



## Food for inclusion

Mon, 26/08/2019 - 17:32 -- Jozsefne Bocsok

### **Type of tool:**

Activity

### **Duration:**

90-120 min

### **Topics addressed:**

Adult education

Citizenship

Environment

Food is one of the most relevant elements which distinguishes a culture, so it is an important vehicle of getting in touch with that culture, thinking to an intercultural dimension of living

### **Aim:**

Using good practices for food waste reduction/food for inclusion

A good practice is not only a practice that is good, but a practice that has been proven to work well and produce good results, and is therefore recommended as a model. It is a successful experience, which has been tested and validated, in the broad sense, which has been repeated and deserves to be shared so that a greater number of people can adopt it.

The main conclusion in analysing good practices are referred to:

☐ Lessons learned:

What are the key messages and lessons learned to take away from the good practice experience

☐ Sustainability:

What are the elements that need to be put into place for the good practice to be institutionally, socially, economically and environmentally sustainable?

☐ Replicability and/or up-scaling:

What are the possibilities of extending the good practice more widely? what are the conditions that should be met/respected to ensure that the good practice is replicated, but adapted to the new context?

### **Methodology:**

non -formal education

### **Step by step process:**

The intercultural competence, as topic of this training aims to develop:

Knowledge Skills Attitude

Cultural self-awareness Curiosity Relationship building

Culture-general knowledge Cognitive flexibility Listening, problem solving

Culture-specific knowledge Motivation Empathy

Interaction analysis Open mindedness Information gathering

Local food traditions. Practical training of Valorization of food culture in the intercultural groups  
People usually connect to their cultural or ethnic group through similar food patterns. Immigrants often use food as a means of retaining their cultural identity. People from different cultural backgrounds eat different foods. The ingredients, methods of preparation, preservation techniques, and types of food eaten at different meals vary among cultures. The areas in which families live— and where their ancestors originated—influence food likes and dislikes. These food preferences result in patterns of food choices within a cultural or regional group.

The scope and aim of the project is to facilitate the blending and integration in the host society the immigrants and to reduce food waste.

In order to achieve this, three (3) training procedures are to be applied as to familiarize the newcomers with the local traditional cuisine but also make them feel more welcome.

#### **Materials and resources:**

posters, newspapers, colored pens

#### **Outcomes:**

participants are more motivated in less food waste

#### **Evaluation:**

questionnaire

#### **Rating:**

No votes yet

#### **Tool Fair upload:**

[ITFXIV](#) [1]

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#### **Links**

[1] <https://educationaltoolsportal.eu/educationaltoolsportal/en/tool-fair-and-tf-list/itfxiv>