

# STUDENTS OF THE PRIMARY EDUCATION DEGREE, AS THE NEW PLAYER IN HEALTH AND NUTRITION PROMOTION

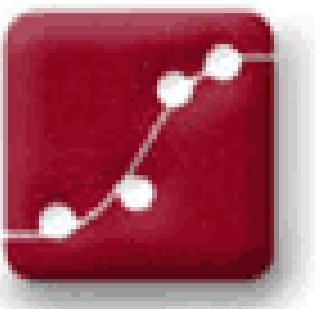
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## INTRODUCTION

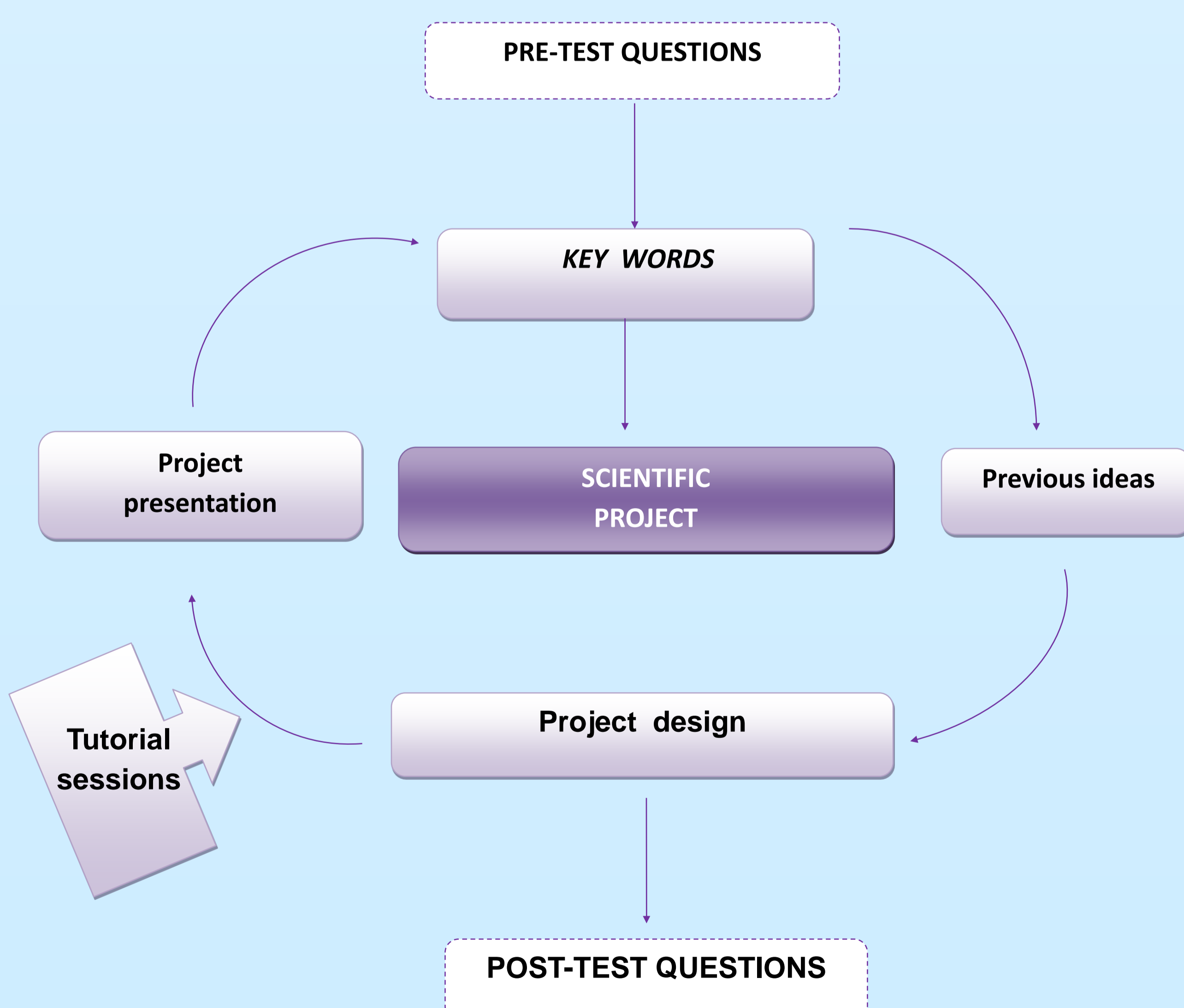
Students of the Primary Education Degree are the future teachers for children aged 6 to 11 years old. As professors, it is our responsibility to encourage these students to achieve both scientific and social skills, remarkably if we take into account that they must develop teaching strategies concerning health and nutrition. The main goal of this proposal is to improve scientific training concerning lipid metabolism and diet of the future Primary Education teachers.

## MATERIAL / METHODS

1- The students of the first year of Primary Education Degree are distributed into groups.

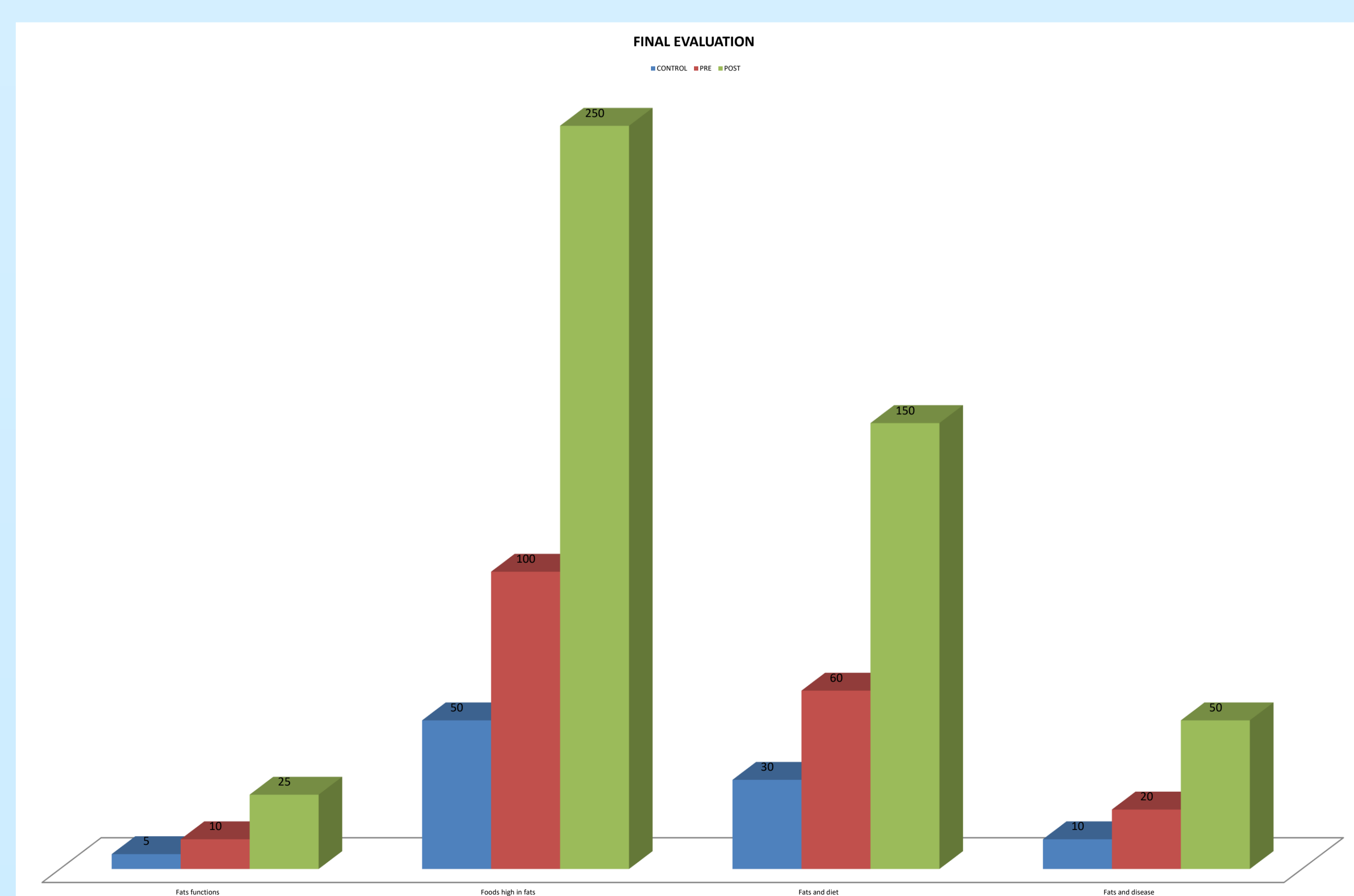
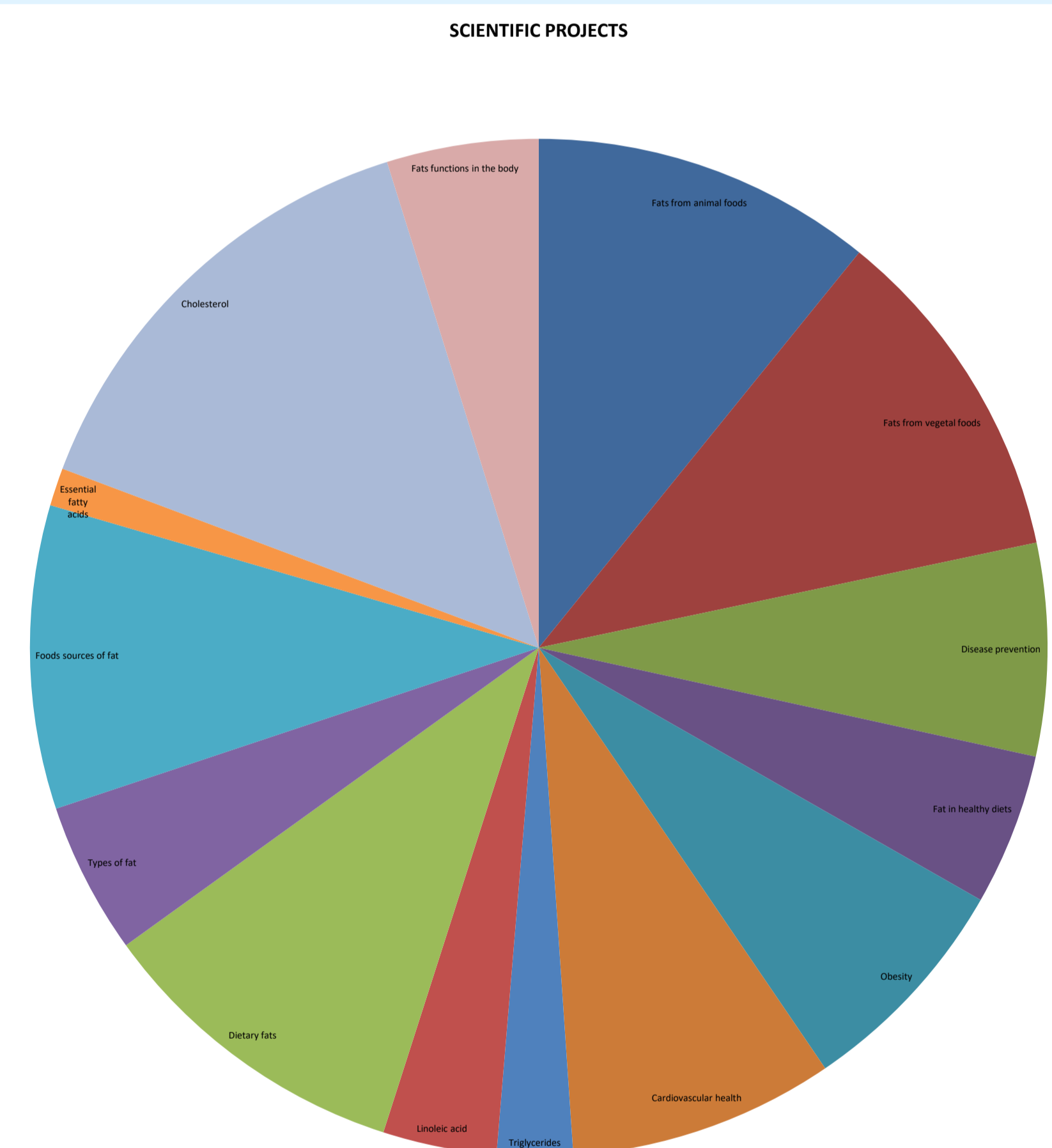
2- They choose several “key words” related with the metabolism of lipids present in our diet, to prepare a scientific project during classroom sessions. Conclusions will be discussed in class. If needed, professors will be available for additional tutorial sessions.

3- Students also answer a test including questions about this topic, before and after the activity. A control group of students do not participate in any project, but work both pre and post tests.



## RESULTS

After evaluating the scientific projects and the answers of the tests, we can conclude that the participants reveal a significant increase of the level of scientific knowledge concerning lipid effects in our diet, in contrast to the students control group. Moreover, one of the questions of the tests let them propose teaching activities in their future classes, and it is remarkable that they have many and very interesting ideas. We must highlight the level of implication of the students in this proposal.



## CONCLUSIONS

These findings provide evidence that new teaching strategies should allow our students become the main actors of the learning process. We can assure that our students have improved both, their knowledge concerning nutrition, as well as their skills in scientific education research. It is also important to develop teaching proposals which are quite appropriate with the needs of our future citizens.