

Education & Social Inclusion through the Mediterranean Diet: Implementing UDL, Easy-to-Read Standards and AR/AI Tools for Equitable Health Literacy

Introduction

- Traditional health education often excludes learners with diverse cognitive or linguistic backgrounds.
- **The Mission:** Transforming the Mediterranean Diet from a nutrition topic into an active vehicle for social inclusion.
- **Core Objective:** Creating an accessible educational framework that guarantees equitable Health Literacy for all.

Inclusive Didaktik

- **Universal Design for Learning (UDL):** Providing multiple means of representation, engagement, and expression for diverse learners.
- **Easy-to-Read Standards:** Adapting complex dietary and health curricula to ensure barrier-free comprehension.
- **Multi-Sensory Content:** Combining simplified text, audio tools, and visual guides.

AR & AI Integration

- **Augmented Reality (AR):** Interactive 3D visualization of Mediterranean food groups and historical agri-technologies.
- **AI-Driven Customization:** Real-time content translation and simplification based on individual student profiles.
- **Immersive Learning:** Removing physical and cognitive barriers through gamified health education.

Expected Outcomes

Significant increase in dietary health literacy among all student groups.

Key References

- Rose, D. H., & Meyer, A. (2002). Teaching every student in the digital age: Universal design for learning. ASCD.
- Willett, W., et al. (2019). Food in the Anthropocene. The Lancet, 393(10170).