

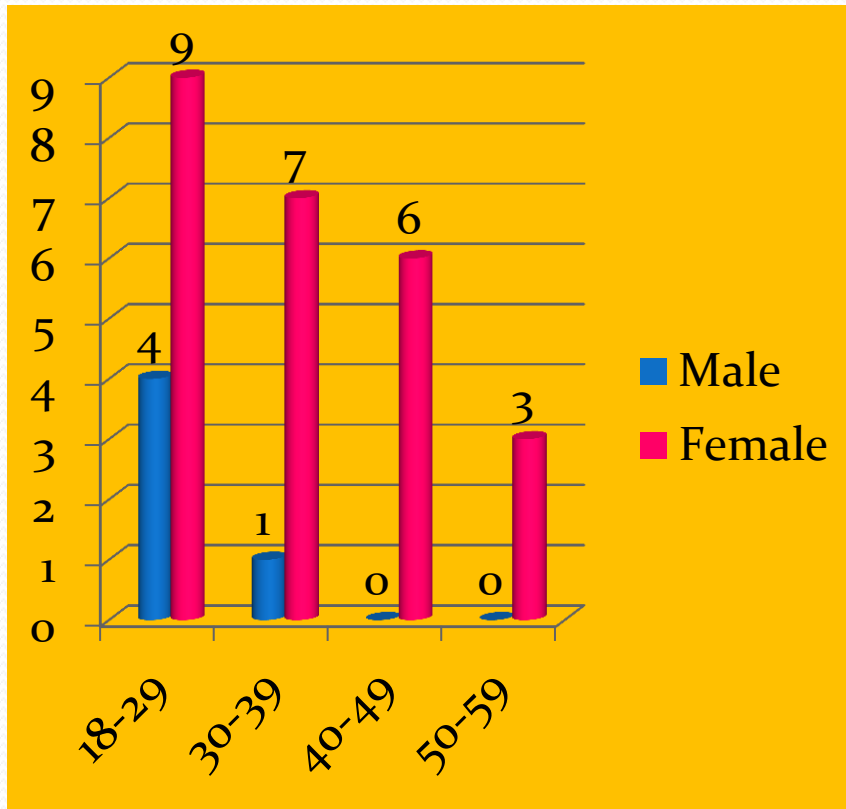


# LIFESTYLES REVISITED

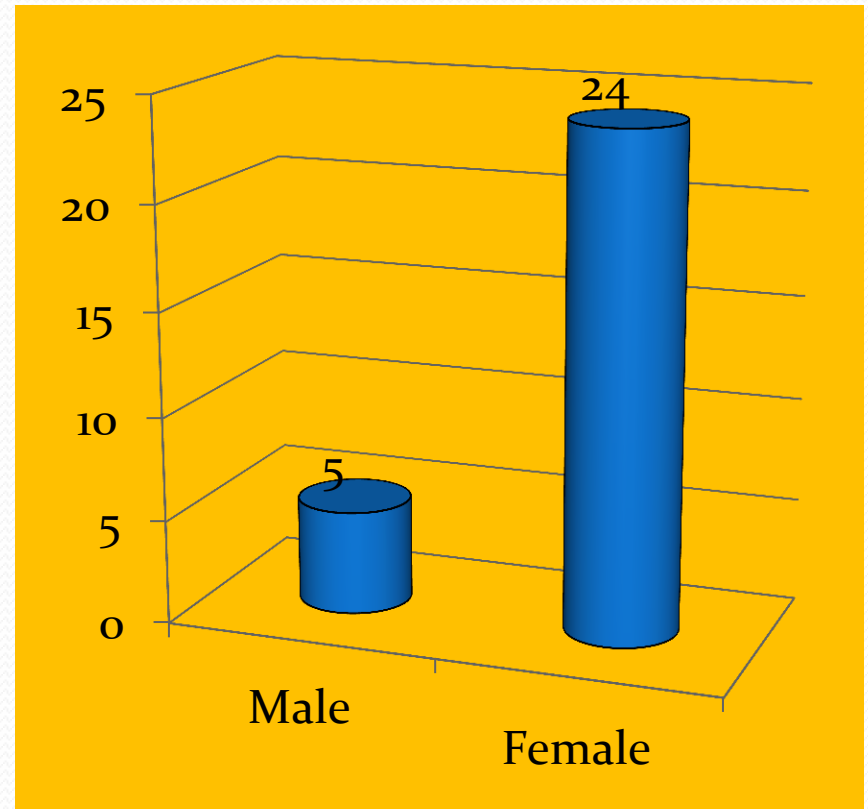
## PORTUGUESE EATING HABITS: PAST AND PRESENT

# LEARNING GROUP: SECONDARY SCHOOL STUDENTS

AGE



GENDER



# PROCESS

## PEDAGOGICAL METHODS

- **Oct./Nov.:** the school community was challenged to participate in a competition by producing a videoed interview about the eating habits of senior people when they were the same age as our youngest students.
- **Nov.:** a film made at school by two students depicting an interview to some school assistants around 50 and 60 years of age was selected by the jury of the competition as the best product. The choice was reported through school channels.
- **Nov.:** a group of students was invited to produce flash cards , some with the flags of each partner country and others with national dishes from the partner countries to be used in cards games.
- **Nov.:** a different working group was divided in smaller groups and in each of these the learners were invited to express their ideas about the eating habits of one of the countries in the project. The most representative ideas were gathered and registered.
- **Dec.:** another group of students devised the normal Sunday menu of a typical Portuguese family. The students inquired several people from their families belonging to various age groups . The results were studied and a single menu was created by the students.
- **Dec.:** a survey about eating habits was prepared and its results analyzed and shown in graphs.

## OBJECTIVES

- Raising awareness to the evolution of eating habits through time in Portugal. What Portuguese people have lost or gained in the process.
- Choosing the best product; communicate the result of the choice.
- Learning about typical dishes from different countries in a playful way. Fighting pre-conceived ideas about other countries.
- Becoming aware of the existence of differences between countries in what eating habits are concerned. Inducing tolerance towards diversity. Exchanging ideas and registering consensus.
- Exchanging ideas and discussing viewpoints among different generations regarding the theme of traditional Sunday lunches in Portugal.
- Studying some aspects of the eating habits of young and old generations. Trying to assess their most significant dissociations.



# RESULTS

- **The younger learners became aware that:**
- Much has changed in Portugal in 5 or 6 decades in what eating habits are concerned. The kind of food people ate in the past depended on how society was organized and was adjusted to the type of work they performed.
- Food was essentially prepared by women and traditions were passed from one generation to another through women also.
- Almost everything people ate and drank was produced at home with natural and simple methods.
- **The older learners became aware that:**
- Young people, although always tempted by fast food, enjoy traditional food and respect those who prepare and teach others to prepare it. They also like to eat with the family.
- Older learners enjoyed sharing their experiences with younger learners.
- **All the learners became aware that:**
- There are some important differences in the eating habits of European countries, even when they are very close geographically.
- Those differences depend on the climate and culture of each country.
- Portuguese people, young or old are almost unanimous when asked to choose the typical Sunday family lunch – most chose identical options.

# HOW THE WORKSHOP ACTIVITY CAN BE USED BY OTHERS

## WITHIN THE PARTNERSHIP

- The interview can be viewed by the partners' working groups in work sessions where different eating habits are compared. They will become aware of how the Portuguese ate in the past.
- Partners can try the cards games with their working groups.
- The typical Sunday menu can be compared with typical menus from other partners in order to create an European Sunday menu.
- Work groups from different countries may compare the preferred Sunday menus of each country and find reasons for their similarities/differences.
- The working groups can analyze the accuracy of the Portuguese learners' idea about their eating habits.
- The survey may be used in working sessions and its results compared with the results of the partners in similar surveys.

## OUTSIDE THE PARTNERSHIP

- The interview will be watched by the younger groups of students, who will discuss the reasons for the changes in eating habits through time.
- Flash cards: they can be used in memory or association games by other teachers at school while dealing with the theme of multiculturalism or stereotypes, for example.
- The typical Sunday menu will be used as basis for "*At the restaurant*" dialogues through role-playing in English lessons.
- The typical dishes of each partner country may be used in exercises of comparison and when dealing with *Adverbs of Frequency* and *Present Simple* in English lessons.
- The survey may be used as a starting point or its results as background information in workshops in the areas of Civics and English when the theme of health and well-being are studied at evening classes.

# THE TYPICAL FAMILY LOCAL MENU PREFERRED BY ALL GENERATIONS

## Menu

### Starters:

Bread and butter  
Melon with ham  
Vegetable soup



### Main course:

#### *Fish:*

Cod in the oven with mashed potatoes topped with mayo  
Seafood rice



#### *Meat:*

«Rojões»  
Roast veal/chicken



### Dessert:

Chocolate mousse  
Fresh fruit



### Drinks:

Wine  
Water  
“Expresso” coffee



# DISHES REPRESENTING THE OTHER PARTNER COUNTRIES

- THE WORK GROUP WAS FORMED SOLELY BY WOMEN WHOSE AGES RANGED FROM 20 TO 51 YEARS OLD.



## SPAIN

-“We guess Portuguese and Spanish cuisine are not that different, though they have more fried dishes than we do.”

-“At breakfast, Spanish people love “*churros*” with hot chocolate.”

-“At lunch or dinner they often have gazpacho (specially in the summer) and paella.”

-“Their favourite drinks are “*sidra*” or sangria.”



## ITALY

-“Italians eat lots of pasta, spaghetti, cannelloni, lasagna, etc.”

-“They also love pizza.”

-“They use lots of tomato, cheese and oregano in their food.”

-“They have tiramisu and ice-cream for dessert and drink lots of cappuccinos and espressos”.



## BELGIUM

-“We don’t know much about Belgian cuisine.”

“They sometimes eat duck with cherries and orange sauce or Flemish quiche.”

-“They have gouffres/waffles for dessert.”

-“Belgians drink lots of beer.”



## LUXEMBOURG

-“Although we have many Portuguese emigrants in the country, we know almost nothing about their traditional dishes.”

-“In Luxembourg people often eat river fish, and game meat as they don't have a coastline and have lots of mountains.”

-“To drink, they choose beer or (Moselle) wine, much as we do.”



## TURKEY

-“Turkey has a Mediterranean diet.

-“At lunch, the Turks like to eat soup (hot or cold), doner kebab, fried eggplant with ground beef, peppers stuffed with rice and chopped meat topped with yogurt.”

-“The Turkish main courses usually have a little meat and lots of vegetables.”

-“For dessert the Turks eat sweets: *baklava* (walnut veneer), rice pudding, flan, chocolate mousse, *asure* and seasonal fruit.”

-“Turks drink lots of black tea and coffee, as they don't drink alcohol.”



## POLAND

-“The cuisine from Eastern Europe countries is not very familiar to us.”

-“The Polish usually eat hearty soups and roast meat with dumplings.”

-“They also like to eat fish, specially from the river, with lots of dill.”

-“They frequently drink beer and vodka to get warm.”

-“For dessert, they prefer cheesecake (sernik).”

-“They use lots of cream, butter and wild berries in their food.”

