



# KORA'S 4 BEST NON FORMAL LEARNING ACTIVITIES RELATED TO FOOD



ASSOCIAZIONE KORA



# ABOUT THE WORKBOOK



## INTRODUCTION

ASSOCIAZIONE KORA IS AN ORGANIZATION BORN IN THE CENTRAL-ITALIAN REGION OF UMBRIA, IN THE YEAR 2015. SINCE ITS CREATION KORA HAS BEEN WORKING ON THE TOPIC OF FOOD SUSTAINABILITY, TRYING TO RAISE AWARENESS AMONG THE YOUNG GENERATIONS ABOUT THE IMPORTANCE OF WORKING ON THIS FIELD.

OVER THE YEARS, KORA HAS IMPLEMENTED VARIOUS NON-FORMAL EDUCATION PROJECTS FOCUSING ON THIS TOPIC, USING DIFFERENT TECHNIQUES AND METHODOLOGIES.

THIS DOCUMENT IS INTENDED TO BE A SMALL COMPILATION OF THE ACTIVITIES MOST APPRECIATED BY THE PARTICIPANTS, AND WHICH HAVE HAD THE GREATEST IMPACT.





*WHAT I OFFER*

# WORKSHOPS



## COOKING ON A BUDGET

HOW TO COOK DELICIOUS, SUSTAINABLE AND ECONOMICAL DISHES?

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## JEOPARDY

ARE YOU READY? IT'S QUIZ TIME!

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## LEFTOVERS COOKING

WHAT TO DO WITH ALL THAT RICE FROM YESTERDAY? HOW CAN I USE ALL THIS PASTA THAT WE DIDN'T FINISH?

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## SPEED TASTING

CLOSE YOUR EYES AND GET READY FOR THIS SENSORY JOURNEY!



## ACTIVITY 1

# COOKING ON A BUDGET



### HOW TO COOK DELICIOUS, SUSTAINABLE AND ECONOMICAL DISHES?

AS WE ALL KNOW, ONE OF THE MAIN ASPECTS TO WORK ON AT THE BEGINNING OF ANY NON-FORMAL EDUCATION PROJECT IS GROUP DYNAMICS. THIS ACTIVITY IS DESIGNED TO WORK IN TEAMBUILDING, WHILE BEGINNING TO EXPLORE THE THEME OF FOOD SUSTAINABILITY.

IN 'COOKING ON A BUDGET' THE PARTICIPANTS MUST WORK AS A TEAM TO PREPARE A DELICIOUS, SUSTAINABLE MEAL, AND THAT IS WITHIN A REDUCED AND PREVIOUSLY ESTABLISHED BUDGET. WHAT WILL THEY PRIORITIZE? SUSTAINABILITY? PRICE? FLAVOR?

TYPE OF ACTIVITY: TEAMBUILDING, COOKING INTRODUCTION

DURATION: 270 MINUTES (AT LEAST)

GROUP SIZE: STARTING FROM 28 PARTICIPANTS

OBJECTIVES: TO BOOST THE TEAM DYNAMIC, WORK ON TEAM COLLABORATION, EXPLORE THE TOPIC OF SUSTAINABILITY IN RELATION TO ECONOMIC CAPACITY, AND INTRODUCE PARTICIPANTS INTO COOKING



# DESCRIPTION

### STEP 1

PARTICIPANTS ARE DIVIDED IN 5 DIFFERENT GROUPS. EACH GROUP WILL HAVE TO COOK THEIR OWN MEAL WITH A GIVEN BUDGET (2€/PERSON, 10€/GROUP) CONSIDERING:

- THAT IT SHOULD TAKE IN CONSIDERATION ALL THE GROUP MEMBERS' DIET NEEDS
- THAT IT HAS TO FIT INTO THE GIVEN BUDGET

BESIDES THE BUDGET, EVERY GROUP WILL BE ABLE OF USING SOME BASIC INGREDIENTS AS SUPPORT: FLOUR, OIL, SALT, SPICES, EGGS AND GARLIC.

IT SHOULD NEVER BE THE MAIN INGREDIENT OF THE DISH. IN CASE IT IS, PARTICIPANTS NEED TO BUY IT.

### STEP 2

FACILITATORS SHOW THE 5 WORKING STATIONS AND INTRODUCE THE ACTIVITY. EACH GROUP CAN USE, IF THEY WANT, THE OVEN, BUT JUST ONE PERSON WILL BE ALLOWED TO ENTER (WITH AN APRON, ONE TRAY AND 45 MINS MAX). PARTICIPANTS ARE REMINDED THAT, BESIDES COOKING THEIR OWN MEAL, THEY ALSO HAVE TO TAKE CARE OF THE WORKING STATION, CLEANING AND ORGANIZING EVERYTHING. THEY ARE ALSO INFORMED THAT THEY HAVE TO KEEP ALL THE PACKAGES OF THE PRODUCTS THEY BUY AND THE TICKETS OF THE SHOP.

### STEP 3

EVERYONE WALKS TOGETHER TO THE SUPERMARKETS. PARTICIPANTS ARE ASKED TO WALK TOGETHER WITH THEIR GROUPS IN ORDER TO THINK ABOUT WHICH MENU THEY WANT TO COOK.

ONCE IN THE TOWN, PARTICIPANTS ARE GIVEN TIME TO SHOP. AFTER THIS, THEY RETURN TO THE ACCOMMODATION AND THEY NEED TO PROCEED WITH THE COOKING.

# DESCRIPTION

## STEP 4

AFTER LUNCH, PARTICIPANTS COME BACK TO PLENUM. FACILITATORS GO THROUGH THE DEBRIEFING PROCESS, FOCUSING ON THREE MAIN AREAS:

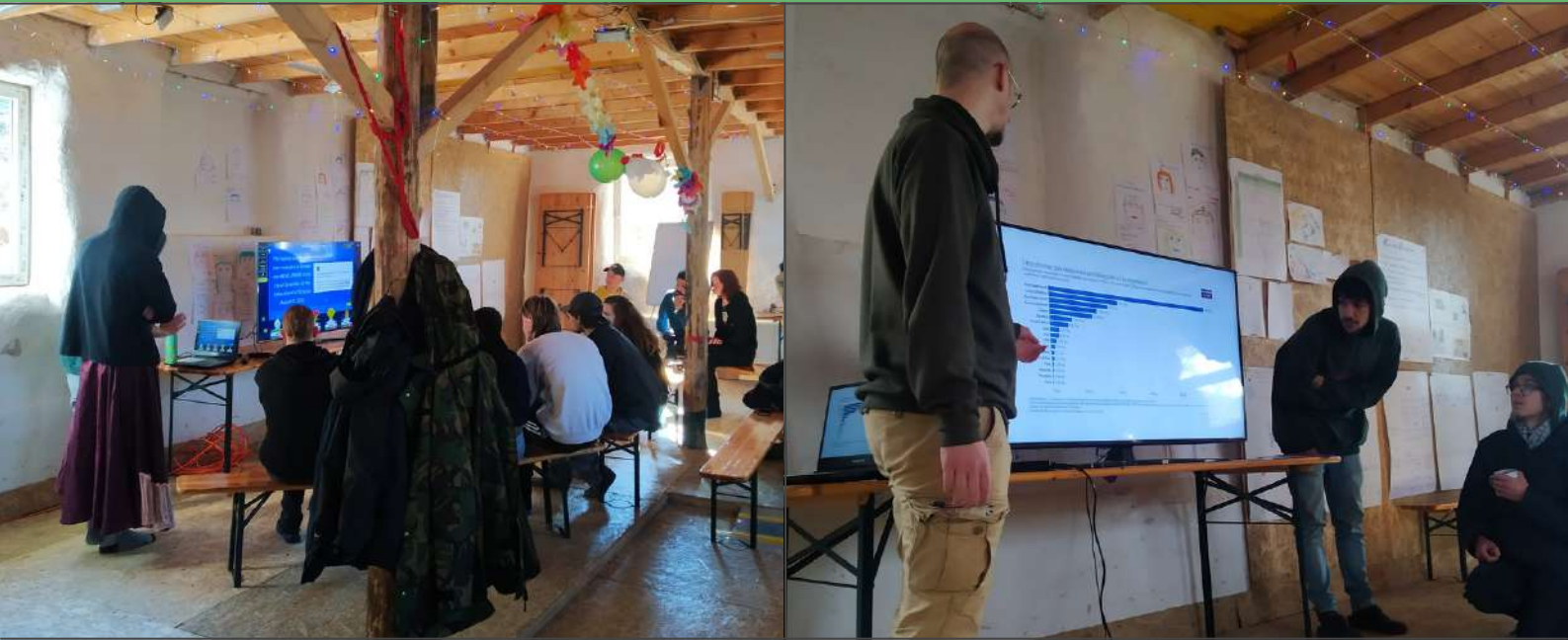
-TEAMWORK: HOW WAS THE WORKING DYNAMIC? WAS IT EASY TO CHOOSE A MENU? DID THEY SPLIT TASKS? WERE THERE ROLES GIVEN? DID SOMEONE TAKE A LEADING ROLE? DID THE WORKING FLOW INCLUDE EVERYONE? ARE THEY HAPPY WITH THE OUTCOME? WOULD THEY CHANGE SOMETHING?

-COOKING AND WORKING SPACE: FACILITATORS WILL HAVE AN 'EVALUATING TABLE' WITH DIFFERENT CATEGORIES TO QUALIFY THE GROUPS (I.E. TEAMWORK, CLEANLINESS, OUTCOME OF THE FOOD, BUDGET USED, ECC.). AFTER THIS, THEY GIVE SOME FEEDBACK TO PARTICIPANTS ACCORDING TO WHAT THEY HAVE SEEN.

-SUSTAINABILITY: PARTICIPANTS BRING THE PACKAGES OF THE DIFFERENT PRODUCTS, AND ARE ASKED TO CALCULATE THE ECOLOGICAL FOOTPRINT OF THE MEAL. AFTER THIS, DIFFERENT DEBRIEFING QUESTIONS ARE BROUGHT: WHAT DID THEY PRIORITIZE, THE ECONOMICAL ASPECT, OR THE SUSTAINABLE ASPECT? WAS IT EASY TO FIND A BALANCE? DO THEY TAKE INTO CONSIDERATION THESE ASPECTS IN THEIR DAILY LIFE? IF THEY WOULD HAVE TO REPEAT THE ACTIVITY, WOULD THEY CHANGE SOMETHING? WHICH INGREDIENTS COULD YOU CHANGE TO MAKE IT MORE SUSTAINABLE?

## ACTIVITY 2

# JEOPARDY



ARE YOU READY? IT'S QUIZ TIME!

THIS ACTIVITY IS A QUIZ MODEL DESIGNED TO BE USED AS A THEORETICAL INTRODUCTION TO THE SUBJECT OF FOOD AND SUSTAINABILITY.

THE OBJECTIVE IS TO CREATE A COMMON GROUND FROM WHICH TO START, LOOKING FOR ALL THE PARTICIPANTS TO START FROM A SIMILAR LEVEL THAT ALLOWS THE SUBSEQUENT DEEPENING OF THE SUBJECT.

TYPE OF ACTIVITY: QUIZ

DURATION: 90 MINUTES

GROUP SIZE: STARTING FROM 28 PARTICIPANTS

OBJECTIVES: TO CREATE A COMMON GROUND OF BASIC KNOWLEDGE THAT ALLOWS TO EXPLORE IN DEPTH THE THEME OF FOOD SUSTAINABILITY



# JEOPARDY

## DESCRIPTION

### STEP 1

PARTICIPANTS ARE DIVIDED INTO SIX DIFFERENT TEAMS. THE FACILITATION TEAM SENDS THE LINK TO THE JEOPARDY QUIZ PREPARED USING THE FACTILE WEBSITE.

### STEP 2

BY TURNS, EACH TEAM CHOOSES A CATEGORY AND A LEVEL OF DIFFICULTY. IF THEY ANSWER CORRECTLY, THEY GAIN THE POINTS. IF THEY ANSWER WRONG, THEY LOSE THE SAME AMOUNT OF POINTS, AND THE FACILITATOR OPENS THE 'BUZZING TIME' ALLOWING THE OTHER TEAMS TO BUZZ AND ANSWER. ONCE A CORRECT ANSWER HAS BEEN GIVEN, OR ONCE ALL THE GROUPS HAVE ANSWERED INCORRECTLY, THE FACILITATION TEAM SHOWS THE CORRECT ANSWERS AND EXPLAINS THE CONCEPT.

### STEP 3

ONCE ALL THE QUESTIONS HAVE BEEN ANSWERED, A DEBRIEFING SESSION IS HELD. THE FACILITATION TEAM ASKS QUESTIONS RELATED TO THE CONTENT LEARNED, IN ORDER TO VERIFY THAT THE CONCEPTS ARE CLEAR, AND THAT EVERYONE IS ON THE SAME PAGE.



# JEOPARDY - QUESTIONS

## FOOD I

200 POINTS: WHICH IS THE COUNTRY WITH THE HIGHEST PER-PERSON TEA CONSUMPTION RATE IN THE WORLD?

A. UNITED KINGDOM

C. NORWAY

B. TURKIYE

D. HUNGARY

TURKIYE. PER PERSON, TURKS DRINK ALMOST 3 KG OF TEA EVERY YEAR. EVEN ENGLAND DOESN'T DRINK THAT MUCH!

300 POINTS: WHICH COOKING SPICE IS KNOWN FOR BEING A STRONG HALLUCINOGEN?

NUTMEG!

400 POINTS: WHICH FOOD WERE ANCIENTS CIVILIZATIONS OF MEXICO AND SOUTH AMERICA USING AS A CURRENCY?

AZTECS AND MAYANS WERE USING COCOA BEANS AS MONEY SYSTEM

500 POINTS: WHICH COUNTRY PRODUCES THE MOST EXPENSIVE COFFEE IN THE WORLD? WHY IT'S SO EXPENSIVE?

INDONESIA, IT'S SHITTY COFFEE!

## *JEOPARDY - QUESTIONS*

# FOOD II

*200 POINTS: HOW DO YOU CHECK IF EGGS ARE STILL FRESH?*

IN A GLASS OF COLD WATER. THE FRESHER THE EGG, THE FASTER IT WILL FALL TO THE BOTTOM! ANY EGGS THAT FLOAT SHOULD BE THROWN OUT.

*300 POINTS: WHAT IS VINAIGRETTE? WHAT ARE THE BASIC INGREDIENTS?*

EMULSION OF OIL AND VINEGAR/LEMON JUICE. PROPORTION IS 3:1

*400 POINTS: WHICH EUROPEAN COUNTRY CONSUMES THE MOST MEAT PER PERSON?*

COMING IN AT A WHOPPING 99 KG PER PERSON EVERY YEAR, SPANIARDS TAKE FIRST PLACE, FOLLOWED BY PORTUGAL.

*500 POINTS: CAN YOU DESCRIBE WHAT'S THE PROCESS FOR MAKING OLIVE OIL?*

THIS IS HOW WE DO IT IN LA BUONA TERRA!

## JEOPARDY - QUESTIONS

# FOOD & ENVIRONMENT

200 POINTS: WHICH OF THE FOLLOWING HAS THE HIGHEST CARBON FOOTPRINT?

- |                                     |             |    |           |
|-------------------------------------|-------------|----|-----------|
| A.                                  | BANANA      | C. | CHOCOLATE |
| <input checked="" type="radio"/> B. | <u>BEEF</u> | D. | PALM OIL  |

BEEF HAS THE HIGHEST CARBON FOOTPRINT OF ANY FOOD (59.57 KG PER KG OF FOOD). THIS IS BECAUSE OF WHAT IS REQUIRED TO RAISE AND FARM CATTLE. ANIMALS USED FOR BEEF PRODUCTION REQUIRE A TREMENDOUS AMOUNT OF FEED, WHICH MUST BE GROWN ON ITS OWN. THEY ALSO PRODUCE AN EXTREMELY HIGH AMOUNT OF METHANE.

300 POINTS: HOW MANY CUPS OF WATER DOES IT TAKE TO MAKE THE BEANS FOR YOUR CUP OF COFFEE?

- |    |          |                                     |                  |
|----|----------|-------------------------------------|------------------|
| A. | 10 CUPS  | <input checked="" type="radio"/> C. | <u>1000 CUPS</u> |
| B. | 100 CUPS | D.                                  | 10000 CUPS       |

IT TAKES OVER A 1000 CUPS OF WATER TO MAKE THE COFFEE FOR YOUR CUP. AND 50 CUPS FOR A SPOONFUL OF SUGAR. CONSIDERING THAT ONE CUP OF WATER IS 0.23 LT, THIS MEANS THAT ONE CUP OF COFFEE WOULD TAKE MORE THAN 236 LT OF WATER TO BE PRODUCED.

## *JEOPARDY - QUESTIONS*

# FOOD & ENVIRONMENT

*400 POINTS: HOW MUCH OF THE WORLD'S LAND AREA IS USED FOR AGRICULTURE?*

OVER 50% OF THE LAND AREA (51 MILLION KM<sup>2</sup>) IS USED FOR AGRICULTURAL PURPOSES.

*500 POINTS: WHAT'S THE PER CAPITA FOOD WASTE PER YEAR IN THE EU (IN KG)?*

IN 2020 AROUND 127 KILOGRAMMES (KG) OF FOOD PER INHABITANT WERE WASTED IN THE EU. HOUSEHOLDS GENERATED 55% OF FOOD WASTE, ACCOUNTING FOR 70 KG PER INHABITANT. THE REMAINING 45% WAS WASTE GENERATED UPWARDS IN THE FOOD SUPPLY CHAIN.



## JEOPARDY - QUESTIONS

# FOOD & HEALTH

200 POINTS: IN WHICH OF THESE FOODS WOULD YOU FIND THE ENERGY-BOOSTING MINERAL, IRON?

- |           |                |    |        |
|-----------|----------------|----|--------|
| A.        | ORANGE         | C. | CARROT |
| <u>B.</u> | <u>SPINACH</u> | D  | PASTA  |

NO MATTER HOW YOU PREPARE IT, SPINACH IS AN EXCELLENT SOURCE OF IRON!

300 POINTS: "GLOBALLY, HUNGER IS MORE COMMON THAN OBESITY" TRUE OR FALSE?

FALSE. MORE PEOPLE ARE OBESE THAN UNDERWEIGHT. WORLDWIDE, 39 PER CENT OF ALL ADULTS ARE OVERWEIGHT AND 13 PER CENT ARE OBESE. THIS INCREASES THE RISK OF HEART DISEASE, STROKE, MUSCULOSKELETAL DISORDERS AND SOME CANCER, AND RESULTS IN AT LEAST 2.8 MILLION DEATHS EVERY YEAR

400 POINTS: WHICH ARE THE FIVE MAJOR TYPES OF NUTRIENTS PRESENT IN FOOD?

PROTEINS, CARBOHYDRATES, FATS, VITAMINS AND MINERALS.

500 POINTS: WHAT IS THE RECOMMENDED MAXIMUM AMOUNT OF ADDED SUGARS TO CONSUME PER DAY?

IT'S SUGGESTED A STRICT ADDED-SUGAR LIMIT OF NO MORE THAN 100 CALORIES PER DAY (ABOUT 24 GRAMS) FOR MOST ADULT WOMEN AND NO MORE THAN 150 CALORIES PER DAY (ABOUT 36 GRAMS OF SUGAR) FOR MOST MEN.

## ACTIVITY 3

# LEFTOVERS COOKING



LET'S TURN THAT OLD PASTA INTO SOMETHING TASTIER!

ONCE PARTICIPANTS HAVE GONE THROUGH THE LEARNING PROCESS PROVIDED BY KORA'S ACTIVITIES, IT'S TIME TO BRING SUSTAINABILITY TO ITS MAXIMUM.

PARTICIPANTS ARE NOW THE CHEFS, AND THEY ARE GIVEN ALL THE FREEDOM THEY NEED TO TRY TO THINK WHAT CAN BE DONE WITH DIFFERENT LEFTOVER FOOD, AND HOW TO TURN THEM INTO TASY DISHES.

TYPE OF ACTIVITY: COOKING SESSION

DURATION: 180 MINUTES

GROUP SIZE: STARTING FROM 28 PARTICIPANTS

OBJECTIVES: TO THINK ON POSSIBLE USES FOR LEFTOVER FOOD, WORKING ON SUSTAINABILITY, WHILE LEARNING NEW RECIPES.



# DESCRIPTION

### STEP 1

PARTICIPANTS ARE DIVIDED INTO GROUPS. EACH GROUP WILL HAVE SOME LEFTOVER FOOD FROM PREVIOUS DAYS TO WORK WITH. FOR EXAMPLE, PARTICIPANTS ARE GIVEN OLD RICE, PASTA, POLENTA, ETC.

### STEP 2

EACH GROUP HAS TO THINK ON A RECIPE TO REUSE THE LEFTOVERS, TRANSFORMING THEM INTO A NEW DISH. THEY ARE ALSO GIVEN SOME EXTRA BASIC INGREDIENTS THAT THEY CAN USE (FOR EXAMPLE ONION, TOMATO SAUCE, SPICES, ETC.).

### STEP 3

EACH GROUP NEEDS TO PREPARE THE MEAL FOR THEIR OWN GROUP, PLUS AN EXTRA PLATE FOR THE FACILITATION GROUP TO TRY.

### STEP 4

AFTER THE LUNCH/DINNER IS FINISHED, A DEBRIEFING SESSION IS HELD. PARTICIPANTS ARE ASKED ABOUT THE COOKING PROCESS, WHY DID THEY CHOOSE TO DO SUCH A RECIPE, IF THEY FEEL SATISFIED WITH THE RESULT, IF THEY THINK THAT SOMETHING ELSE COULD BE DONE, IF THEY KNOW OTHER RECIPES THAT CAN BE USED TO REUSE THE LEFTOVERS, ETC.

## ACTIVITY 4

# SPEED TASTING



READY TO TURN ON YOUR SENSES?

THE OBJECTIVE OF THIS ACTIVITY IS TO WORK ON THE INTERCULTURALITY OF THE GROUP WHILE EXPLORING DIFFERENT EXOTIC INGREDIENTS AND TRAINING THE SENSES OF THE PARTICIPANTS.

IN ADDITION, IT SERVES TO CONTINUE WORKING ON GROUP DYNAMICS, ALLOWING PARTICIPANTS TO CONNECT MORE WITH EACH OTHER!

TYPE OF ACTIVITY: FOOD TASTING

DURATION: 90 MINUTES

GROUP SIZE: STARTING FROM 28 PARTICIPANTS

OBJECTIVES: TO ALLOW PARTICIPANTS TO TRY DIFFERENT INGREDIENTS FROM THE PRESENT COUNTRIES, BOOSTING MULTICULTURALITY, WHILE DISCOVERING NEW FLAVORS AND KINDS OF FOODS.





## *SPEED TASTING*

# DESCRIPTION

### STEP 1

EACH NATIONAL TEAM IS ASKED TO BRING SOME EXOTIC/STRANGE INGREDIENTS/FOODS FROM THEIR COUNTRIES, WHICH ARE USED IN THE ACTIVITY.

### STEP 2

THE FACILITATION TEAM PREPARES THE SPACE, PUTTING EACH ONE OF THE INGREDIENTS IN A CLOSED SHAR WHICH IS ALSO NOT TRANSPARENT, IN A WAY THAT THE CONTENT IS NOT VISIBLE FROM OUTSIDE.

### STEP 3

PARTICIPANTS ARE DIVIDED INTO FIVE TEAMS. AFTER THIS, THEY ARE ASKED TO CLOSE THEIR EYES AND GO THROUGH THE WHOLE 'TASTING ROAD' PREVIOUSLY PREPARED. IN EACH STATION ONE PARTICIPANT HAS TO SMELL AND/OR TASTE THE SECRET INGREDIENTS, TRYING TO GUESS WHAT IT IS. OTHER PARTICIPANTS CAN'T HELP THE PERSON TRYING TO GUESS THE INGREDIENT.

### STEP 4

AFTER ALL THE GROUPS HAVE PASSED THROUGH ALL THE STATIONS, THE FACILITATION TEAM COUNTS DOWN HOW MANY INGREDIENTS HAVE BEEN ACTUALLY DISCOVERED, AND WHICH IS THE GROUP THAT FOUND OUT THE MOST. A DEBRIEFING SESSION IS HOLD LATER, WHERE PARTICIPANTS ARE ASKED ABOUT THE INGREDIENTS, IF THEY KNEW THEM BEFORE, WHAT THEY THINK THEY CAN USED FOR, ETC. EACH NATIONAL TEAM IS GIVEN THE CHANCE TO EXPLAIN THE INGREDIENTS THEY BROUGHT, WHAT'S THE TRADITIONAL WAY OF USING IT, ETC.