









## Dilemmatic nature of food choices

- Less right and wrong answers
- Contradictory voices on food choice and 'healthy' food
- Dilemmatic advice: 'eat more fish'
- 'Too many alternatives' problems of plenty
- People choose food not nutrients in their everyday life

Need to change the perspective from nutrition education to food education

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## Home Economics Teachers – highly qualified academic experts

- Students in Home Economics Teacher education complete a Bachelor of Arts (Education) degree (180 ECTS) and Master of Arts (Education) degree (120 ECTS).

-The major subject alternatives in the degree are: 1) Home Economics Science and 2) Education.

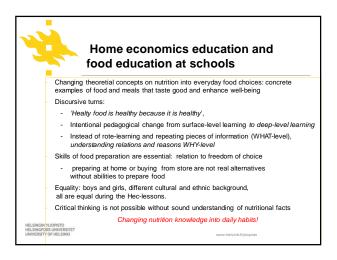
-Home Economics studies include 120 ECTS credits of studies in the subject to be taught, i.e. Home Economics.

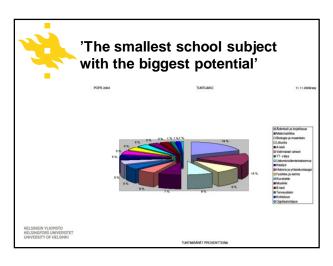
-Studies in Education include the teachers' pedagogical studies of 60 ECTS credits required for a teacher's qualification. Both major subject options entail intermediate studies for general upper secondary qualification as decreed.

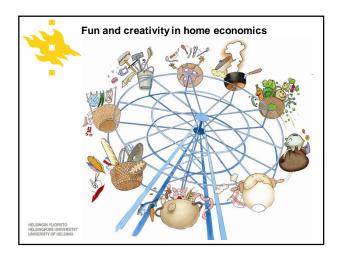
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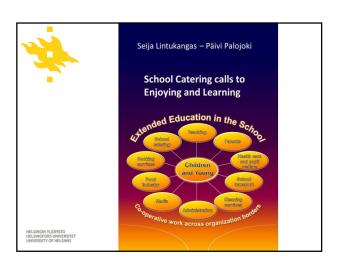
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## School catering staff to act as educators in comprehensive schools (Lintukangas 2009)

AIMS of the doctoral dissertation:

- the empowerment of the catering staff and the effect of it in a work community culture in Finnish comprehensive schools
- finding suggestions to improve the work profile of the catering staff and enhance their participation in the work community of the school.

The goal is to add know-how as an educator and to improve the work

The effects of the TaRu - training can be seen as an empowerment of the staff as well as a change in the work community culture.

The staff was encouraged to participate in the development projects of the work community and to place themselves as educators.

Catering staff has tacit knowledge and it's possible to share it for the whole school community.



The preparation of school meals is based on standard recipes stored on computer, to ensures the nutritional quality of the food concerning e.g. the amount of salt and the type of fats used. The recipes have been tested, and the quality and quantity of the ingredients have been defined and described.

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