

What You Eat, Matters



The "**What You Eat, Matters**" program is aimed at secondary school students, giving them the opportunity to learn about the basic principles of healthy eating and wellbeing.

More specifically, participants talk with mentors: professionals working in nutrition, mental health and health promotion, including final - year students and/or graduates of the **Department of Nutrition and Dietetics at Harokopio University**. Through these conversations, students learn about the importance of prevention, the connection between wellbeing and mental balance, and how to make balanced food choices in their everyday lives.

Students then take part in a non-formal learning activity in the classroom, aimed at promoting healthy eating and wellbeing in the school community and beyond. Through this activity, they build habits that strengthen their physical and mental wellbeing, inspiring their classmates to do the same.

The program is implemented for the 2026-27 school year by **The Tipping Point** , on the initiative of **EVIOL** Nutritional Supplements, in collaboration with the **Career Office of Harokopio University and Dietitians-Nutritionists from the Department of Nutrition and Dietetics**.