**SOS4Love Project**

**Final Action Plan Report**

**School/Country: Great Expectations English Language School, KOS, GREECE**

**Teacher/Facilitator: Stamatia Savvani, English as a foreign language**

**Our Idea:** We decided to work around the third sustainable development goal, which is about “Good health and well-being”. We have noticed that young students do not always make their best choices when it comes to food; the snacks that they eat at school usually contain lots of sugars and fats and are unhealthy for them. Thus, we felt it was vital to inform our students about the health dangers from junk food consumption and help them recognize which food is healthy for them.
**Taking Action:**
**Step 1:** We researched our students’ eating habits and we discussed which of them are healthy or not.
**Step 2:** We had home economics lessons through which our students learned to read and understand food nutritional labels. Our students learned which nutrients are essential to their diet and the recommended amounts for these.
**Step 3:** After being able to discern which food is healthy or not, students created their own healthy recipes.

**2) Share the results of your SOS4Love project**.
When someone brought treats in class, we were happy (and surprised) to see our students checking the back of packages to find the nutritional information before eating the treats. We were thrilled when students brought healthy snacks (e.g. fruit) in class to share with their classmates.
**3) Share your feelings and reflections on your experience throughout the SOS4Love project**.
We are aware that it is difficult to change eating habits and lifestyles from one moment to another. However, we feel that raising awareness is essential to changing behaviors and habits. It is hard for young kids (even adults) to say no to sweets and candy; but even reducing the consumption of junk food while increasing consumption of fruit and veggies is definitely a great step forward.

Thank you for Acting 4Love World-Changers! Looking forward to seeing you next school year in the SOS4Love Project again, to Keep Changing the World Together with #Pedagogy4Love!