

CHEMISTRY AND NUTRITION

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Abstract:

As a teacher I strive towards the idea that knowledge gained in school can be used in everyday life. Since I teach natural sciences and chemistry at secondary technical school I find it important to make my students aware of importance of healthy lifestyle and adequate nutrition. For example, through experimental work they prove the presence of certain nutrients and additives in food products. We also encourage them to look up and find the information on the internet so they can form their own opinions about what is healthy and what not. Because this kind of knowledge concerns everyday life I believe anybody can benefit from it, no matter their future career.

Keywords: nutrition, experimental work, chemistry, health