

Erasmus+ project

A sustainable table for multiculturalism and inclusion

**Project number:
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Erasmus+



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About the project

The project aims to:

- raise knowledge and awareness of a sustainable food system and its benefits on human life and health in order to persuade youngsters to change their eating habits and preserve our environment;
- raise cultural awareness of local, national and European heritage through food choices and eating habits and to develop students' professional competences in gastronomy as well as their social, civic, entrepreneurship, linguistic and digital competences.
- develop teaching professionalism by increasing teachers' abilities to develop European networks while working in cross-border projects, sharing ideas and practices and discovering innovative didactic strategies to be used in classroom.

To achieve these goals, five schools from European countries (Italy, Bulgaria, Croatia, Poland and Romania) decided to involve students and their families in stimulating activities like practical training, sustainable cooking laboratories in which they experience traditional and innovative recipes, workshops, outdoor activities and comparative studies of European eating habits which, although different, are all united by the same quality "to be sustainable".

Outcomes: greater understanding and intercultural responsiveness to environment problems; increased motivation and interest in intervening actively into the topic; greater responsiveness to multiculturalism; increased logical and critical thinking in a multicultural context; increased ability to cooperate effectively and respectfully with other people to achieve a common aim; increased ability to manage tasks; increased students talents, creativity and foreign language competence; more professional environment inside the schools involved.



5 partners:



I.P.S.S.E.O.A "Mediterraneo"

Pulsano, Italy



Turističko-ugostiteljska i prehrambena škola Bjelovar

Bjelovar, Croatia



Colegiul Economic „George Barițiu”

Sibiu, Romania



Professional School of Ecology and Biotechnology "Prof. Dr. Asen Zlatarov"

Sofia, Bulgaria



PCKZiU in Wieliczka

Wieliczka, Poland



Project objectives

The project objectives are:

1. Raising knowledge and awareness of a sustainable food system and its benefits on human life and health in order to persuade young people to change their eating habits and to preserve our environment.
2. Raising cultural awareness and expression of local, national, European cultural heritage through food choices and food habits; food means culture and by experiencing culinary traditions, we will develop a better understanding of ourselves and others and promote intercultural approach to heritage .
3. Promoting and developing key competences: social and civic competences, sense of initiative and entrepreneurship and communication in foreign languages.
4. Increasing ICT competences by using technologies, communication and social media.
5. Developing teaching professionalism by increasing teachers abilities to develop European networks, working in cross-border projects, sharing ideas and practices.



Results

The concrete results:

1. Students, by cooperating and combining their own foods, will create a real sustainable table which will be the result of visiting and buying healthy food at farms and farmers' market, using safe and eco-friendly working behaviours: the 3Rs to acquire a sustainable daily lifestyle. It will be prepared in the green day organized by the applicant school with the help of parents and local communities. It will be a multicultural and inclusive project as every country will bring its own culture and identity.
2. The virtual sustainable table -an e-book- with sustainable "European" recipes and safe and safety suggestions for healthy food choices and habits - will be created and spread on the project website, eTwinning and European platforms.
3. Preparation of a diet program and scientific measurements of the body mass index between people who use healthy food and who don't, in order to prove how a sustainable food diet directly affects our health.

Mobilities

Each mobility will:

- include 5 students and 2 teachers
- last for 7 days (5 exchange days+2 travel days)

Themes:

1st mobility (for teachers only):

Sustainable eating across Europe: let's learn together

2nd mobility:

Sustainable groceries for sustainable dishes

3rd mobility:

Traditional food - an ancestral sustainable table

4th mobility:

Healthy food, better life

5th mobility:

No more junk food!

6th mobility:

The sustainable multicultural table: innovation and tradition





I. Pulsano, Italy

For teachers only

Activities:

1st day: Hosts will prepare EDUCATIONAL PRESENTATIONS animated by students in different classes and a CLIL Lesson held by a science teacher; then partners will be involved in a discussion meeting held by the headmistress and administration staff to compare the different National Education systems: the awareness of the peculiarities of the school systems will facilitate all the students, teachers and staff joining the activities during mobilities. At the end a report will be prepared in English and the mother tongue of each country to be integrated in regular school lessons at home.

2nd day: WORKSHOP with experts in Food Science and a specialized doctor in Nutritious science; the experts will present the issue of sustainability in food systems (The Mediterranean Diet) in order to study the positive effects of healthy eating habits on our mental and physical life; the doctor will present the main advantages of a healthy diet in reducing risks of diseases such as diabetes, cholesterol, heart problems and obesity above all among youngsters due to excessive consume of junk food. At the workshop representatives of parents, local municipality and "Eco-Didattica Association"- the school network engaged in environmental issues among local schools- will be invited in order to let them get in touch with the project and our European guests. Debates, discussion and work groups will be held. At the end school guests will fill in a table with the main concepts acquired to be presented to the home schools.

3rd day: TRAINING COURSE with experts in circular economy to learn the best actions to adopt in the laboratory of cooking and dining room for sustainable healthy practices while working (the 3Rs). The theory session will be followed by practical demonstration with the Italian cooking/service teachers and students in the school laboratories. With the help of the students a final PPT presentation will be prepared.



In the first meeting teachers/coordinators partner will be engaged in presentations, training courses and workshops related to the main aims and content of the project. In particular participants will study and experience in deep:

- National Educational systems
- the main contents of the project: Sustainable food systems development and healthy habits.
- tips of circular economy to be used in the students' activities
- didactic strategies to apply in the implementation of the project

Results of the mobility - from this collaborative learning teachers will

- acquire strong knowledge of the different National Educational systems
- foster their knowledge of sustainable issues and health claims
- study and experience innovative methodologies and strategies to apply in the implementation of the project such as the know how of the 3Rs of the Environment in the kitchen. A guide with useful tips (reduce, recycle, reuse) in 6 languages will be prepared and included in the regular curricula of the participating schools.



2. Bjelovar, Croatia

Day1: Students visit a local producer of home made cheese and a local producer of honey. They will identify main assortments of dairy and honey products and taste them and get information on the technological process of dairy and honey production. Then they take part in a quiz on the information acquired.

Day2: Students will be divided in 6-8 mixed groups. First they will have time to look for the recipes and then in a cooking workshop they will prepare their own versions of dishes. 3-4 groups will prepare dishes which include local home made cheese and the other 3-4 groups use as main ingredient honey. Afterwards they will taste all the dishes prepared.

Day3: Students will be divided in groups and they will prepare dictionary in 6 languages (all the partner languages and English) with usual phrases and expressions in everyday situations and the parts of dictionary with food and cooking phrases. After completion they will gather all words and phrases and publish it on eTwinning page of the project.

Day 4: Easter workshop - each partner country will prepare traditional meal with a twist (finger food type of dish) using organic products which will they buy by visiting eco farm. In the school hall participants will present their dishes to other students, teachers and guests.

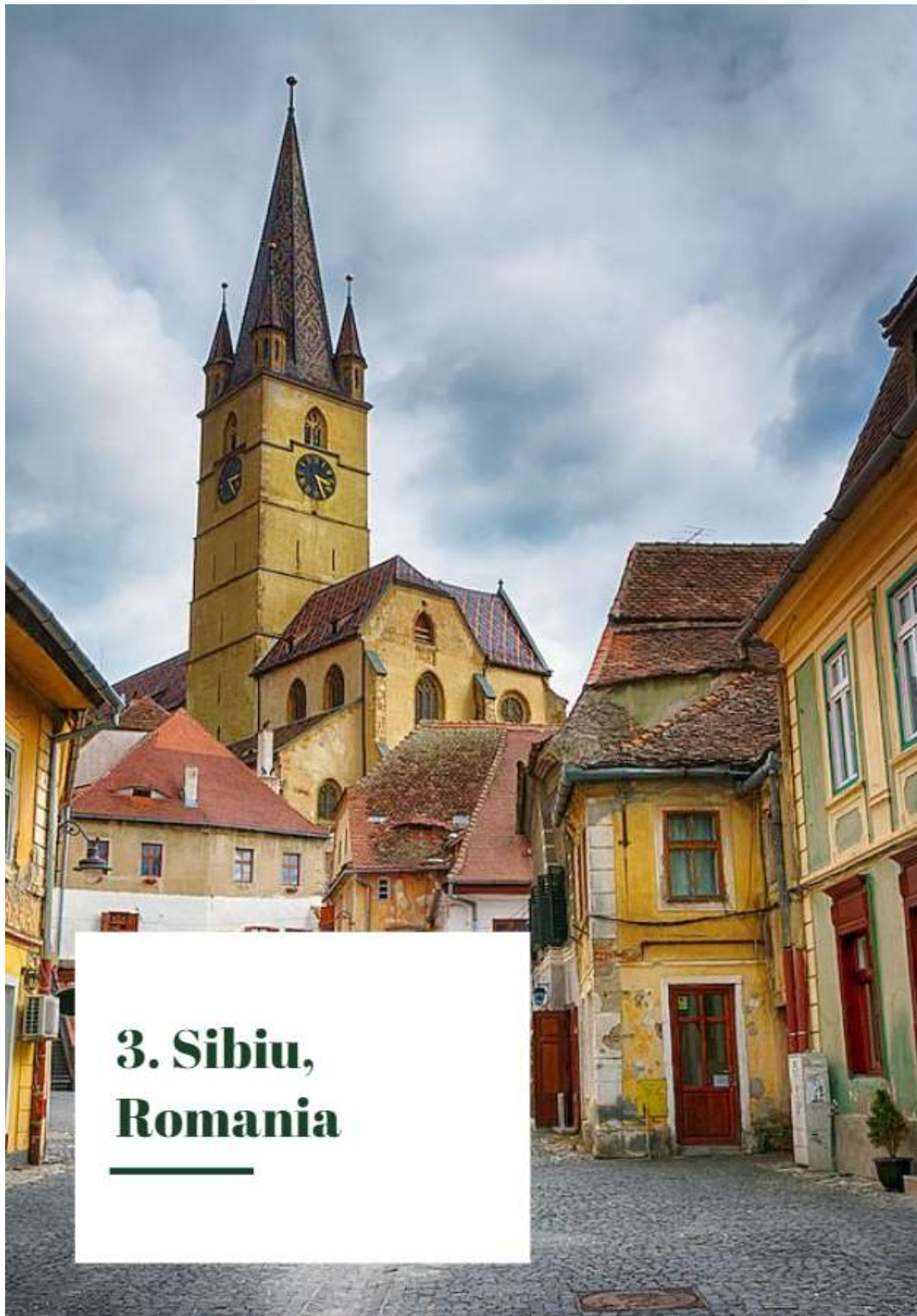
Day 5: Visit to the Chocolate museum – theme park dedicated to historical, geographical and cultural meaning of chocolate. Interactive tour through time and space, engaging all 5 senses. Students are asked to produce fact files on chocolate characteristics and benefits to health.



Results of the mobility:

- increased understanding and tolerance concerning other cultures
- acceptance for diversity
- increased awareness on the importance of preserving natural resources/local biodiversity
- developed personal competences (self-confidence; creativity; inovativity)
- developed language, communication, ICT and vocational skills.

Materials from the meeting (photos, dictionary, presentations, recipes, videos, articles from local newspapers/Internet portals) will be uploaded to eTwinning page of the project, web pages and Facebook pages of partner schools. All the materials and of course, gained skills, will be used in regular classes in different subjects.



3. Sibiu, Romania

Day 1: Students visit an Eco Sheep Farm. They identify main assortments of dairy products without additives and get information on the technological process of dairy products. In groups students look for traditional recipes in which they need as ingredients the dairy products tasted and prepare one of the dishes.

Day 2: Trip in the National Park Făgăraș; workshop activity: students discuss in mixed groups on the impact tourism in Făgăraș Mountains has on air, water, soil and local biodiversity and find solutions to preserve the resources of the place. On the way back, students visit a Trout Farm to see how water is used efficiently, what organic gardening consists of and familiarize with trout Romanian traditional dishes. Students compete in a quiz on information acquired.

Day 3: Taste tradition! Culinary workshop on the old peasant cuisine in ASTRA Museum (outdoor museum). Visit of the museum; a chef presents 2 traditional dishes: in mixed teams, students cook the 2 dishes respecting technological files received with the ingredients and cooking process of the dishes and instructions regarding waste disposal in the cooking process. The dishes cooked under teachers' supervision are assessed and rewarded.

Day 4: Food of the future-imagination and design-creative workshop:
a) Students prepare presentations on basic teenager food and right nutritional values; b) Students come up with a healthy breakfast meal accompanied by a practical demonstration; c) Students prepare a tasty original meal from left overs.

Day 5: Eco-cuisine at Oașa Monastery. Students familiarize with aspects related to healthy eating monastic traditions and the use of plants from the spontaneous flora in alimentation and in therapies. Next, cooking activity meant to show cultural aspects of countries involved: students prepare under teachers' supervision traditional dishes from their countries using a specific ingredient given and other organic ingredients. The recipes are translated in the partners' languages and included in the e-book.

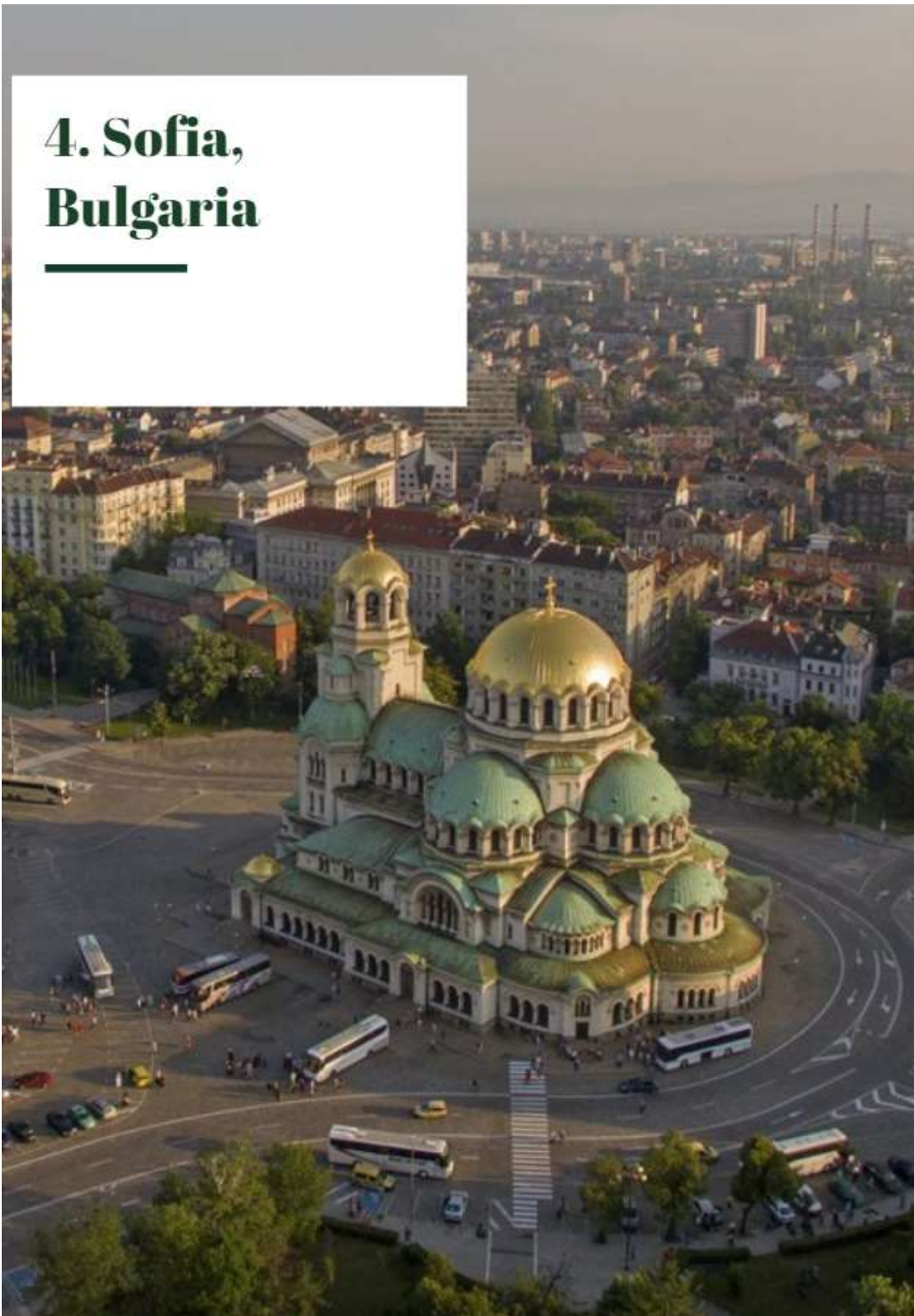


Results of the mobility:

- increased understanding and tolerance concerning other cultures;
- acceptance for diversity;
- increased awareness on the importance of preserving natural resources/local biodiversity;
- developed personal competences
- developed language, communication, ICT and vocational skills.

Materials from the meeting will be uploaded to eTwinning /web/Facebook pages of partner schools and will be used in regular classes in different subjects.

4. Sofia, Bulgaria



Day 1: Project workshop: students will be involved in team building/ice breaking activities to get to know one another. Presentation of each partner school country/ food traditions. Participants will be in regular classes with students: demonstration lessons of ecology, exchange of best practices with debates on environmental issues and their consequences on food systems. Hosts will organize a seminar on "Nutrition and Vitamins": how healthy nutrition can help our life. Students prepare a report in their own language and English.

Day 2: Professional visit to Vitosha mountain/interdisciplinary activities: participants will observe fauna/flora, planting selected species of trees, flowers and herbs: an expert teacher will explain the healthy effects of biodiversity. Workshop and presentation: "preparation of traditional Bulgarian yogurt- what are its healthy effects, what types exist? Students will discover the benefits and prepare a poster/short video.

Day 3: Professional visit to an organic food factory and a farm market: students will carry out interviews to acquire information about the products and the ways of distribution. Workshop and presentation: the process of making wine-technologies and chemistry. Visit to one partner organization or school engaged in sustainable issues to share good practices.

Day 4: seminars with local teachers of Chemistry and Ecology : "Learning to use natural cleaning products for the hygiene in the kitchen in order to protect environment". Students prepare a PPT to be used in regular classes. Workshop with local chefs/experts, parents, students, teachers:" Which healthy light lunch to prepare for students at school?" Debate, sharing experiences; Food show: light lunches for teens prepared by parents at home. Host students present them.

DAY 5: culinary workshop-making traditional Bulgarian dish "Banitsa" with organic ingredients. Students prepare a file of ingredients and procedures for the ebook. A traditional and festive dinner with a traditional night show (dancing and music).



Results of the mobility:

- increased understanding and tolerance concerning other cultures/diversity;
- increased awareness on the importance of preserving natural resources/local biodiversity;
- developed personal competences
- developed language, communication, ICT, team working skills

Materials from the meeting will be uploaded to eTwinning page/ web and Facebook pages of partner schools and will be used in regular classes in different subjects.

5. Wieliczka, Poland



Day 1: Welcome activities: Polish students present a video about Polish cuisine and traditional menus. Visit to an eco factory in Czaslaw producing eco bread. Students will join workshops and taste eco local products. They will take photos and short videos to prepare, at school, a PPT presentation of the experience.

Day 2: Healthy snack workshop; students will prepare light healthy snacks with fresh ingredients, sugar/gluten free and with low fat calories: to contrast the excessive use of junk food as snacks at school break, evidences will be given of the importance of supplementing the human body with vitamins and minerals more than saturated and harmful fats. In groups students will transcript the recipes of their "snacks" giving them an European name; videos of all the phases will be taken for dissemination.

Day 3: conference of healthy eating tricks associated to daily physical activity. In the conference, information about the calories we need to take, how we can eat while performing daily life activities, sample nutrition programs and sport activities, how nutrients can be distributed adequately and balanced in order to protect, improve and increase the quality of life, are presented. Students will perform some sport exercises and prepare fact files on the issue.

Day 4: Health screening activity- Collected results of Body mass index measurement, used in keeping a healthy life and combating obesity due to an excessive use of junk food will be evaluated and information about the screening will be given. In groups students prepare graphics/files of the results to be posted on eTwinning. Visit to the local organic premium winery in Vinnica. Students will learn the advantages of using organic products on our health and environment.

Day 5: Trip to an organic market. Students will cook healthy and new dishes, under a chef's supervision combining, in a creative way, traditional Polish ingredients bought at the market. In groups students have a contest: the healthiest and the most original recipe will be awarded by a jury composed by other peers not involved in cooking.



Results of the mobility:

- increased awareness on the importance of preserving natural resources/local biodiversity;
- developed personal competences: self-confidence; creativity; tolerance, coolness of judgment; cooking, speaking competences; team work
- developed language and digital competences

Materials from the meeting will be uploaded to eTwinning page/ web and Facebook pages and will be used in regular classes in different subjects.

6. Pulsano, Italy

Day 1: Ice breaking activities at school; guest students/teachers join regular classes of Biology, Food Science, Economy on the project topics (presentation of videos/ppts by our students). Cooking/service workshops with Italian teachers to train sustainable practices. Walking tour to the town (historical/natural landmarks) with healthy lunch bag- plastic free and of recycled material.

Day 2: Visit to the green Masseria Frutti Rossi in Castellaneta, specialized in the sustainable production of healthy fruit plants (pomegranate, aronia and Goji berries). Students assist to the innovative sustainable production short chain used: the fruits are processed immediately after their harvest, thus protecting environment and consumers. Work group: how can we adopt these fruits in our recipes? Enogastronomic taste and tour to a local ancient didactic masseria: students work with km 0 organic produces-olive oil/wine/cheese/bread/ hand made pasta/meat- main ingredients in students' workshops at school.

Day 3: Primitivo wine guided tour to the sustainable Consorzio Produttori vini, wineries in Manduria to discover the preservation and valorization of local enogastronomic products. Visit of the winery museum; collage of photos and videos. Activity at eco-sustainable Coldiretti Market in Taranto to buy local organic products for the cooking workshop. Students get a survey on the techniques used to preserve the ecosystem and have natural products .

Day 4: At school cooking workshop: students in groups of mixed nationalities work in the school kitchens/dining-rooms guided by teachers. They prepare typical home healthy dishes and create innovative, sustainable European dishes by mixing their home ingredients. New dishes are created from leftovers and using sustainable practices. In ICT laboratory they prepare the European menus-one for each country in 6 languages-and finish the e-book- The virtual sustainable table.

Day 5: Final multicultural green festival with parents, local municipalities/ECO-associations: all the students prepare the sustainable European table with:

- Local and international new dishes with organic and healthy ingredients cooked by students
- Disposable and sustainable service tableware of compostable and biodegradable materials
- Trash recycling service



Results of the mobility:

- increased understanding and tolerance concerning other cultures
- increased awareness on the importance of preserving natural resources/local biodiversity
- developed self-confidence and creativity
- developed language, ICT and vocational skills.

All the materials will be uploaded on eTwinning /web/Facebook pages and used in regular classes on different subjects.

Project coordinator: I.P.S.S.E.O.A "Mediterraneo"

