

# What's your poison?

## The team

You are a **team of dieticians**. With your team, produce/introduce a series of healthy snacks for the school canteen. Consider price, foodmiles, ecological production methods, etc.

## Procedure

**Make a plan** regarding your healthy snacks. First, exchange ideas and recipes for healthy snacks. Try them and make a choice in your group or with a small scale "market study". Try to make the snacks having clean ingredients, zero foodmiles, no waste, etc. Ask your teacher if (and how) you can sell them to your peers. How do you advertise? Is it biological, halal, vegan? What legislation do you have to bear in mind while selling food?

## Thoughts

Unhealthy food is usually cheaper than healthy food. Many Europeans eat mainly pre-processed food. Some do not even know how to prepare a healthy dish with fresh ingredients.

**“Real food doesn't have ingredients, real food is ingredients.”**

- Jamie Oliver



school 1  
**foody**



school 2  
**foody**



school 1  
**foody**



school 2  
**foody**

## Outcome/aim

Your snacks will be tasted in class.