

# Lifelong learning on healthy cooking

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## 1. Background and aims

In order to promote health and prevent frailty in ageing through the adoption of healthy lifestyles, the Department of Dietetics and Nutrition is engaged in different actions to improve eating habits, most of them including hands-on culinary workshops and seminars, focused on healthy culinary practices, cost control and the Mediterranean Food Pattern

## 2. Actions to improve eating habits

During their community health service internship, students develop and present to school-children games and learning activities, promoting the knowledge about the different food groups and their role in growth and development.

Summer school courses, aiming secondary level students, present, in the kitchen laboratory, the preparation of breakfasts, mid morning and afternoon snacks, vegetable cooking and soups, meat and fish dishes and also some healthy desserts.

These courses occur in July, occupying one week of teenagers summer holidays and include hands-on culinary practice, when they prepare and try all the proposed preparations. During cooking and degustation, the discussion is centred on the composition and nutritive value, since the teachers present in the laboratory combine both culinary and nutritional skills.

Table 1. Recipe for chicken breast and vegetables

Ingredient	Quantity	Unit	Unit price	Price per serving
Chicken breast	0.2	kg	€2.39	€0.48
Carrot	0.1	kg	€0.49	€0.05
Onion (leek)	0.1	kg	€0.99	€0.05
Red pepper	0.1	kg	€1.89	€0.19
Turnip	0.075	kg	€0.89	€0.07
Frozen peas	0.05	kg	€3.72	€0.19
Pasta	0.04	kg	€0.77	€0.03
Olive oil	0.006	l	€1.79	€0.01
Lettuce	0.1	kg	€1.29	€0.13
Tomato	0.08	kg	€1.29	€0.10
Vinegar/lemon juice, salt, pepper, and powdered garlic	-	-	-	-
Total cost per serving:			€1.29	



Dietetics and Nutrition students attend, as regular curricular courses, Laboratorial Dietetics and Applied Culinary. In these subjects students can learn the basic culinary operations, using the seasonal food raw materials to prepare traditional and modern recipes.

Short courses, open to the adult community population, usually held during weekends, approach different themes such as: cooking vegetables and preparing soups, feeding toddlers, cooking fish and meat dishes, gluten-free culinary preparations, low-calorie desserts.

PHENA-OA promotes regular workshops aiming the over 60 population, where culinary, adapted to the physical day-life capacities and nutritional needs, the preparation of simple and easy to eat meals is experimented, focusing on the nutritional value of soups, broths, stews and low-calorie desserts.

In a partnership with association "In Loco", the promotion of healthy cooking workshops focused on controlled cost recipes and meal planning is aimed to adults (mostly mothers with large families). Recipes capitacion are calculated in order to comply with nutritional recommendations, meal cost is calculated using current local market prices. This theme is a regular section in the project's "Faro Adentro" bulletin.

The adherence of the target groups to these actions is very good, particularly when the more theoretical aspects are included in the practical sessions, rather than presented as formal classes. The evocation of personal experiences, beliefs and preferences always results in increased participation and interest.

