

LIFESTYLES



Universitat d'Alacant
Universidad de Alicante

Vicerectorat d'Estudis, Formació i Qualitat
Vicerrectorado de Estudios, Formación y Calidad

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Eating Habits and Behaviour

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Teaching
Research
Best Practices
Autonomous Developments

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PRESENTATION

QUESTIONNAIRE

QUESTIONNAIRE
LIFESTYLES REVISED: EDUCATIONAL EXPERIMENTS IN IG ENVIRONMENTS

WORK TEAM DEFINITION
Gender: Female / Male
Age: 18-30 years / 31-50 years / 51-70 years / Over 70 years
Level of education: Primary/secondary / 3-year Certificate/degree / 5-year Degree (Bachelor's Degree) / Postgraduate course

GASTRONOMIC TRADITION
1. What is a "typical recipe" for you?
2. In your opinion, which is the most typical Spanish meat?
3. Do you prepare traditional meat?
4. Do you frequently eat traditional dishes?
5. How do you learn to prepare the traditional dishes and meats?
6. What comes into your mind (talking about gastronomy) when mentioned?
• Belgium
• Luxembourg
• France
• Spain
• Portugal
• Italy

LIFESTYLES
7. If in your opinion, what is a family meal?
8. How often do you celebrate family meals?
Weekends: Monday - Celebrations
9. What time do your family/dinner environment usually have...?
Breakfast: 07:30 & 7:30 08:00 & 8:00 08:30 & 8:30 h
Lunch: 12:30 & 13:30 13:30 & 14:30 14:30 & 15:30 h
Dinner: 19:30 & 21:30 21:30 & 22:30 h After 22:30 h
10. Is there any difference between weekdays and weekends?
• Yes / No
11. Do you daily prepare the meals you eat?
12. How important is the participation of the different family members in the preparation of different meals? you play an active role in learning and maintaining customs, specifically talking about gastronomy?
13. Do you think that all people consume themselves about keeping and maintaining customs, specifically in gastronomy?
14. Do you think that all people consume themselves (specifically gastronomic customs) when in a restaurant?
15. What solvent have innovation and new technologies interfered with/tracked your gastronomic culture? (spices, microwave, etc.)
16. Do the ingredients which your family/dinner environment use come from your own self-sustainable production/production (vegetable gardens, farms, bakery) or shopping centers?

REPORT

RECIPES

VIDEO PRODUCTION

Andalusian Gazpacho



Spanish Omelette



Castilian Gazpacho



Paella



□ Work team definition:

- **Population:**
 - 20 Respondents
- **Gender:**
 - Female: 14
 - Male: 6
- **Age:**
 - 18-30 years old: 13
 - Over 50 years old: 7
- **Level of education:**
 - Primary/secondary: 5
 - 3-year Certificate/Degree: 8
 - 5-year Degree (Bachelor's Degree): 6
 - Postgraduate Course: 1



Over 50-year-old work group meeting



- ❑ The first contact with the group was with seniors in order to establish the group, inform about the basics of the project and prepare the milestones of the questionnaire.

Under 30-year-old work group meeting



- ❑ Survey project development designed to obtain the required data for the projects about gastronomic traditions, typical recipes, meal times, etc...(17 questions).

Intergenerational meeting



- ❑ Debate about the prior results of the survey.



GASTRONOMIC WORKSHOPS

Festive breakfast



Gastronomic Practices Workshop in the Higher Catering School from the Tourist Development Centre



Intergenerational lunch



INTERGENERATIONAL MEETING

Material development: once the results were obtained the group met in order to produce: presentation, videos and questionnaire report.



❑ NVivo analysis (qualitative data)



The NVivo is a tool that enables the handling of large amounts of textual records against each other, facilitates the search and retrieval of text and encoding and allows the investigator to work with an unlimited number of categories and subcategories

❑ The **survey** (data) and the debate group with moderator (to support the results and define interesting themes)

❑ **Graphs:**

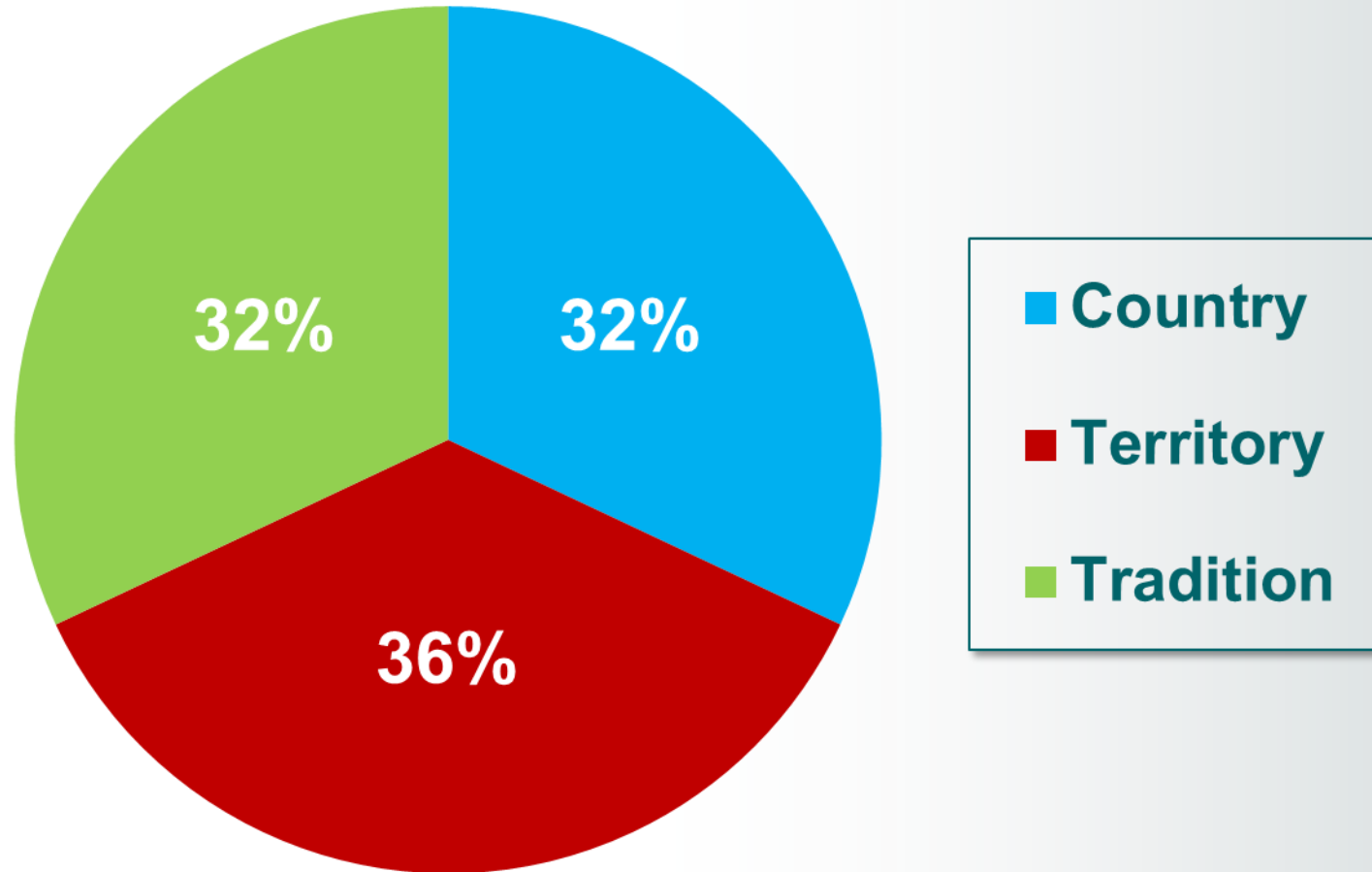
❑ Age groups

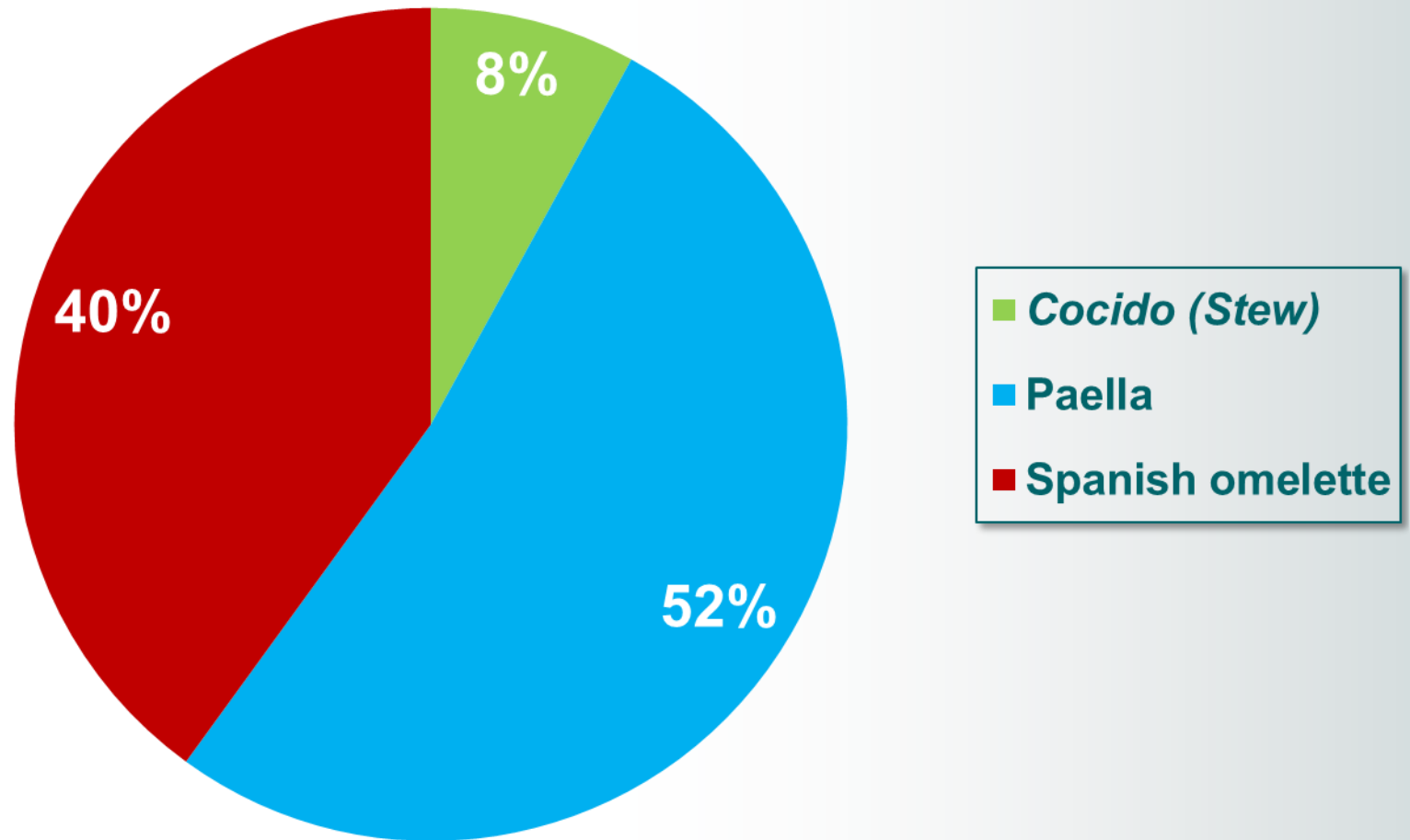
❑ Gender (single-sex) groups

❑ **Conclusions:** Detailed analysis of the generational differences



What is a "typical recipe" for you?





- Paella and Spanish omelette
- *Tapas* as course presentation

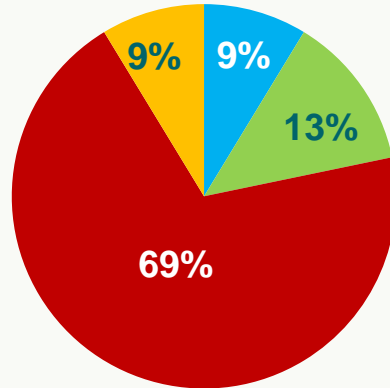


LIFESTYLES PREPARATION OF TRADITIONAL MEALS

PRODUCTION

Do you prepare traditional meals?

- Often
- Celebrations
- **Sometimes**
- Family reunions

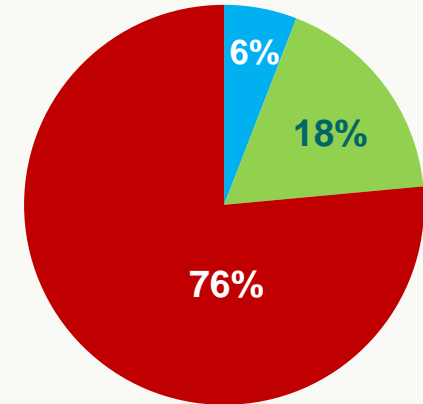


The importance of the family members participation

CONSUMPTION

Do you frequently eat traditional dishes?

- Celebrations
- Sometimes
- **Frequently**

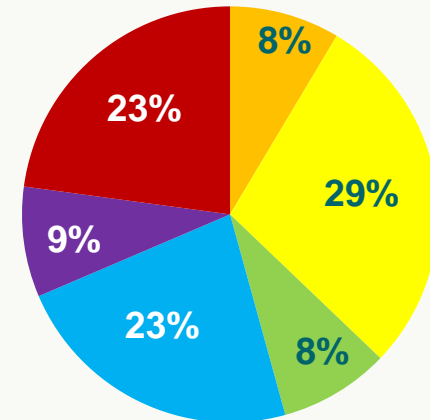


Mainly in celebrations

LEARNING

How did you learn to prepare the traditional dishes and meals?

- Friends
- The Internet
- Others (courses, experimentation, ...)
- Family
- Books
- Parents

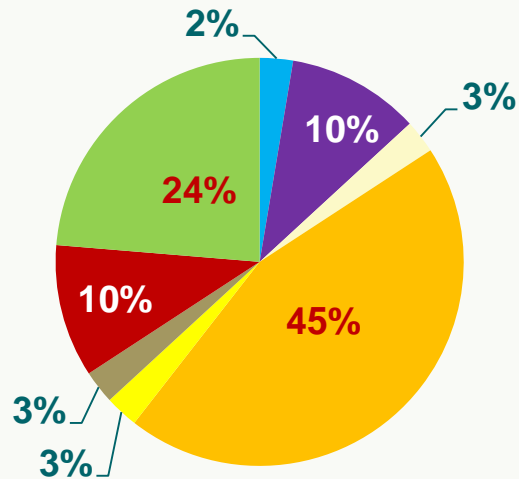


Family (Parents – Grandparents - Friends)

Books / The Internet (ICT not used by seniors)



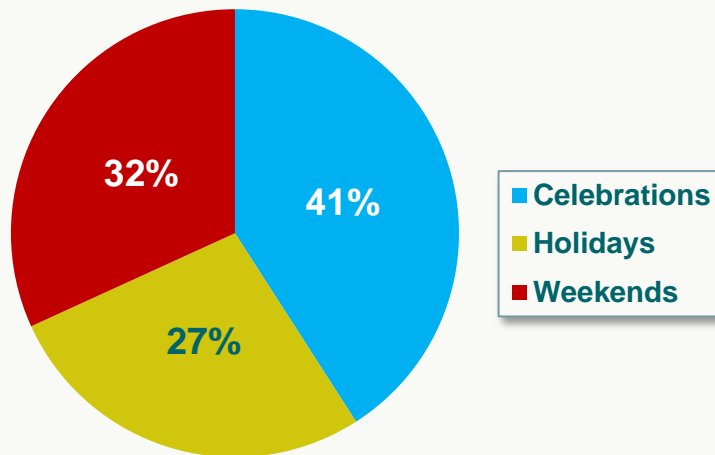
In your opinion, what is a family meal?



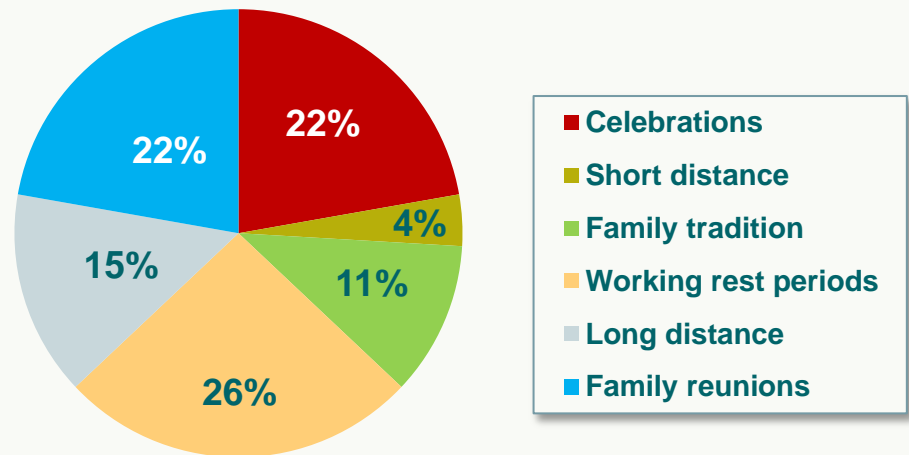
- Friends
- Celebrations
- At home
- Family**
- Frequently
- Special dishes
- Traditional dishes
- Meeting**

- Meaning:**
 - Family
 - Meeting
- Temporality:**
 - Traditional Country
 - A lot of celebrations
 - Family reunions
 - Mainly, working rest periods

How often do you celebrate family meals?



- Celebrations**
- Holidays
- Weekends



- Celebrations**
- Short distance
- Family tradition
- Working rest periods
- Long distance
- Family reunions**



Breakfast



07:30 – 08:30

- Habit acquired in the work period.
- Seniors have breakfast at 08:30

Lunch



14:30 – 15:30

- Imposed by the working hours and acquired by all age groups.

Dinner

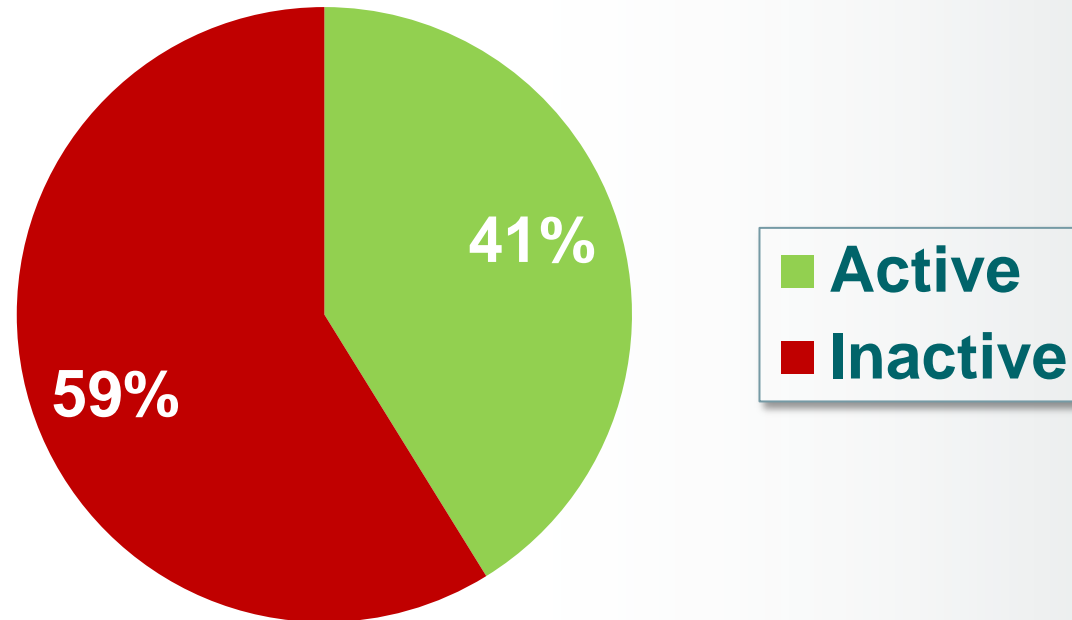


21:30 – 22:30

- Conditioned by the nice climate, the high social activity and the split shift.

- ❑ We know that our meal times are different from the European ones, influenced by the climate and the midday break.
- ❑ Our most important meal is lunch. Meanwhile, in many European countries the most important one is dinner.
- ❑ No differences by gender.

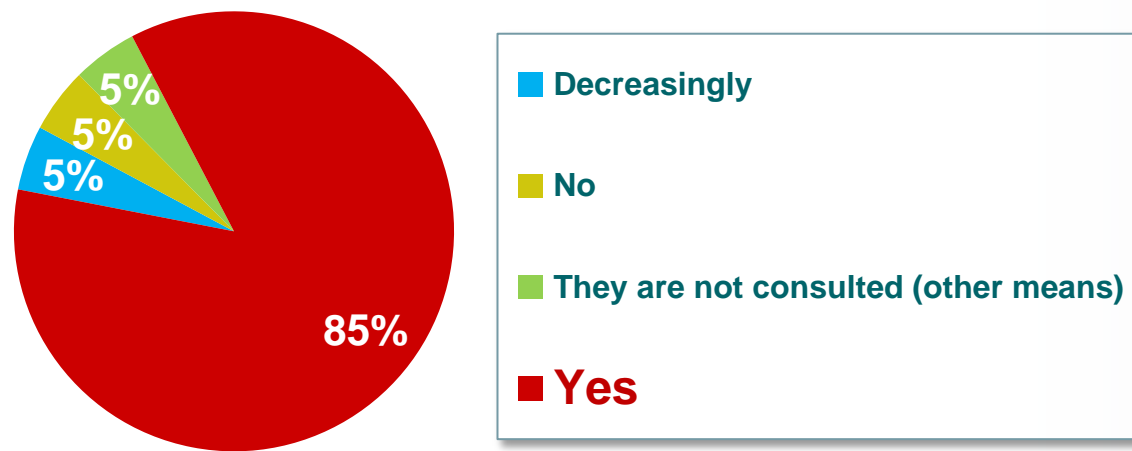
Do you think that the youth's role plays an active role in keeping and maintaining habits, specifically talking about gastronomy?



- ❑ Women consider they play an inactive role. However due to the need promoted by emancipation, the interest gastronomic habits increased.

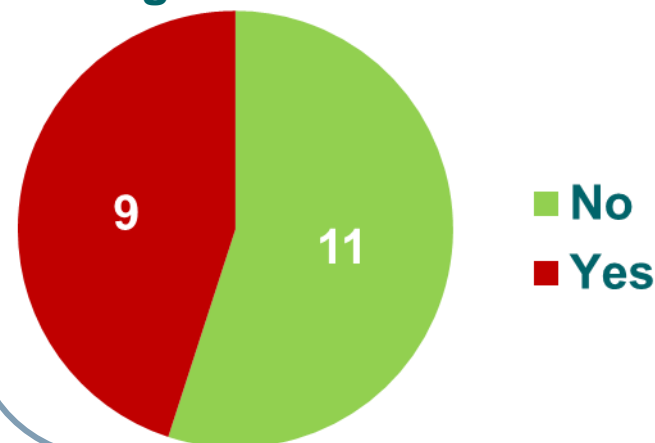


Do you think that old people concerne themselves about keeping and maintaining customs, specifically in gastronomy?



Old people try to transmit and keep their acquired gastronomic traditions.

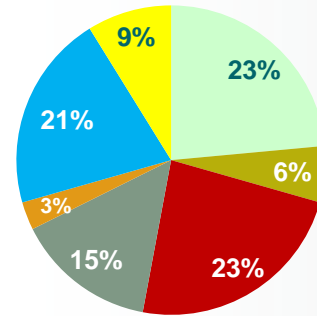
Do you think that the transmission of customs (specifically gastronomic customs) belongs to women?



In spite of the fact that the survey shows that the transmission of habits is almost equally done (taking into account the gender), it is possible to see that, in general, it is different from the recent present, but it indicates a change in the way of thinking.



New technologies have an important role in gastronomic traditions because they save preparing time and they make everyday life easier.



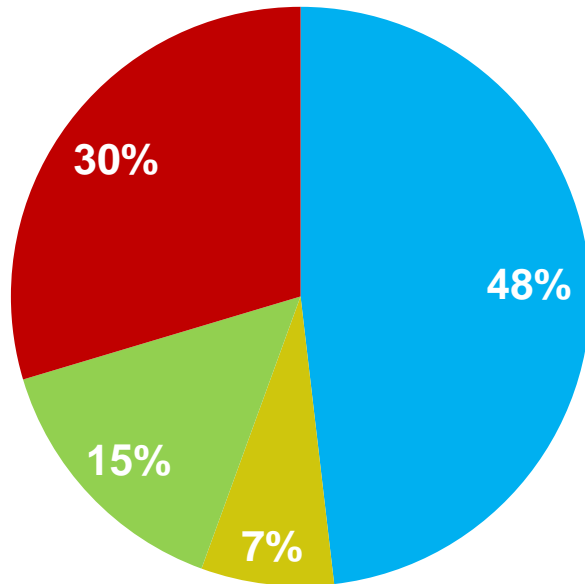
- Saving time
- Food alteration
- They make everyday life easier
- It is a big step forward
- New recipes are introduced
- A lot
- Not common ones



A difference between daily meals and celebration meals is observed. More time is devoted to celebration meals and, in these ones, traditional guidelines, in which intergeneration is the top priority, are followed.



Mainly, they came from shopping centres and local productions.













- Shopping centres
- Own cultivation
- Small and medium-sized traders
- Local production



It is surprising that a large number of respondents farm part of the products which they consume.



Daily Menu

BREAD	SALAD	SINGLE-COURSE	DESSERT	DRINK
		Rice / Pasta (twice a week) 	Fruit / yoghurt 	Water / Wine 
		Soups and Broths (twice a week) 		
		Fish with vegetables/potato accompaniment (once a week) 		
		Meat with vegetables/potato accompaniment (twice a week) 		

Celebration Menu

		Assorted appetizers		Main dish		Dessert	Drink	Coffee and liqueur
Bread	Chips		Barbecue		Fruit	Water		
	Olives							
Garlic mayonnaise/ grated tomato	Serrano ham and cheese		Spanish Stew		Crème caramel			
	Salted fish/meat							
	Fried almonds		Paella		Pie			
	Squids fried in batter							
	Croquettes		Baked Fish or roasted Meat (with potatoes)		Ice-Cream	Beer		
	Hors d'oeuvres							

LIFESTYLES TYPICAL MEALS FOR THE MEMBERS OF THE PROJECT



Belgium

Chocolate



Beer



Stoemp



Quiche
Lorraine



Luxemburg

Potatoes



Kuddelfleck
(Tripe)



Pastaschutta



Turkey with
chestnut purée



Poland

Potatoes



Sauerkraut



Kotlet
Schabowy



Turkey

Kebab



Spices





Spain



**Iberian Ham
(Jamón
Ibérico)**



Paella



**Asturian
Fabada**



**Madrilenian
"cocido"/stew**



**Spanish
Omelette**



Wine



Olive Oil



Portugal



Fish Stew



Cod



Cheese



Rice stew



Italy



Pasta



Pizza

- ❑ More knowledge of the closest (geographically and culturally) countries.
- ❑ Lack of knowledge for the rest of the member countries. It is probably associated to a lower number of visits.

- ❑ It is observed that the importance of the gastronomic traditions of the group (menus, celebrations and habits) are frequently shared. This is an indicative that young people/workers, which have limited time to cook, usually break these family traditions and use easier recipes in their everyday lives.
- ❑ However, young people are interested in knowing the habits and, in a very high percentage, they enjoy cooking and learning culinary traditions.
- ❑ In everyday life, the participation in cooking is mostly made by women and it nearly always concerns the head of the family (mother-grandmother).



ANDALUSIAN GAZPACHO



SPANISH OMELETTE



PAELLA



Ingredients

- Ripe tomatoes
- Italian green pepper
- Cucumber
- Onion
- Garlic
- Olive oil
- White wine vinegar
- Salt
- Cold water





How to prepare it:

- ❑ Thoroughly **wash** the tomatoes, the cucumber and the pepper. Strain.
- ❑ **Cut the tomatoes** into four pieces and put them into the **blender** glass.
- ❑ Cut the **pepper** into to four or five pieces and put them with the tomatoes.
- ❑ Peel the **garlic clove**, cut it lengthwise into two halves and remove the core. Put it with the rest of the vegetables.
- ❑ Cut a piece of peeled **onion** into three or four pieces. Add them to the blender.
- ❑ Peel the **cucumber**. Cut it into two halves and keep back one half. Cut the other half into four or five pieces and add them to the blender.
- ❑ **Now that all the vegetables are in the blender, turn it on** (properly closed) and keep it on until there is no piece of vegetable left (blending time depends on the blender power).
- ❑ **Add salt, oil and vinegar**. Tip: First, add 3 tablespoons of vinegar and then add more if you like. Mix it for 5 seconds and taste it. Adjust salt and vinegar to taste.
- ❑ **If the “Gazpacho” has the proper consistency, go to the next step. If not, add cold water to taste.** You have to add it slowly, mix it and try it because it depends on the water content of the vegetables. **If you add a lot of water**, the taste will decrease and you will probably have to add more salt and vinegar.
- ❑ Finally, add the other half of the **cucumber**.
- ❑ **Refrigerate it and serve it very cold!!!**



Ingredients:

- Eggs
- Potatoes
- Onion
- Salt
- Olive Oil



How to prepare it:

- Peel and wash the potatoes and the onion. Drain and dry them with paper towels. Cut them into slim slices and add salt.
- Put oil in a frying pan/deep fryer and warm it.
- Fry the potatoes and the onion on a low heat. Cover the frying pan. Stir it from time to time.
- Beat in the whole eggs and add the fried potatoes and onion. Add some salt.
- Warm some oil in a non-stick pan.
- When warmed, add the blend. Wait a moment and cover the frying pan with a dish bigger than the frying pan. Place the omelette upside down.
- Turn it over several times to taste.



Ingredients

- Olive oil
- Ñora* (a type of dry pepper)
- Garlic
- Red pepper
- Tuna
- Tomato
- Peas
- Cuttlefish
- Rice
- Salt
- Fish stock
- Saffron
- Mussels
- Prawns





How to prepare it:

- ❑ Add the **ñora**, the **garlic cloves** and the **pepper** (previously cut into slices) to warm **oil**. Cook until browns.
- ❑ Chop the **ñora** and the **garlic cloves** up in a mortar. Hold them in reserve.
- ❑ Add tuna and the cuttlefish and cook until browns.
- ❑ Add the crushed **tomato** and the **peas**.
- ❑ Add the **rice** to the paella and fry it lightly.
- ❑ Add a little **fish stock** to the **ñora** and **garlic** blend which was held in reserve and drain it over the paella and the rest of the **fish stock**.
- ❑ Add **salt** and **saffron**.
- ❑ Add the **pepper** which was held in reserve.
- ❑ Now, add the **prawns** and the **mussels**. Spread them all over the paella. Taste for salt.
- ❑ Boil for 20 minutes. The first 10 minutes on a high heat and then on a low heat.





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