

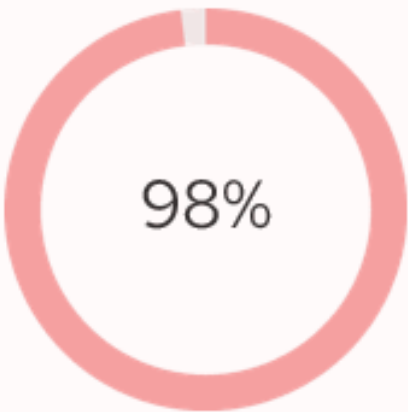
CHEER-Nutrition Project: Teacher Survey Results

This presentation provides a comprehensive analysis of the teacher feedback survey from the CHEER-Nutrition (Civic Health Efficient Education Responsible Nutrition) project. The following slides detail participants' experiences, the impact on their teaching practices, student engagement, and recommendations for future initiatives.

 **de Anca Suditu**



Overall Satisfaction and Professional Relevance



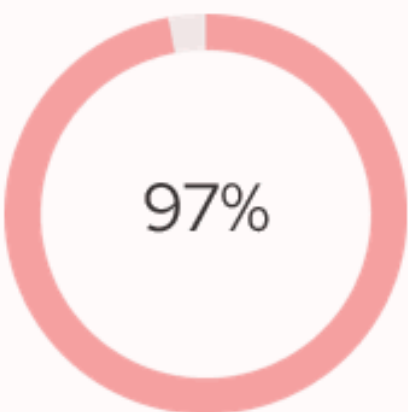
Overall Satisfaction

Nearly all teachers reported high satisfaction (rating of 5/5) with their participation in the CHEER-Nutrition project.



Professional Relevance

The vast majority found the project's topics highly relevant to their professional development.



Understanding Improvement

The survey reveals overwhelming satisfaction with the CHEER-Nutrition project, with 7 out of 8 teachers giving it the highest possible rating. The project's focus on nutrition education proved particularly valuable for teachers' professional growth, with strong ratings across all related metrics.

Teachers indicated that the project significantly enhanced their ability to teach about healthy nutrition and responsible food habits. Most participants (7 out of 8) gave the maximum rating when asked about the project's impact on their understanding of these topics, demonstrating the initiative's effectiveness in building teacher capacity.



Impact on Personal Habits and Teaching Practices

The CHEER-Nutrition project had a transformative effect on both teachers' personal attitudes and their classroom approaches. When asked if their attitudes or practices regarding healthy eating or food waste had changed, the majority reported positive shifts, with ratings between 4 and 5 out of 5.

New Classroom Ideas

All teachers (100%) reported gaining new ideas for classroom activities related to health and nutrition. Examples included:

- Informal conversations about students' school snacks and picnics
- Using podcast tools to improve speaking and listening skills about nutrition
- Creating and testing recipes developed during the project
- Organizing school-wide awareness activities about healthy eating
- Creating recipes with ChatGPT in class for students to cook at home
- Small group challenges to develop healthy recipes

Most Valuable Resources

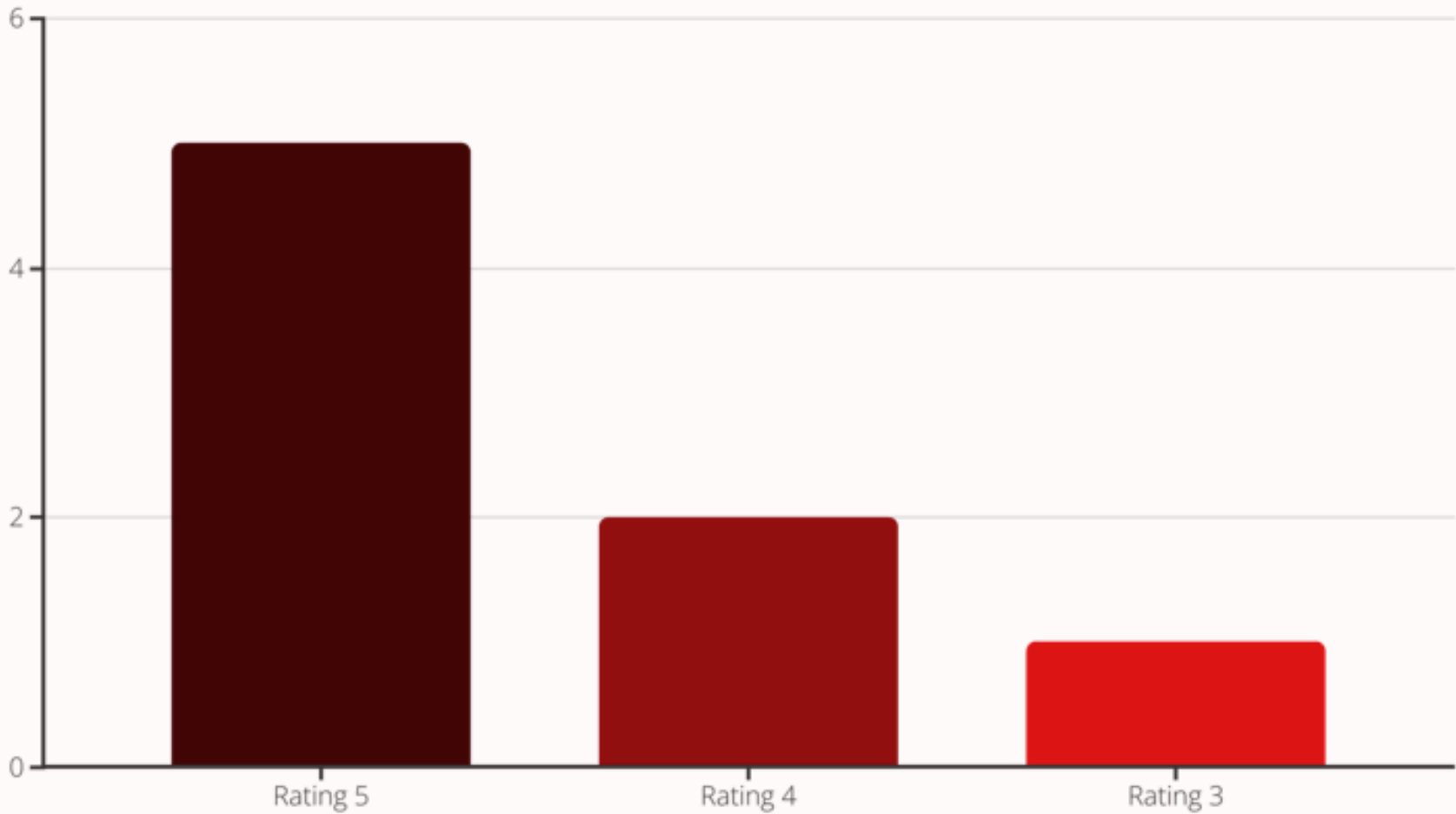
Teachers identified several particularly impactful project components:

- The online seminar and collaborative work sessions
- Visit to an ecological farm
- Podcasts about nutrition and cooking
- Healthy eating habits seminar
- Trip to the agricultural school
- Introduction to AI tools for developing course materials

Student Engagement and Response

The survey revealed that students were highly engaged in the project activities, with teachers rating student involvement between 4 and 5 out of 5 (with one exception at 3). Student responses were overwhelmingly positive, with teachers reporting that students were "excited," "very interested and involved," and "motivated a lot."

While most students embraced the activities enthusiastically, there was some initial reluctance noted among students with established eating habits. Nevertheless, teachers expressed optimism that even these students would eventually make positive changes in their food choices.



Most Engaging Activities

- Creating recipes with ChatGPT
- Online meetings and collective games
- Team works and tongue twisters
- School trips and visits to greenhouses
- Creating products with European partners using AI
- Researching different cultures' traditional foods for an e-cookery book

International Collaboration Benefits

Unanimous Support for International Projects

All teachers surveyed would recommend involving students in similar international projects in the future. Their reasoning centered around several key benefits:



Cultural Awareness

"To be aware of other cultures" was cited as a primary benefit, with teachers valuing the cross-cultural understanding that comes from international collaboration.



Belonging & Motivation

Students "get more engaged with activities they know other children from other countries are doing too" and "feel they belong to a new group of colleagues," enhancing their motivation to participate.



Language Learning

The projects provide authentic contexts where "it is easier for them to understand why they should learn English," making language acquisition more meaningful.



Teacher Collaboration Quality

Teachers rated the collaboration and communication between project partners with the highest possible score (5/5), and all felt their ideas and contributions were "always" valued in the project team.

Most Rewarding Aspects

- "Our voices are being heard"
- "Learning more about organizing common activities amongst teachers"
- "Working with colleagues from different countries and exchange ideas"

Observed Behavioral Changes in Students

Teachers reported significant positive behavioral changes in their students' food choices and sustainability awareness throughout the CHEER-Nutrition project. These observations provide concrete evidence of the project's impact beyond theoretical learning.



Healthier Food Choices

"We try to apply the saying: 'An apple a day, keeps the doctor away!'" Multiple teachers reported encouraging students to bring apples to school, with noticeable uptake in this practice. Students began choosing more fruits, vegetables, and plant-based options over processed foods.



Increased Awareness

Teachers observed that students "started talking regularly about their choices regarding food and drinks" and "have become much more aware about the dangers of unhealthy food." This demonstrates the project's success in making nutrition a topic of regular conversation.



Changing Habits

One teacher specifically noted that "healthy food preferences increased and they stopped eating unhealthy snacks." This concrete behavioral change represents perhaps the most significant impact of the project on students' daily lives.

Implementation Challenges and Material Quality

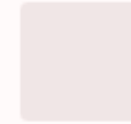
Project Materials Evaluation

Teachers unanimously rated the materials and information shared during the project with the highest possible score (5/5), indicating that resources were clear, well-organized, and accessible. This exceptional rating speaks to the quality of preparation and thoughtfulness in creating project resources.

Personal and Professional Growth

Beyond the direct project objectives, teachers reported significant personal development: "Being part of this collaboration challenged me to step out of my comfort zone, enhancing my problem-solving abilities and boosting my confidence in handling complex tasks."

All teachers felt better equipped to integrate food education into their regular teaching practice after participating in the project, representing a lasting impact on their professional capabilities.



Key Implementation Challenges

- **Time Constraints:** The most frequently mentioned challenge was "lack of time," with teachers noting difficulties in completing work within their limited classroom hours
- **Scheduling Conflicts:** "School calendars and time differences between countries" created coordination challenges
- **Different Holiday Schedules:** "We had difficulties in completing the work because of the different school holidays"
- **Limited Contact Hours:** "The lack of time because I only meet my class twice a week" impacted implementation for some

Future Recommendations and Participant Interest

Suggestions for Improvement

Better Preparation

"To have anything prepared before the beginning of the project" - focusing on more thorough pre-project organization

More Flexible Timeline

"Maybe having more time between tasks" - allowing for better accommodation of different school schedules

Expanded Partnership

"We can work on an Erasmus project together on this topic" - leveraging the established relationships for deeper collaboration

Regular Feedback

"Implement regular feedback sessions where team members can share their thoughts and suggestions"

Unanimous Interest in Future Projects

Every teacher surveyed expressed interest in participating in similar projects in the future, with responses including:

"Yes, certainly."

"Yes, definitely."

"Yes, of course!"

"Sure. It will be great."

This enthusiastic and unanimous interest in continued participation provides perhaps the strongest endorsement of the CHEER-Nutrition project's value and impact on participating teachers.

Key Takeaways

- The CHEER-Nutrition project achieved exceptionally high satisfaction rates among teachers
- Both teachers and students demonstrated concrete behavioral changes regarding nutrition
- International collaboration was highly valued and effectively implemented
- With minor timing adjustments, the project model could be successfully replicated