

## European Researchers' Night 2022

### Dis- Assembling the Lipids

Objectives: Organization of an interactive workshop for kids (primary school age) with the aim of enhancing their understanding of the different types of lipids present in human milk, as well as their structure, function, and importance for newborn nutrition.

The workshop will be organized as follows: Short general introduction (2-3 min) followed by three activities (participants will be divided into small groups of 3-4 people) with a duration of 5 min approx. each:

- **Exploring the lipid composition of human milk.** This will be carried out through home-made puzzle pieces to understand the composition of different lipids present in the milk, e.g., construction of triglycerides (glycerol + three fatty acids); phospholipids (glycerol + two fatty acids + phosphate group).
- **Construction of a model of a milk fat globule (MFG)** using polystyrene balls and plasticine to simulate the cargo and membrane components such as phospholipids, cholesterol, and proteins, respectively.
- **Exploration of human milk fat.** Participants will manipulate human milk. The milk will be centrifuged, and the fat layer will be examined.

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