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Nurturing Young People as Global Citizens through Food and Nutrition Education

Introduction: In September 2021, the UN organised the first Global Food Systems Summit. Integral to this summit was giving a voice to young people to express their vision for a better world based on sustainable food systems. This goal of facilitating healthy, sustainable food systems (HSFS) has been growing on international and local levels, harnessing the commitment of multiple stakeholders. It is recognised that education has a key role to play.

Objective(s): The purpose of this study is a) To explore what young people wish for in a future HSFS, and b) To propose a curriculum model integrating this vision with 21st century learning in food and nutrition for developing responsible, global citizens.

Method(s): This study will involve a scoping literature review to include recent scientific articles, as well as other reports or material published by international associations, NGOs and online platforms where young people's interests and ambitions in HSFS have been identified and discussed. This will inform the design of a curriculum model for schools where competences for responsible global

citizens promoting HSFS are incorporated, considering personal and civic roles, possible roles as future employees, employers or producers in the food sector, and utilising an active learning pedagogy.

Findings: This model will be multi-dimensional and possibly combine topics such as biodiversity, regenerative agriculture, sustainable fisheries, food security, food waste and climate change, among others, as covered in food and nutrition education which tackles a variety of competencies related to attitudes, understanding, skills and practice for personal and career development.

Conclusions/Implications: This study will argue for the potential of the proposed model in nurturing global citizens who value, advocate and act for HSFS and will show how food and nutrition education as embedded in Home Economics education can be a primary player in this learning pathway and goal.