



**TRAINERS TRAINING MEETING OF THE E-CONS NETWORK
 Valencia, 26th - 28th March 2009**

NEW PROJECT PROPOSALS

Name of the teacher: FERNANDO PORTAL MARÍA
Name of the school: IES MANUEL GUTIÉRREZ ARAGÓN
Country: SPAIN
Education level: <input type="checkbox"/> Infantile Education <input type="checkbox"/> Primary Education <input type="checkbox"/> Secondary Education <input checked="" type="checkbox"/> Vocational Training <input type="checkbox"/> Adult Education <input type="checkbox"/> Others
E-mail: fportalmaria@yahoo.es
Please indicate whether you have experience in the following subjects: <input type="checkbox"/> Energy Saving <input checked="" type="checkbox"/> Responsible Consumption <input type="checkbox"/> Climate Change <input type="checkbox"/> Others
Please indicate whether you have experience in organizing and/or participating in projects: During four years, I have organized projects for the consumer education aimed to pupils of dietetics (“The advertising in the nutrition”, “The use of money for food by young people of our region”, “The access to weight-reducing diets on the part of consumers”, “The consumption of fruit and food education”). Coordinator of a Comenius1 project titled “Regional gastronomy and changes in the food habits” with Germany, Romania and Norway.
Please indicate your expectations regarding the meeting and the exchange of experiences: - To meet persons interested in carrying out activities related to healthy consumption, particularly in the field of Nutrition and Food. - To share experiences to rub off mutually. - To establish friendship with other European professionals that can result in new joint projects. - To meet again colleagues from previous projects.
Title of the PROJECT: LESSONS OF DIETETICS IN A BIOLOGICAL VEGETABLE GARDEN
Main subject of the project – Please select one of the following subjects: <input type="checkbox"/> Energy Saving <input checked="" type="checkbox"/> Responsible Consumption <input type="checkbox"/> Climate Change <input type="checkbox"/> Others
Summary of the project (maximum 5 lines): The food industry is causing important changes in the lifestyle of developed societies. Some of these changes are causing serious health problems (diabetes, obesity, hypertension, etc.), this is well known. Certain ecological agricultural practices, used by our ancestors from time immemorial and which are beneficial, are being abandoned. I, as teacher of dietetics, together with my pupils, we would like to carry out an ecological crop creating a biological vegetable garden.
Observations/Remarks (maximum 5 lines): This project counts with the collaboration of the European School of Consumers and we would like to contact other persons – from any country – that have experience or interest in thy type of practices.