

UCPH SYLLABUS: WORKSHOP FOR STUDENTS
Developed within the Strategic Partnership project

Number of the project	2016-1-PL01-KA203-026652
Title/name of the project	Innovative Education towards Sustainable Food Systems
Title of the Lecture (original and translated into EN)	The topic of the lecture was “Your current and future lunch; what is a sustainable diet”.
Students Lecturer (University)	University of Copenhagen
The aim of the lecture	The main purpose of this lecture was to give the students an idea of what sustainability and sustainable foods are, how food is a cultural fulcrum, and how we as individuals can contribute to making the right food decisions for a sustainable future.
Description (schedule)	<p>The lecture consisted of the following parts and topics:</p> <p>Definitions</p> <ul style="list-style-type: none"> - Sustainability - Food systems (video of CO2 output of a sandwich) - Dietary guidelines <p>Group work</p> <ul style="list-style-type: none"> - 20 minutes <p>Defining food</p> <ul style="list-style-type: none"> - How do we define food? - Alternative source of protein - Intro - Nutrition/Sustainability - Examples <p>Group work</p> <ul style="list-style-type: none"> - 20 minutes - Tasting <p>Tasting consisted of:</p> <ul style="list-style-type: none"> - Marmite - Natto - Insects (both masked in a cookie and fried whole)
Time needed to carry out the lecture	Each lecture was about 90 min. The lecture was carried out twice with 2 different groups of pupils.
Materials & tools necessary to carry out the lecture	Computer, internet connection, blackboard, food for tasting, papers and pens for drawing exercise.
Prerequisites	None, they were mapping the students understanding as the lecture went along, and keeping it on a basic level of knowledge.

Effects / learning outcomes (knowledge, skills and social competences)	What the students from U-CPH learned: <ul style="list-style-type: none">• Mixed learning is more engaging than a monologue speech• Students already had good general knowledge• Don't ask open-ended questions directly• Practicing the lecture in advance is an advantage• Delegating roles is important for structure
If applicable, background literature	None
Additional comments	The students were very happy with this experience, and worded it as a very good way of gaining knowledge themselves, when having to explain it to students at a lower level.