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# eduNUT

Futures Literacy on Food Nutrition and Sustainable Food Systems for School Education

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## Welcome to the online course

We're excited to welcome you to this transformative learning journey. This course equips educators with practical tools and knowledge for sustainable food education. Whether you're experienced or new to food systems, this MOOC offers valuable skills to inspire learners.

### What is the Edunut MOOC About?

Gain insights into global food systems, low-emission strategies, soil management, and effective assessments. The course includes four modules, each requiring about 3 hours, for a total of **12 hours**:

1. Food Systems: Understand food production and consumption.
2. Low Emissions Strategies: Reduce environmental impacts.
3. Soil Management: Learn sustainable soil care.
4. Assessment: Evaluate food education initiatives.

### Flexible Learning

Available from 2 December to 31 January, the course allows you to learn at your pace. Complete all modules to earn a Certificate of Attendance.

### Engage, Learn, Share

Join interactive forums to ask questions, share experiences, and connect with peers. Your participation enhances the learning experience for everyone.





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# A Step-by-Step Guide

## Dashboard

After logging in, you'll see your dashboard, which shows all your enrolled courses. Click the Edunut MOOC to enter and return anytime by selecting "Dashboard" in the left menu.

## Navigation Menu

Use the left sidebar to navigate:

- Dashboard: View courses and progress.
- Course (Edunut MOOC): Access the main page.
- Modules: Find and click modules for lessons, forums, and quizzes.
- Forums: Module-specific discussion links.
- Progress Tracking: Monitor completed activities.

## Course Content

Each module contains lessons (text, videos, resources), activities (quizzes), and forums. Navigate easily with breadcrumb links (top of page) and Next/Previous buttons (bottom).

## Using Forums

Forums let you interact with peers and instructors:

- Ask Questions: Post in module forums for clarification.
- Share Ideas: Discuss experiences and strategies.
- Respond: Engage with peers by commenting.
- Subscribe: Get updates on new posts.

## Tracking Progress

Check progress with completion checkboxes and a tracker in the sidebar.

# Get started now!

## Why Food Education Matters

Food systems affect health, environment, and communities. This MOOC equips you to inspire critical thinking and sustainable practices.

## Tips for Success

- Schedule Learning: Complete by 31 January.
- Engage in Forums: Enhance your experience through interaction.
- Explore Resources: Deepen your knowledge.
- Seek Help: Use forums or support email for issues.



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