DEMOCRATIC CITIZENSHIP EDUCATION

Teacher Academy Project

Santarém Polytechnic University
Sustainable vegetable to eat at school

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Needs

→ Engaging students on decisions for affordable and sustainable food for everyone;
→ Encouraging students to participate in decisions about school food;
→ Creating solutions to reduce food waste;
→ Promoting sustainable growing practices and care for local ecosystems;
→ Developing competences to respect different food cultures and needs.

Aims

✓ To develop students' responsibility towards the environment by growing vegetables using sustainable practices;
✓ To promote active participation and democratic decision-making in the creation of a vegetable garden at school;
✓ To encourage healthy and sustainable eating habits;
✓ To promote equality and inclusion by ensuring that all students can participate in the garden and contribute according to their abilities;
✓ To promote students' understanding of ecological sustainability by caring for soil, water, and biodiversity in the vegetable garden;
✓ To develop respect for different cultures and food traditions;
✓ To strengthen students' sense of belonging to the school community.



Fig. 1 - Caring for crops: watering.



Fig. 2 - Crop examples for the vegetable garden.

Implementation stages

Phase 1. Engage
- Family members share traditional recipes from their culture that feature vegetables; they prepare these and take them to school to share;
- A talk by a guest nutritionist on healthy eating.

Phase 2. Explain
- How cultural food traditions reflect identity and diversity (RFCDC).
- How food choices relate to environmental sustainability and food systems (GreenComp);
- Basic scientific concepts: types of vegetables, nutrients, plant parts we eat, and sustainable food practices.

Phase 3. Explore
- Pupils list vegetables that feature in their daily diet;
- Pupils identify vegetables that can be grown in the school vegetable garden;
- Pupils research preparation methods and growing techniques.

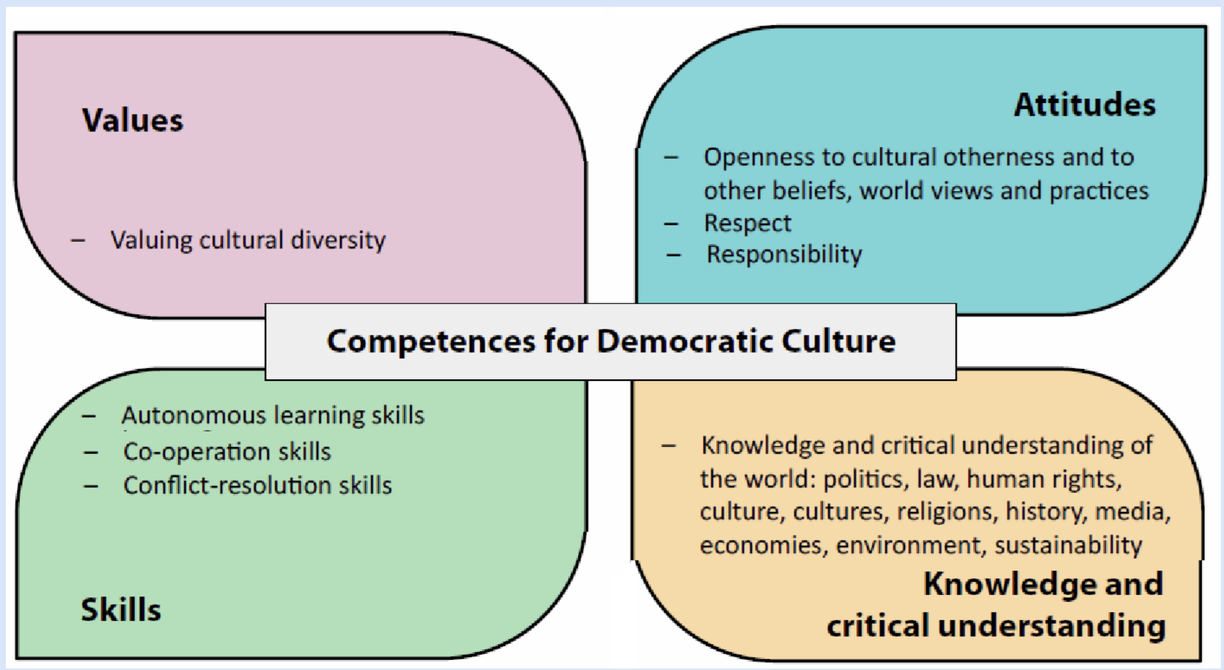
Phase 4. Elaborate
- Pupils are involved in the planning and development of the vegetable garden, with decisions being made democratically and tasks and responsibilities being shared.
- Pupil collect the vegetables to use in the school kitchen or prepare small baskets to offer to local institutions, avoiding food waste.

Phase 5. Extend
- Invite parents to help look after and maintain the vegetable garden during school holidays.

Outcomes

- The creation of a functional school vegetable garden, which will be looked after by staff, pupils and families, thereby strengthening the sense of belonging to the school community.
- Improve healthy and sustainable eating habit and be more aware of food waste.
- Enhance students' understanding of ecological sustainability by caring for soil, water and biodiversity.
- Increase responsibility, cooperation and respect for others by actively participating in the democratic planning and sustainable management of a school vegetable garden.

Framework Competences for Democratic Culture (CDC)



GreenComp Framework

Embodying sustainability values:
Valuing sustainability
Promoting nature
Embracing complexity in sustainability:
Systems thinking
Critical thinking
Problem framing
Envisioning sustainable futures:
Futures literacy
Adaptability
Exploratory thinking
Acting for sustainability
Collective action
Individual initiative