Larnaca, xx/xx/2023

**The "Food Academy for children at Lidl Food Academy" returns for the new academic year 2023-2024**

**The program is organised in cooperation with the Ministry of Education, Sports and Youth for students of the first grade.**

With the main objective of promoting more positive practices and habits in nutrition, physical and mental well-being, as well as empowering consumers (of today and tomorrow) to make healthier and balanced choices, Lidl Cyprus is conducting for the 6th consecutive year the experiential programme "Food Academy for Children at Lidl Food Academy". The programme is organised in collaboration with the Ministry of Education, Sports and Youth and aims to instruct children in the first grade of secondary school the benefits of properly thought-out home cooking and has already hosted hundreds of children since 2018, informing and raising awareness on issues related to conscious and healthy eating.

The classes are conducted as part of the Home Economics course, during school hours and each class can be attended by one class, up to 30 children. Each course lasts 4 hours and includes theoretical and practical learning of a complete, delicious, nutritious, and healthy meal that can be easily prepared by children of this age. A qualified chef trainer teaches the course, with the support of a dietician/nutritionist.

By actively participating in the kitchen, children become better informed about the nutritional value of food, learning how each food affects their bodies. In addition, they have the opportunity to discover the joy of creating and socialising through cooking, as well as the knowledge that by improving our food, we improve our quality of life.

To register for participation in the programme, interested schools can contact the relevant Department of Home Economics of the Secondary Education of the Ministry of Education, Sports and Youth.

This programme is part of a broader framework of actions with the main objective of promoting health, which is one of the main pillars of Lidl Cyprus' Corporate Social Responsibility and part of its vision for a better tomorrow for all.

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