTRITION LABELLING



Topic 3 | Nutrition Labelling

Creating a food environment that supports healthy eating is essential to enabling consumers to make healthier dietary choices. One important component of such an environment is **nutrition labelling**, which provides consumers with information on the nutritional characteristics of food products and thereby **supports more informed purchasing and consumption decisions.**



Understanding food labels with NHS Fife



This is a short video explaining some of the different food labels.

It is a start in understanding food labels and learn which foods are high in fat, sugar, and salt.

<https://youtu.be/1hPg1-bfLYE>

How to understand labels?

This policy brief provides policymakers, programme managers, health professionals and advocates with information and options for nutrition labelling policies, including policies on ingredient lists, nutrient declarations, supplementary nutrition information (e.g. front-of-pack labelling) and nutrition and health claims.

Click to Read

<https://www.who.int/publications/i/item/9789240051324>



Introduction

Today, unhealthy diets are a leading cause of death and disability and currently cause 8 million premature deaths globally every year (1). Childhood overweight and obesity are increasing global public health challenges. In 2020, 38.9 million children under 5 years of age were estimated to be overweight (2) while over 340 million children and adolescents aged 5–19 were overweight or obese in 2016 (3). A major driver of the increases in obesity (4) are current food¹ environments, with increasing availability, accessibility, affordability and marketing of foods² that are high in saturated fats, trans-fats, sugars or salt and are usually highly processed (5).

To enable consumers to make healthier dietary decisions therefore requires creating a food environment that promotes a healthy diet. Such a food environment includes nutrition labelling that informs the consumer of nutritional properties of a food to aid purchase and consumption decisions and prevents labelling in a manner that is false, misleading or deceptive, or is likely to create an erroneous impression about any characteristics of the product.

Acknowledging that nutrition labelling policies have a dual purpose (i.e. to protect the health of consumers and to ensure fair practices in food trade),

Today, unhealthy diets are a leading cause of death and disability and currently cause 8 million premature deaths globally every year

¹ "Food" refers to any food or non-alcoholic beverage.

Nutrition labelling – elements included



List of ingredients



Nutrient
Declarations



Supplementary
nutrition information



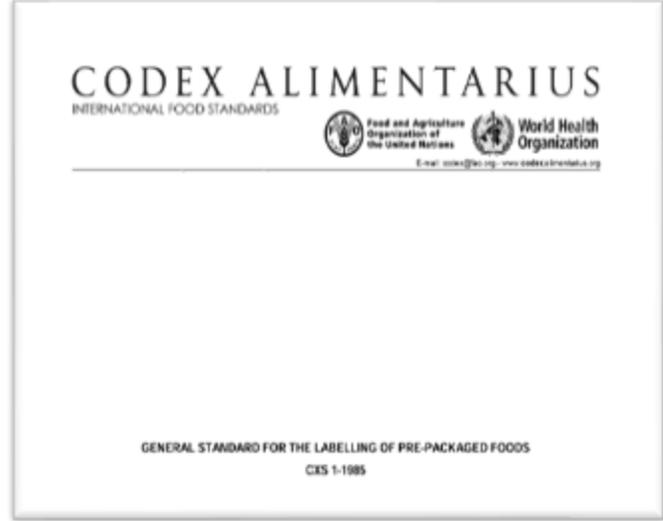
Nutrition and health
claims



Ingredients list

The list of ingredients is a **mandatory requirement** for the label of all pre-packaged foods (except for single-ingredient foods), as described in a general Codex Standard.

All pre-packaged foods must carry a list of ingredients, in descending order of weight.



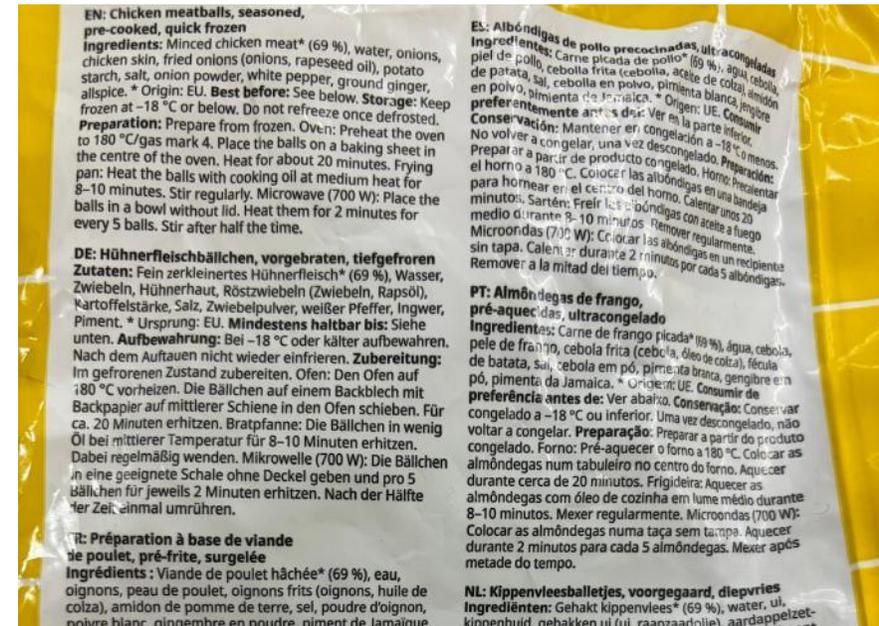
https://www.fao.org/fao-who-codexalimentarius/sh-proxy/fr/?Ink=1&url=https%253A%252F%252Fworkspace.fao.org%252Fsite%252Fcodex%252Fstandards%252FCXS%2B1-1985%252FCXS_001e.pdf

How to understand the ingredients list?



The Association of UK Dietitians' fact sheet can help guide consumers through a food label.

This fact sheet aims to help you understand and use the nutrition information presented on the food label.



<https://www.bda.uk.com/resource/food-labelling-nutrition-information.html>

How to understand the ingredients list?



It is important that people with food allergies have all the information they need to quickly decide whether a food is suitable for them to eat. There are labelling laws in place to make it easier for you to check what's in products.

There are **14 common allergens** which, when present in a pre-packed product, must be emphasised clearly in the ingredients list, so it stands out from the other ingredients. They can be highlighted, underlined, using **bold** or *italics*, **different colours** or CAPITAL LETTERS.



<https://www.efsa.europa.eu/en/safe2eat/food-allergens>





Nutrient declarations

Nutrient declarations are mandatory for all prepackaged foods. The declaration of the following is mandatory:

- ▶ energy value
- ▶ protein
- ▶ carbohydrate
- ▶ fat
- ▶ saturated fat
- ▶ sodium
- ▶ total sugars



Nutrition Facts

2 servings per container

Serving size

1 cup (230g)

	Per serving		Per container	
Calories	245		490	
	% DV*		% DV*	
Total Fat	12g	14%	24g	29%
Saturated Fat	2g	10%	4g	20%
Trans Fat	0g		0g	
Cholesterol	8mg	3%	16mg	5%
Sodium	210mg	9%	420mg	18%
Total Carb.	34g	12%	68g	24%
Dietary Fiber	7g	25%	14g	50%
Total Sugars	5g		10g	
Incl. Added Sugars	4g	8%	8g	16%
Protein	11g		22g	
Vitamin D	4mcg	20%	8mcg	40%
Calcium	210mg	16%	420mg	32%
Iron	3mg	15%	6mg	30%
Potassium	380mg	8%	760mg	16%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Supplementary Nutrition Information



Supplementary nutrition information, including front-of-package labelling, is intended to *“increase the consumer’s understanding of the nutritional value of their food and to assist in interpreting the nutrient declaration”*.

It can provide an overall summary score of a food’s healthfulness or inform consumers about high levels of nutrients of concern.



Nutrition and health claims



“Nutrition claims should be consistent with national nutrition policy and support that policy”.

Codex has defined conditions where a nutrient content claim for “low”, “free” or “very low” should not be exceeded, for energy, fat, saturated fat, cholesterol, sugars and sodium. For example, solid foods in which saturated fat does not exceed 1.5g per 100g can be labelled with the claim “low” in saturated fat. Or, solid foods in which sugars do not exceed 0.5g per 100g can be labelled with the claim “free”. Importantly, **no claim shall be misleading or deceptive.**

Reading Food Labels

In this video the Dietitian Margaret Brum explains why you should use the nutrition food label to help make informed food choices.



<https://youtu.be/uEjP8wXxKNA>



Ultra-processed foods are industrial formulations made entirely or mostly from substances extracted from foods (oils, fats, sugar, starch, and proteins), derived from food constituents (hydrogenated fats and modified starch), or synthesised in laboratories from food substrates or other organic sources (flavour enhancers, colours, and several food additives used to make the product hyper-palatable).

Carlos Monteiro

How to identify an ultra-processed food?

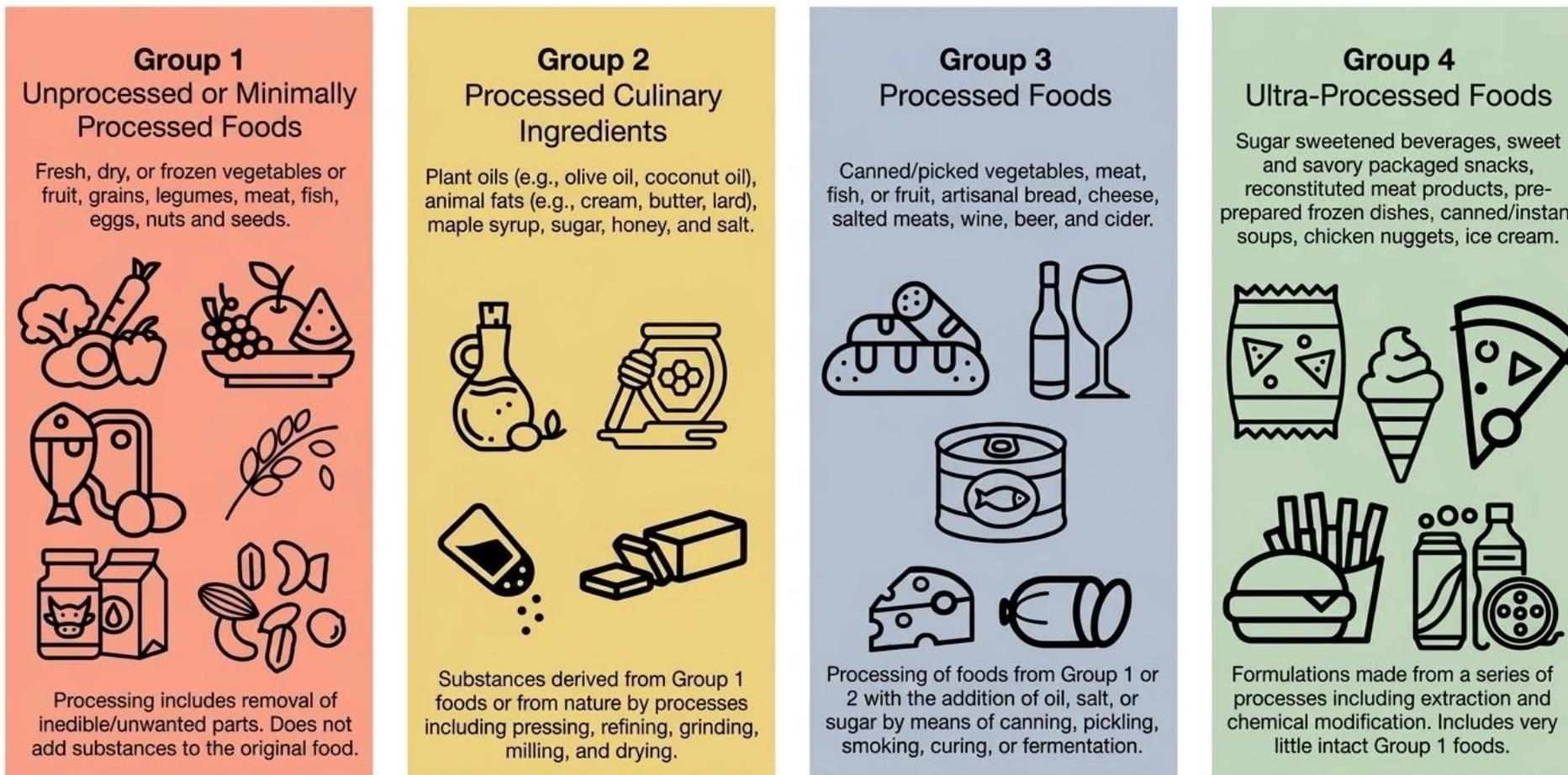
A practical way to identify an ultra-processed product is to check to see if its list of ingredients contains at least one item characteristic of the NOVA ultra-processed food group:



- either food substances never or rarely used in kitchens (such as high-fructose corn syrup, hydrogenated or inter-esterified oils, and hydrolysed proteins),
- or classes of additives designed to make the final product palatable or more appealing (such as flavours, flavour enhancers, colours, emulsifiers, emulsifying salts, sweeteners, thickeners, and anti-foaming, bulking, carbonating, foaming, gelling and glazing agents).



How to identify an ultra-processed food?



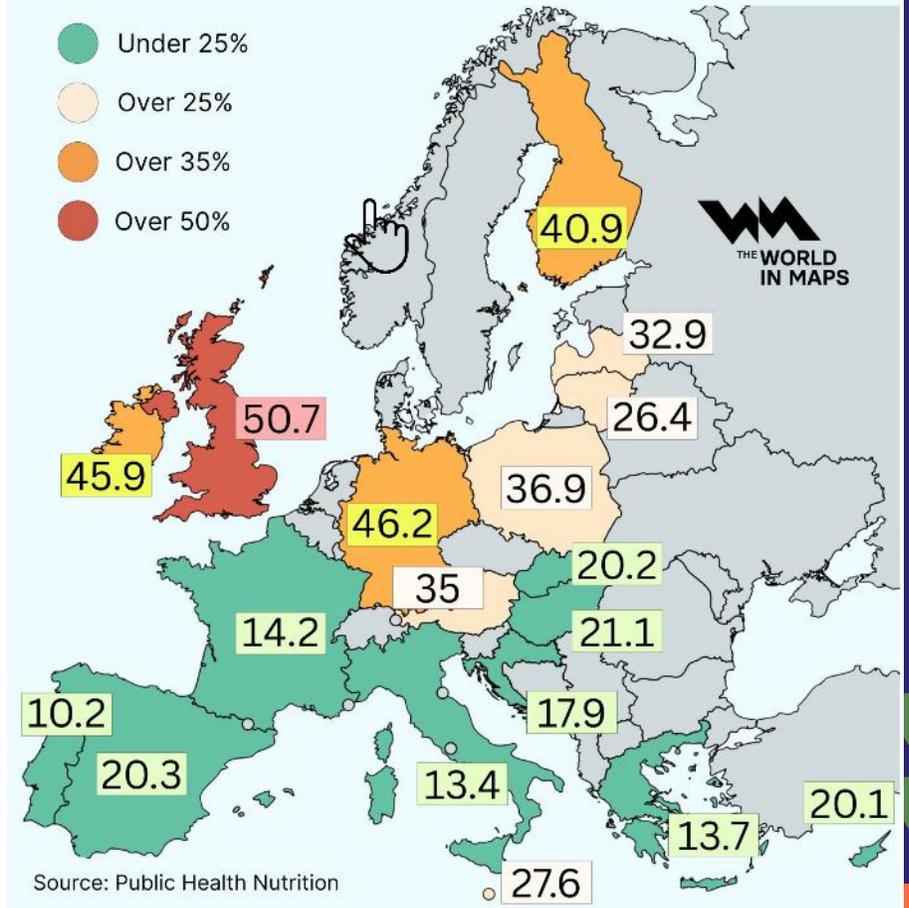
[Crimarco, Anthony & Landry, Matthew & Gardner, Christopher. \(2021\). Ultra-processed Foods, Weight Gain, and Co-morbidity Risk. Current Obesity Reports. 11. 1-13. 10.1007/s13679-021-00460-y.](https://doi.org/10.1007/s13679-021-00460-y)

Ultra-processed foods & health

More than half of the energy (calories) an average person in the UK eats and drinks comes from ultra-processed foods. That's perhaps not surprising, as they can be convenient, appealing, and are heavily marketed to us. But researchers have shown that ultra-processed foods can impact our health. Ultra-processed foods (UPFs) are strongly linked to higher risks of metabolic syndrome (MetS), a cluster of conditions including high blood pressure, high blood sugar, excess abdominal fat, and abnormal cholesterol levels.

[Monteiro CA, et al. Household availability of ultra-processed foods and obesity in nineteen European countries. Public Health Nutr. 2018 Jan;21\(1\):18-26.](#)

Ultra-processed food as a % of Household purchases



Health risks of ultra-processed foods



In this video, Dra Deena Adimoolam explains that ultra-processed food consumption is associated to more than 30 health risks.

<https://youtu.be/rVUkg1veyWo>

Learner Exercise



Exercise 1

- Improving your understanding of nutrition labelling

Task:

- Choose three different foods with the following nutrition claims:
 - “Low fat”
 - “No added sugar”
 - “Source of protein”
- Check if the ingredient list and the nutrition facts support the claims.

Exercise 2

- Analysing and explaining nutritional and health claims

Task:

Based on the knowledge acquired about ultra-processed foods, analyse the same foods chosen in exercise 1. Determine if they should be classified as an ultra-processed food?

05

CONCLUSION



Food Literacy as a Foundation for Wellbeing

- **Food literacy** is a key life competence that empowers individuals to make informed, conscious, and healthier food choices.
- Through an understanding of healthy dietary patterns, the development of home-cooking and healthy cooking skills, and the ability to interpret nutrition labelling, learners are better equipped to support their personal well-being while reducing consumption of ultra-processed foods.
- This module highlights that everyday food decisions are not only individual acts, but also contribute to broader public health, cultural continuity, and sustainability.
- Strengthening food literacy supports healthier people, more resilient food practices, and a more sustainable food future.

CURIOS FOR MORE?

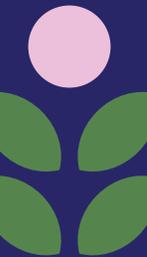
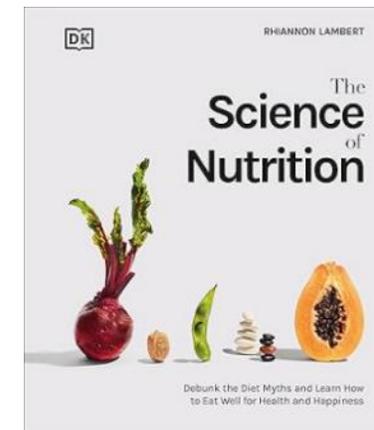
Website: [Seven Countries Study](#)

YouTube: [Mediterranean Living](#)

YouTube: [America's Test Kitchen](#)

Book: [Vegetable Simple: A Cookbook – Eric Ripert](#)

Book: [The Science of Nutrition: Debunk the Diet Myths and Learn How to Eat Responsibly for Health and Happiness – Rhiannon Lambert](#)





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