

## **Manifesto for the Week of Food Education in schools**

"Although we are women". ... were singing the first women workers and rice pickers at the beginning of

' 900 . Today we say: just because we are women we are taking charge and we are proposing a poster for the food education for children , starting from primary schools.

We, "**women of the oil**", **associated in Pandolea**, propose to all men and women of good will , to all associations, to directors, school boards deans and professors, politicians, producers, growers ... to all , to adhere to the **Manifesto for the Week of Food Education in schools**.

### **Food in School:**

There is the week of astronomy, of the scientific and technological culture , and one dedicated to music... Unfortunately it lacks a week dedicated to food education.

Nutrition education is not only to provide children with nutritional knowledge to improve their diet and their well-being , it is the opportunity to transfer to the younger generation important values.

Nutrition education in its deepest sense must start from the enhancement of our agriculture to trace a new food model that restores food , as an agricultural product; its central role for the health of our body and recognizes the values that make it an integral part of our culture and our territory.

### **Food and health:**

*"Food is my medicine and medicine is my food " Ippocrate 460-377 a.C.*

Worldwide we are now fighting obesity , considered the third millennium pandemic. In the US , President Obama has declared war on unhealthy eating and the mayors of American cities habits are involved in the field of education food just starting from primary schools.

Experts have identified four strategies to promote a healthier dietary pattern :

- Changing the policies on agriculture ,
- Taxing sugary products or fats in favor of subsidies for fruit and vegetables ,
- Reduce salt and fat in prepared foods ,
- Clearer labeling on foods and restrict the advertising of junk food

The three foods that are more than any other accused are just sugar, salt and saturated fats.

### **Why extra virgin olive oil?**

Because olive oil is the symbol of our agricultural and food tradition. Cornerstone of the Mediterranean diet, olive oil is a nutraceutical food for its chemical and organoleptic composition that make it a staple food for the prevention of cardiovascular diseases.

The extra virgin olive oil differs from animal fats but also from other vegetable oils. It is low in saturated fatty acids and is instead rich in monounsaturated fatty acids in

contrast to other vegetable oil (derived from seeds) rich in polyunsaturated fatty acids, strongly unstable and therefore exposed to a rapid oxidation main source of free radicals.

Extra virgin olive oil is instead rich in oleic acid (75% of its composition), monounsaturated fatty acid that give the oil a high coefficient of digestibility, which has beneficial effects on blood glucose control and the prevention of some types of tumors , it is helpful to reduce the level of "bad cholesterol" (LDL) cholesterol in the blood by increasing the levels of "good cholesterol" (HDL cholesterol).

**It is a key product in the daily diet, in preventing obesity and diseases of the cardiovascular system.**

### **The project**

Pandolea through this project will create the opportunity for the children of schools to learn about the Italian agri-food world, learn about its agricultural products, in particular about extra virgin olive oil , milestone of the Mediterranean diet and a treasure of essential nutrients.

During the Week of Healthy Food in schools, initiatives and events must be held and dedicated to proper nutrition and food awareness: meetings in part theoretical, but accompanied by sensory laboratories, all fundamental tools to know and appreciate food. Through flavors and fragrances children can learn to classify and distinguish the food, coming to form a knowledge that will lead them to a conscious power.

### **A project that starts from Women**

The project starts from women because since the beginning of time, mothers have had the task of educating children; and nutrition education is no exception. We must be taught to eat healthy and in a conscious way. We believe that children have an amazing ability to learn, even when they are very young.

And if the man is what he eats, probably it is the relationship with food that starts a path of healthy and proper training.

We, women of Pandolea, know how important it is to give our children the fundamentals for a healthy and harmonious growth, to develop in them a consciousness that food will help them to be gradually more and more informed and autonomous in the choices concerning health and wellness, to establish and enhance a proper relationship between diet, health and personal fulfillment.

All this is perfectly consistent with the fundamental objective of our Pandolea Association, which is to spread the extra virgin olive oil culture and, more generally, of proper food habit.

### **For everything:**

We are on the front line - along with politicians , engineers , teachers , farmers , professionals and administrators who are interested - to promote the **Week of Healthy Food** in primary and secondary schools , contributing to pread the culture of healthy food ... Seasoned with a thread of extra virgin olive oil, in the name of the tradition and Mediterranean culture.