

Comenius-Project 2008 – 2010

FOOD CULTURE AND HEALTH

Description of the partnership

The partner schools wrote and published a cookbook, initially in digital form on their homepages, later in the form of a book. It contains recipes and profiles of the partner schools' regions. Every school chose a typical dish of its region. Geographical, social, economical and cultural specialities of the regions were researched and documented by the students and are based on the particular cuisine. Hangers are recipes which were collected, partly developed, exchanged and tested. By this means, the awareness for the cuisine, the culinary diversity, regional peculiarity and health have been raised. This project-topic is especially significant in regards to the Europe-wide obvious increase of juvenile adiposity over the last twenty years.

In regular classes/courses the various topics concerning cooking and healthy diet were covered with active learning methods and deepened in consideration of European aspects. This intention cultivated the long standing partnerships under a new aspect and was connected to the erection of a cafeteria at Teningen School in 2009. The latter successively becomes a day care centre like our partner schools. Insofar impulses from this project go out to school development. For an increasing number of students, school is experienced not only as a learning environment, but also as a living environment in which meals are shared. The highlight of our project activities was a big cooking festival on June 11th, 2010 in Teningen with all partner schools taking part and cooking home-made specialities of their countries. On this day the cookbook was also presented to a large public. The press reported in detail.

Markus Felder, August 2010