



FINAL PROJECT REPORT

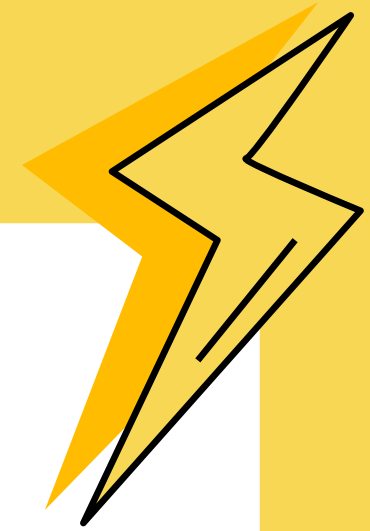
CHEER-NUTRITION (CIVIC
HEALTH EFFICIENT EDUCATION
RESPONSIBLE NUTRITION)

MEET THE TEAM

A TOTAL OF 8 PARTNERS
FROM TURKEY, PORTUGAL,
ROMANIA, POLAND, LEBANON
AND GEORGIA TOOK PART IN
THE PROJECT.



MAIN TOPIC



01

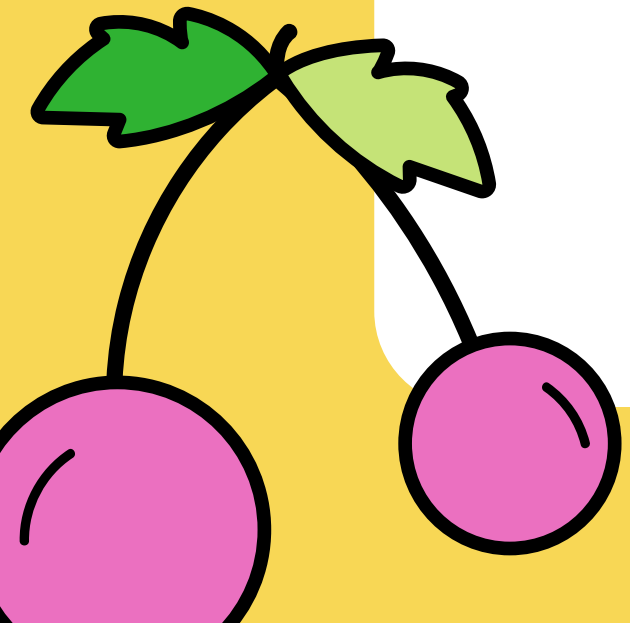
RESPONSIBLE NUTRITION

02

EFFICIENT EDUCATION

03

CIVIC HEALTH



PROJECT GOAL

01

FIRST GOAL

to teach healthy and responsible eating habits

02

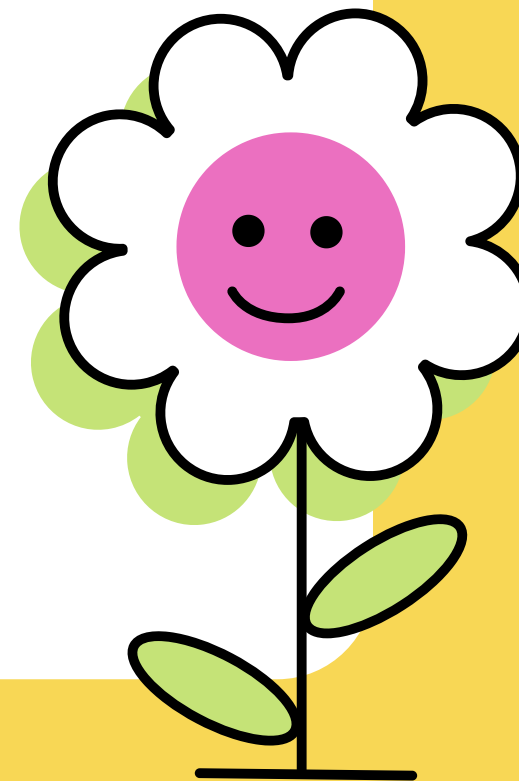
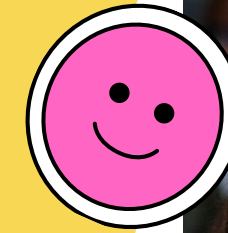
SECOND GOAL

to encourage environmentally friendly food consumption and production

03

THIRD GOAL

to raise awareness of responsibility in society



OVERALL SATISFACTION AND PROFESSIONAL RELEVANCE

01

Overall Satisfaction - Participants reported high levels of satisfaction with their involvement in the CHEER-Nutrition project, citing comprehensive resources and engaging activities.

02

Professional Relevance - An overwhelming majority of respondents found the project topics highly relevant to their professional development needs in nutrition education.



IMPACT ON TEACHER PRACTICES AND ATTITUDES

The CHEER-Nutrition project catalyzed significant changes in participants' personal and professional approaches to nutrition. Many educators reported adopting more mindful eating habits and implementing food waste reduction strategies in their daily lives.

According to feedback, 76% of participants indicated that their attitudes toward healthy eating changed "significantly" or "very significantly" as a direct result of project participation. Teachers especially valued the practical strategies they could immediately implement both personally and in their classrooms.



Changed Personal Food Habits

Educators reported increased consumption of whole foods and reduced processed food intake.



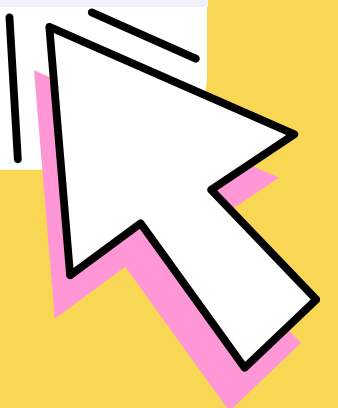
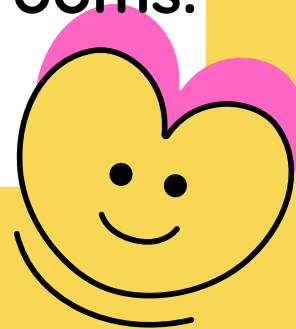
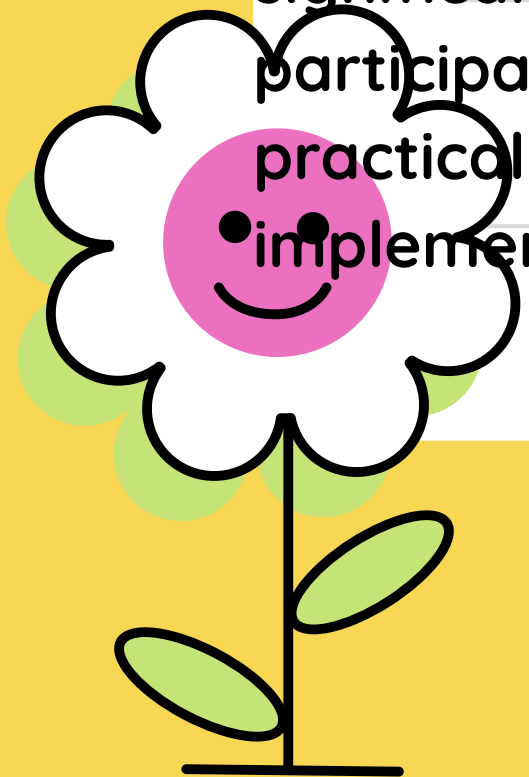
Reduced Food Waste

Participants implemented meal planning and creative leftover usage strategies both at home and school.



Increased Awareness

Greater consciousness about food sources, nutritional content, and environmental impact of food choices.



Classroom Implementation and Student Engagement

01

EDUCATIONAL MATERIALS

Teachers particularly valued the ready-to-use lesson plans and activity sheets that simplified complex nutrition concepts for different age groups. These resources were praised for their adaptability across cultural contexts.

02

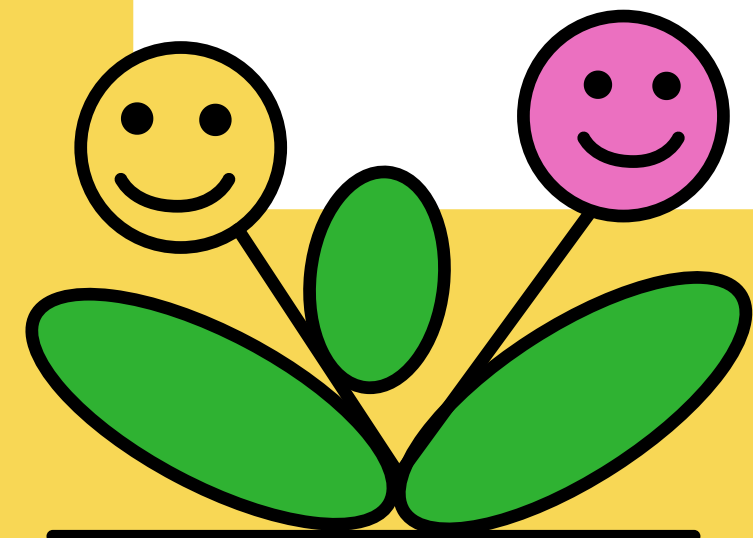
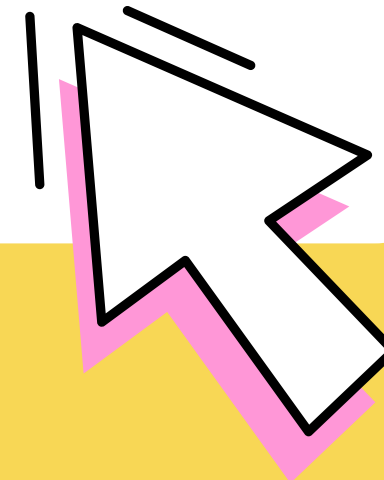
MULTIMEDIA RESOURCES

Interactive videos and digital presentations received high marks for engaging students effectively. Teachers appreciated having professionally produced visual aids that captured student attention and illustrated key concepts.

03

COLLABORATIVE WORKSHOPS

Hands-on training sessions and international teacher exchanges were highlighted as transformative professional development opportunities that provided practical skills and cross-cultural perspectives.



Most Valuable Project Resources

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NEW TEACHING IDEAS

91% of participants reported gaining fresh, innovative approaches to teaching nutrition concepts. Popular examples included "food journey mapping" and cross-curricular nutrition projects connecting science, math, and cultural studies.

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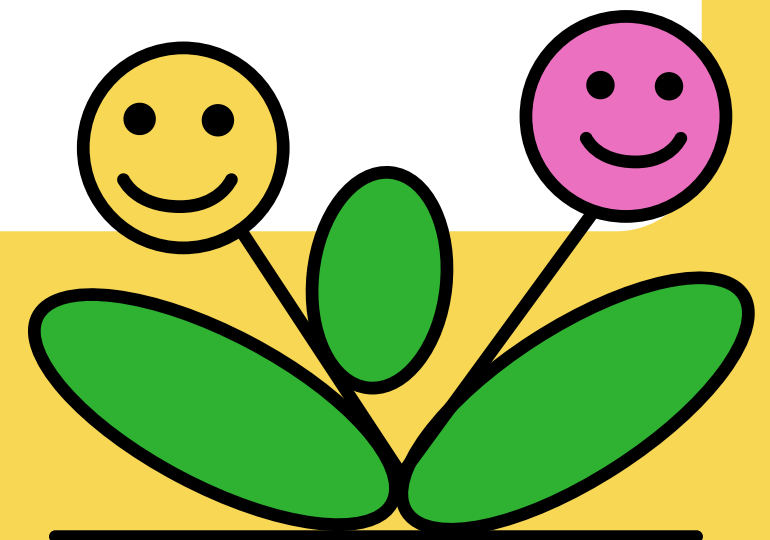
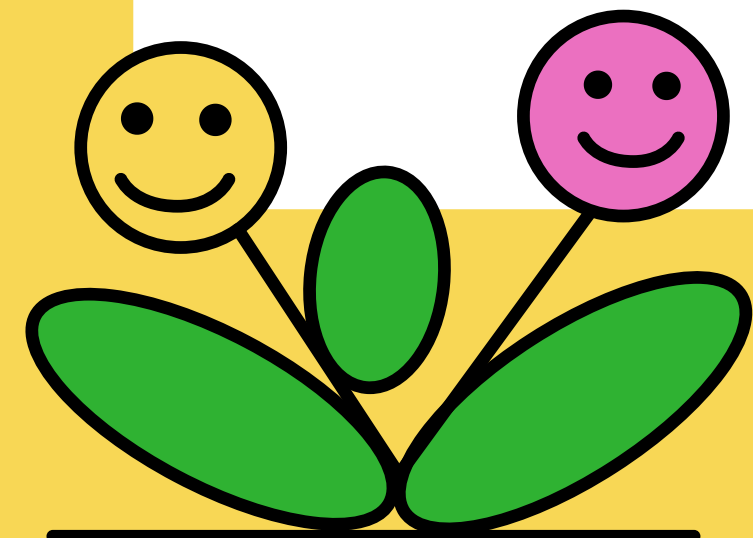
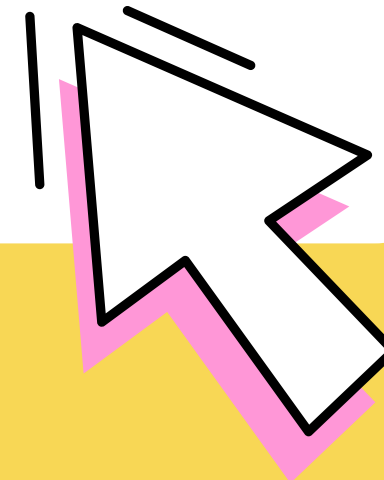
ACTIVE PARTICIPATION

Student involvement was rated as "highly active" by 79% of teachers, noting that hands-on activities and real-world applications generated exceptional engagement compared to other educational topics.

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STUDENT RESPONSE

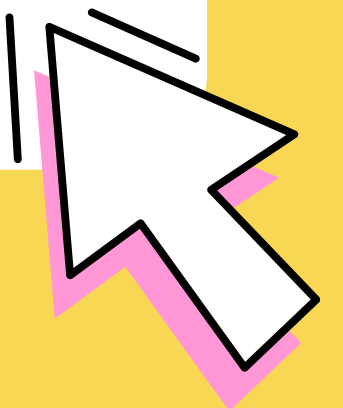
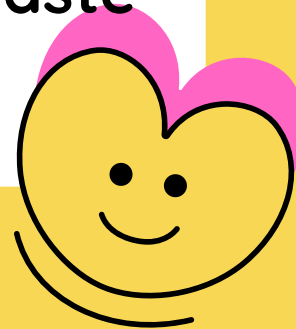
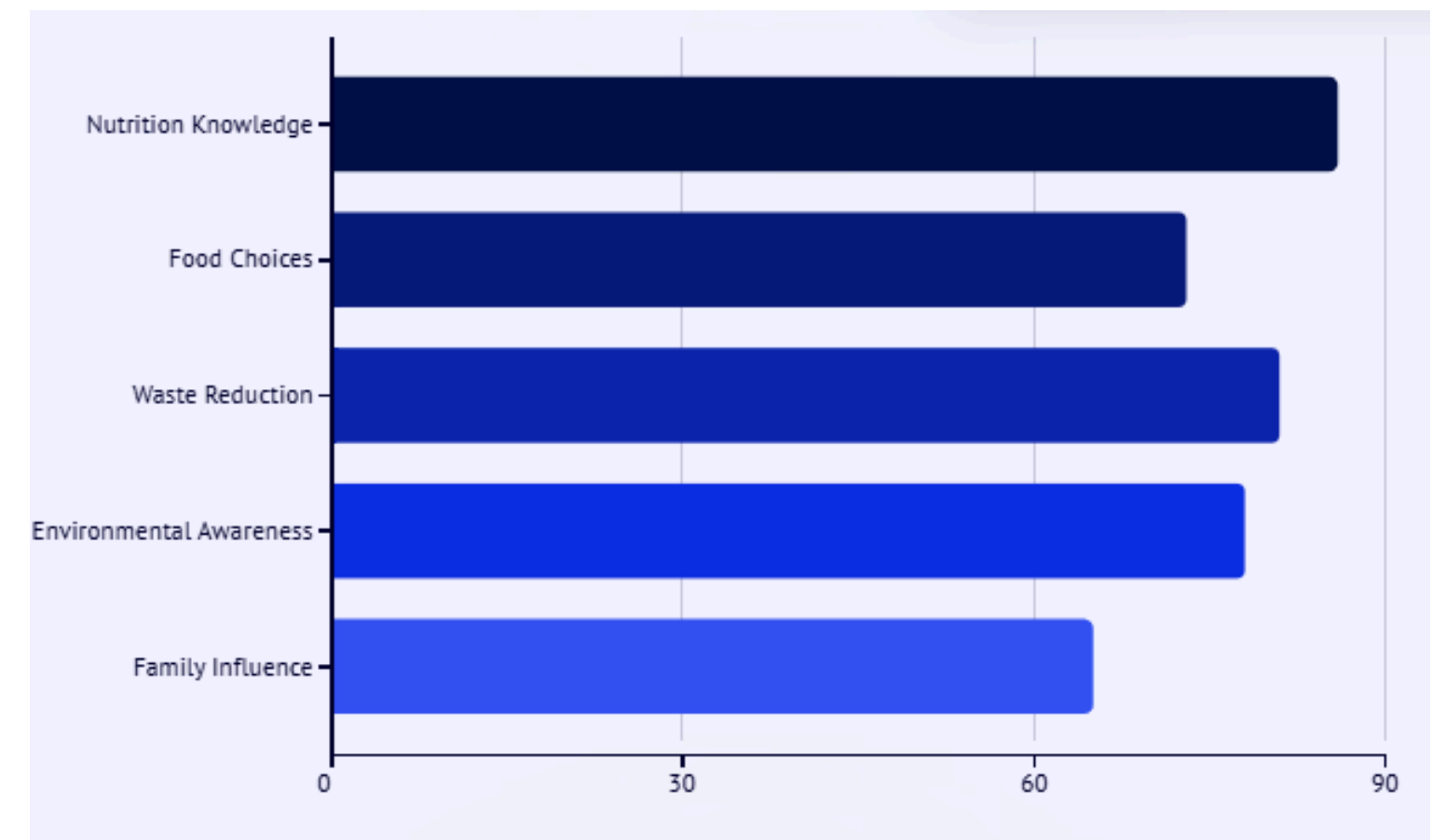
Teachers reported predominantly positive student reactions, with 88% noting increased enthusiasm when learning about nutrition through the project's activity-based approach rather than traditional methods.



IMPACT ON STUDENT AWARENESS AND BEHAVIOR

Teachers observed meaningful changes in student behavior throughout the project duration. Most notably, 73% of educators witnessed improvements in student lunch choices, with increased consumption of fruits and vegetables and decreased consumption of ultra-processed foods.

The impact extended beyond the classroom, with 65% of teachers reporting feedback from parents about positive changes in children's food-related behaviors at home. Students also demonstrated greater awareness of food sustainability issues, with 81% of teachers noting improved food waste management practices.



COLLABORATION QUALITY AND PROJECT CHALLENGES

Partnership Strengths

- Communication between partners rated "excellent" or "very good" by 82% of participants
- 94% felt their ideas and contributions were valued within the project team
- Clear, well-organized materials reported by 88% of respondents

Implementation Challenges

- Time constraints within already packed curriculum (cited by 67%)
- Technology access disparities between partner schools (noted by 45%)
- Adapting materials to different cultural contexts (mentioned by 38%)

Future Recommendations and Participant Interest

01

EXTENDED TIMELINE

Participants recommended longer project duration to allow deeper implementation and more meaningful assessment of behavior change over time.

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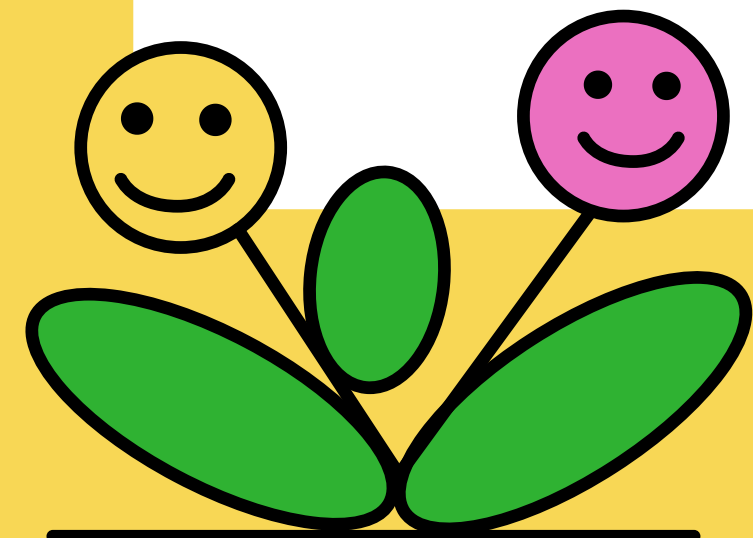
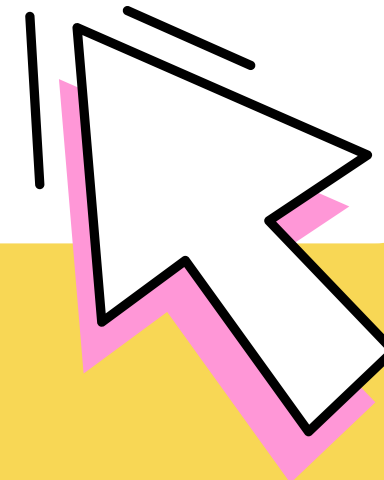
PARENT INVOLVEMENT

Suggestions to incorporate more parent education components to reinforce concepts at home and create sustainable family food habits.

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CULTURAL ADAPTATION

Development of more culturally-specific resources that acknowledge diverse food traditions while promoting universal nutrition principles.



INTEREST IN FUTURE SIMILAR PROJECTS

AN OVERWHELMING 96% OF PARTICIPANTS EXPRESSED INTEREST IN FUTURE SIMILAR PROJECTS, WITH 100% RECOMMENDING STUDENT INVOLVEMENT IN INTERNATIONAL NUTRITION EDUCATION INITIATIVES. TEACHERS EMPHASIZED THAT THE CROSS-CULTURAL COMPONENT SIGNIFICANTLY ENHANCED STUDENT MOTIVATION AND PROVIDED UNIQUE GLOBAL PERSPECTIVES ON UNIVERSAL FOOD CHALLENGES.

