

BREADUCATION

ANNEX: A GUIDE FOR A PEDAGOGICAL WORKSHOP WITH KIDS ABOUT
BREAD AND CEREALS.

CREATED AND ENABLED BY THE ERASMUS+ TRAINING COURSE
BREADUCATION BY THE CLUB PER L'UNESCO D'AMALFI



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ACARBIO ONLUS



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Sustainable Gastronomy Day
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1. WHAT IS THIS MANUAL IN HAND?

Bread and cereals are the basis of diet in most parts of the world. Moreover, they are culturally rich, highly relevant for health and health related issues, and – therefore we write about it – highly underrepresented in education.

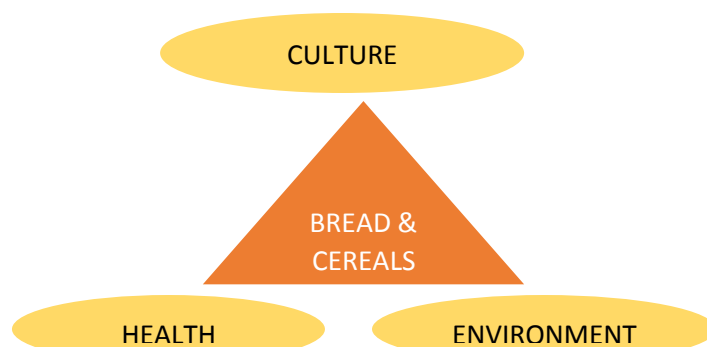
2. WHO ARE WE?

We are from: Italy, Greece, Turkey, Macedonia, Portugal, Spain, Estonia, Poland, Czech Republic and Croatia. We came together as an international group of 20 youth workers of different European countries in the ErasmusPlus Training Course “BREADucation” in May 2019 in Tramonti (SA), Italy to discuss and discover the topic and find new ways to bring it closer to kids. By experiencing workshops ourselves, we created this manual to support others who wish to do similarly.

BREADucation was hosted in the Convent of San Francesco, a convent dating back from the end of the 15th century which was now occupied by nuns. The convent is situated in the heart of Polvica, nestled into the mountains with spectacular views. The bright and harmonious courtyard of the convent was where we held the workshops, which created a very tranquil atmosphere. To find out more about the project, please visit: <http://clubunescoamalfi.it/breaducation-results/>

General expert support in the topic was provided by the partners (Club per l'UNESCO, Acarbio, Solidarity Tracks) and by the Italian and Greek participants. Local expertise about their own culture and regions was given by all the participants.

3. BREAD AND CEREALS – BETWEEN CULTURE, HEALTH AND ENVIRONMENT



Bread is a basic element of nutrition in many parts of Europe and the Mediterranean. It has played a crucial role in the diet since prehistoric times due to its nutritional value, economical price and the simplicity of the culinary use of its' main ingredients. Historically, the cultivation of cereals led to the Neolithic revolution, and thus to the settlement of humans in form of an agriculturally based society. From ancient times, we still have testimonials of texts, stories, images and objects, such as potteries or ancient bread ovens as testimonials of the importance of cereals.

After the industrialization of agriculture and food processing in the global market, society shifted away from an agriculture-based society and both the ingredients and the methodology of bread making have changed. As a result, so have cultural attitudes with increases in health concerns regarding the food.

Nowadays however we observe movements to go back to traditional bakery goods. Those movements include the use of sourdough fermentation and ancient cereals (such as Tumminia, Gentil Rosso, Farro/Spelt).

From the cultural perspective, different regions used to be based on different types of cereals. While Rye and Oats are very traditional for Northern European countries, wheat and spelt (farro) have for long times been used in Southern European countries. Italy i.e. traditionally distinguishes between many different types of hard and soft wheat. However, North America like some other parts in the world (some regions of Turkey) base their diet on Mais and in Asia (but also

Northern Italy) rice is crucial as basic cereal. There can also be distinguished between whole grain flour (they still contain all parts of the cereal) and refined grain flour (has been sifted).

Sourdough fermentation is the ancient craft of bakery by yeast and lactic acid bacteria. It is usually based on wheat or Rye. Sourdough is traditional in most parts of the Earth and dates back to more than 3700 BV. Most regions used to have their own microbiological cultures that were developed by continuing to cultivate their sourdough. This led to a wide range of biodiversity in rising agents. This diversity, however, nowadays has diminished due to the change in bread baking procedures. The microbiological reaction during the fermentation process in sourdough exceeds the fermentation reached by only yeast and by far the mere chemical reaction reached by other types of rising agents. This leads to more a better digestibility of sourdough fermented products and is more adapted to the human digestive system. The new interest is also originating in the rise of cereal-related health problems, such as celiac disease, whose conditions can be lightened when returning to traditional forms of bakery.

Fortunately, also the environmental conditions of agriculture get more and more attention. Apart from general agricultural practices (use of fertilizer, use of pesticides and herbicides) also the biodiversity in agriculture, agro-biodiversity, plays a crucial role. There are around 10.000 different types of cereals known world-wide; however, 3 types of them make up more than 50% of the global market (rice, mais, wheat). Favoring biodiverse ecosystems, a variety in grain types is highly relevant to a protection of the soil and habitats for animals.

For these reasons, it is important that education around the nutritional value of bread is spread while encouraging the preservation of traditional practices. For more information, please see:

- Sourdough fermentation: MG Gaenzle: Sourdough Braed (in Encyclopaedia of Food Microbiology, second edition)
- On biodiversity impacts: https://ec.europa.eu/environment/integration/research/newsalert/pdf/hidd_en_biodiversity_impacts_of_global_crop_production_and_trade_461na2_en.pdf
- Agricultural biodiversity: <https://www.biodiversityinternational.org/agricultural-biodiversity/>

4. THE PHILOSOPHY: NON FORMAL EDUCATION

The activities of the workshop suggested are of a non-formal character. This means, we create a setting of joyful discovery where the kids will develop knowledge, abilities and attitudes related to the topic bread and cereals. The environment is dynamic, interactive and includes play and discovery on various sensory levels. Other than conventional school education, we want to offer a higher variety of impressions and enable them to learn while it does not feel like studying. Moreover, in non-formal learning the kids are invited to discover a topic by themselves instead of being confronted with prepared content to study. For more information please see: <https://www.youthpass.eu/sk/help/for/youth-initiatives/learn/information/non-formal-learning/>

5. THE OBJECTIVE OF THE WORKSHOP

With this workshop, we want to bring knowledge and awareness about bread, different types of cereals and the manual baking process. The kids will be able to connect their own experiences (“everyone knows bread”) with new impressions about the background of bread (“where does bread and cereals come from and how to do it”) in the international diversity in the topic

6. A TIME SCHEDULE

BREADucation - the kids workshop

Kids: 20 kids, 10-13 years old
Time: 9:00-13:00
Org: Teacher or group leader is present

Part	From	To	Duration	Name	Description	Material	Comments
Getting to know	09:00	09:15	00:15	"Name dance"	Name presentations in a circle. Everyone presents him or herself with a movement, and the rest of the kids follow	-	This serves as a soft introduction to the kids, and to prepare them for a dynamic activity
Getting to know	09:15	09:30	00:15	Letter salad - the name game	Everyone gets a piece of paper tape to make lines for as many letters as his or her name has. Then we go around and exchange letters by asking others their names, in this way filling the name tag.	enough paper tape, pens	
Practical Workshop about bread	09:30	10:00	00:30	We make the dough!	We show the kids how to mill the flower, sift it, add the ingredients and knead the dough. The kids help with the different processes, are able to smell and touch the various products and we knead together at the end. This is facilitated and explained by a professional baker. After this, the dough has to rest.	Bread: grains, mill, bowls, water, sourdough, big bowl to knead 5 kg of dough	Have the kids go wash their hands clean first. Milling grains is a plus if a proper machine is available, otherwise it is possible to directly used flower and explain the milling process by showing a video/picture.
Informative non-formal learning activity	10:00	10:15	00:15	Do you know the cereals?	The kids illustrate, name and recognize various types of cereals.	Templates of the cereals	Templates have to be well recognizable and distinguishable (possibly colored)

Informative non-formal learning activity	10:15	10:30	00:15	What do you need to bake bread?	We present various types of ingredients and discuss together whether and in which type of bread they go.	Flour, oil, water, salt, different types of yeast, sourdough, different types of spices (whatever is available)	
Practical Workshop about bread	10:30	11:00	00:30	Let's beak bread!	We do the bread; every kid gets a bit of dough to form their own bun. Then, there are different ingredients available to decorate it how they want; to make them distinguishable. Then we put them in the oven!	Rosemary, raisin, almonds, nuts, dried olives (e.g.)	Hand washing could be again a good idea! Depending on the size of the oven, you might need someone regularly checking and changing the bread.
	11:00	11:15	00:15	Coffee Break		You decide. Water, tea, fruits, biscuits.	
	11:15	12:05	00:50	Treasure hunt	A treasure hunt through the convent: Find rooms, statues, images and information about this big place!	Prepare and hide the envelopes for the different teams	These activities are to introduce some play in the whole format, the kids get to know the place where they are, move, solve riddles, etc. In the meantime, the bread is in the oven, baking.
	12:05	12:35	00:30	Energizer time!	Hu, Kha, Sha, Horse race, grouping in numbers, molecules, passing the toy.... Chose what you like!	Depending on the game, you decide.	
Informative non-formal learning activity	12:35	12:50	00:15	Where are we from? And which bread do we eat?	In a group we show a big map, small country flags and pictures of different types of bread. The kids have to guess/find the connections.	A big map of Europe drawn on a flip chart, cards for different types of bread and small flags	Relevant if you have international facilitators
	12:50	13:00	00:10	Finish	We sum up the events of the morning, every kid gets his or her now finished bread bun and we say good bye!		

7. BREAD AND ENTREPRENEURSHIP?

Showing initiative in and having an entrepreneurial mind set concerning bread? That's super easy! Just start experimenting with your own bread and new old ingredients. Examples like this workshop already show initiative; and if you are passionate about it, why not make it grow? Give your city or town a comeback of sourdough bread, traditional bread, ancient grains and handmade bread! Find out more about entrepreneurship at <https://youthclub.eu/index.php/news/>.

8. FURTHER MATERIAL & INSPIRATION

Please have a look at

- our multi-language magazine of the project: <http://clubunescoamalfi.it/wp-content/uploads/2020/02/Magazine-Breaducation.pdf>
- the playlist on youtube with videos of how to make different international types of bread (including the recipes) and a making-of video of the project in general: https://www.youtube.com/playlist?list=PLXI8wp7ON9d6FI60MDU2d_1BWcigyizgn
- the website of the project, including further material: <http://clubunescoamalfi.it/breaducation-results>

9. PICTURES





KEY PHRASES

EN: Good Morning YES → SI
IT: Buongiorno NO → NO

EN: How are you? GOOD → BENE
IT: Come stai? BAD → MALE

EN: What is your name?
IT: Come ti chiami?

EN: Thank-you EN: Goodbye
IT: Grazie IT: Ciao Ciao

KEY WORDS

Colours	Bread
Yellow → Giallo	Bread → Pane
Blue → Blu	Flour → Farina
Red → Rosso	Sourdough → Lievito madre
Green → Verde	Water → Acqua
White → Bianco	Salt → SALE
Black → Nero	Smell → ODORA
	Taste → ASSAGGIA

I DON'T UNDERSTAND → NON HO CAPITO

FLAGS → BANDIERE

COUNTRIES → PAESI

TO FIND → CERCA

EAT → MANGIA

MAP → MAPPA

WHAT IS IT? CHE COS'E'?

WHERE IS IT? DOVE E'?

PLEASE → PER FAVORE

ENJOY YOUR MEAL → BUON APPETITO

LEMON → LIMONE

PEPPER → PEPE

CINNAMON → CANNELLA

GARLIC → AGLIO

YEAST → LIEVITO

COFFEE → CAFFE

COLD MILK → LATTE

ALOE → ALOE

CUMIN SEEDS → SEMI DI CUMINO

ROSEMARY → ROSMARINO

GINGER → ZENZERO

ANISE → ANICE

FENNEL → FINOCCHIO

SOOP → STRAWBERRY

UP → SOPRA

DOWN → GIU