

# GRUNDTVIG Project

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## “Lifestyles revisited: Educational Experiments in IG Environments”

“Grundtvig partnership 2011-1-BE2-GRU06-01709-6”

**GIOVANNI PASCOLI Lower Secondary School  
Center for Adults Education – Fasano**

# THE LEARNING GROUP



GIOVANNI PASCOLI Lower Secondary School Center for Adults Education – Fasano  
*“Grundtvig partnership 2011-1-BE2-GRU06-01709-6”*

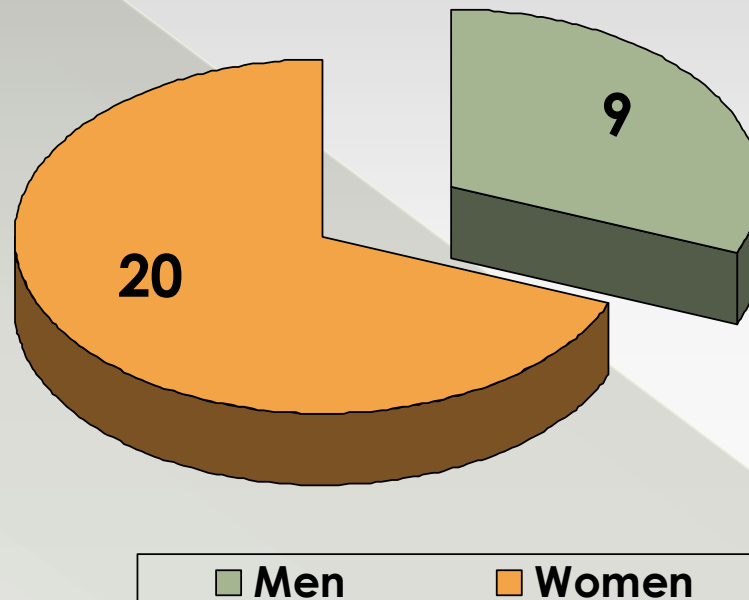


GRUNDTVIG

# The learning group in detail

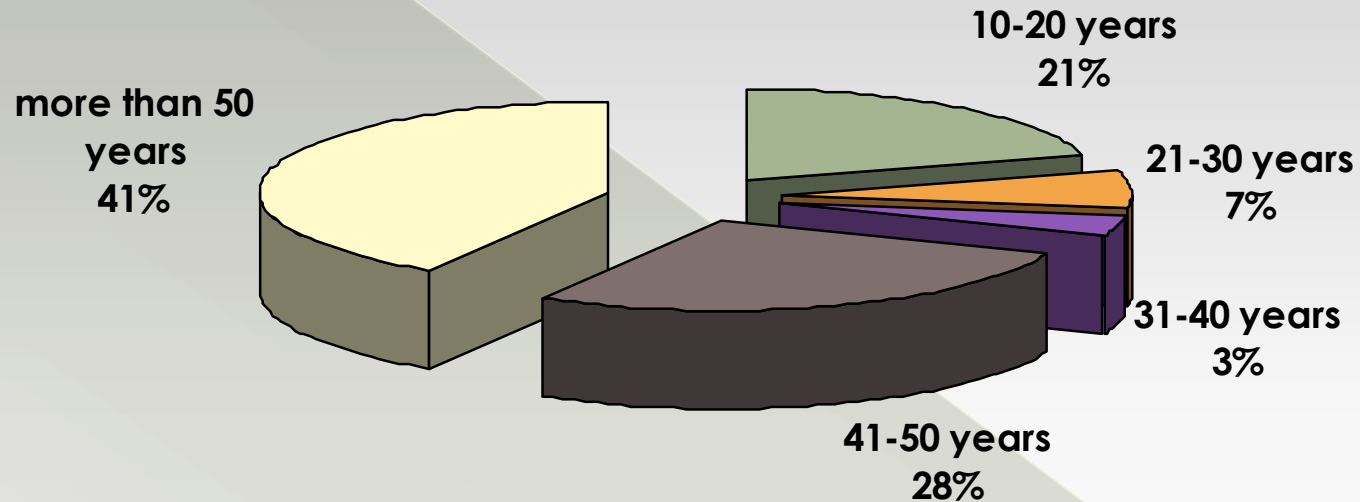
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The group is composed of 29 students with a large part of women

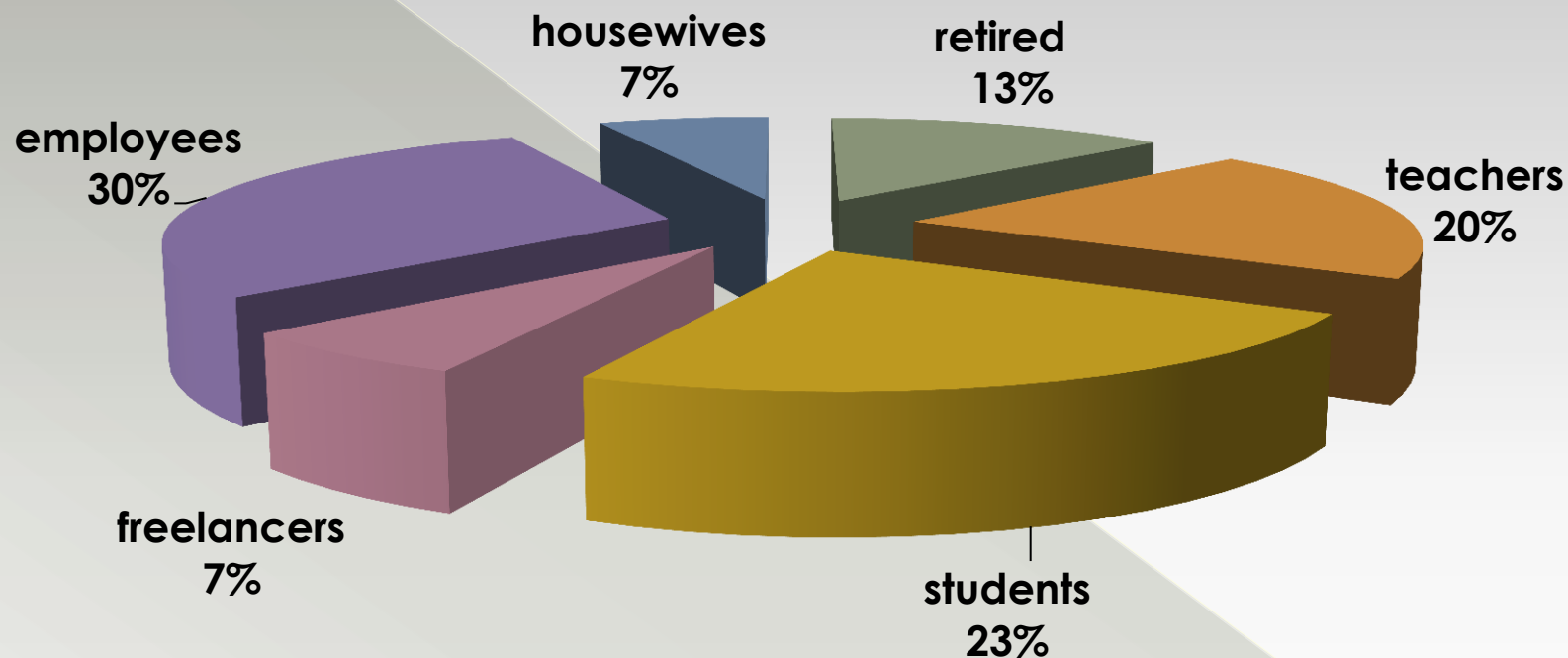


# The learning group: age ranges

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# The learning group: occupations



# FIRST MEETING

AIMS

PRESENTATION  
AND  
SOCIALIZATION

KNOWING THE  
EATING HABITS

METHODS

Interactive and  
game activity

Questionnaire

# PRESENTATION AND SOCIALIZATION

## Activity: Throwing ball

1. The group forms a ring;
2. Each participant, after receiving the wool ball, introduces itself, says something about his/her personality and shares the reasons and his/her expectations on the project;
3. After that, he/she ties the wool thread around his wrist and passes the ball to another person that will do the same thing;
4. At the end of the activity, a net is formed linking the whole group; it represents the group union and its synergy.



# QUESTIONNAIRE ON EATING HABITS

## QUESTIONNAIRE ON EATING HABITS

### 1. Underline those meals you eat a day

Breakfast  
Lunch  
Afternoon snack  
Dinner

### 2. Underline the food you eat at breakfast

Milk  
Fruit juice  
Fruit  
Coffee  
Tea  
Cheese  
Yoghourt  
Bread  
Cold meat  
Cereals  
Biscuits  
Sweets and pastries  
Other food

### 3. How much of the following food do you eat daily?

Fruit      Dairy products      Vegetables      Sweets and candies      Pastries

Never  
Once  
Twice  
More than 2

### 4. Underline how many times a week you eat the following food

Never      Meat      Fish      Pasta      Pulses

Never  
Once  
More than 2  
Almost everyday  
Everyday

### 5. How often a week do you eat fast food? (Hamburgers, ready meals, sandwiches.....)

Never

Once or twice a week  
More than 2 times  
Everyday

### 6. How often a week do you eat pizza?

Never  
Once or twice a week  
More than 2 times  
Everyday

### 7. How much bread do you eat a day?

Two slices of bread  
I never eat bread  
With each meal

### 8. What do you usually drink in your meals?

Water  
Milk  
Fruit juice  
Soft drink  
Wine  
Beer

### 9. How often do you eat out?

Once or twice a week  
Once or twice a month  
Only exceptionally  
Usually

### 10. Usually you eat...

Alone  
In company with other persons

### 11. During the meals at home, with the members of your family usually

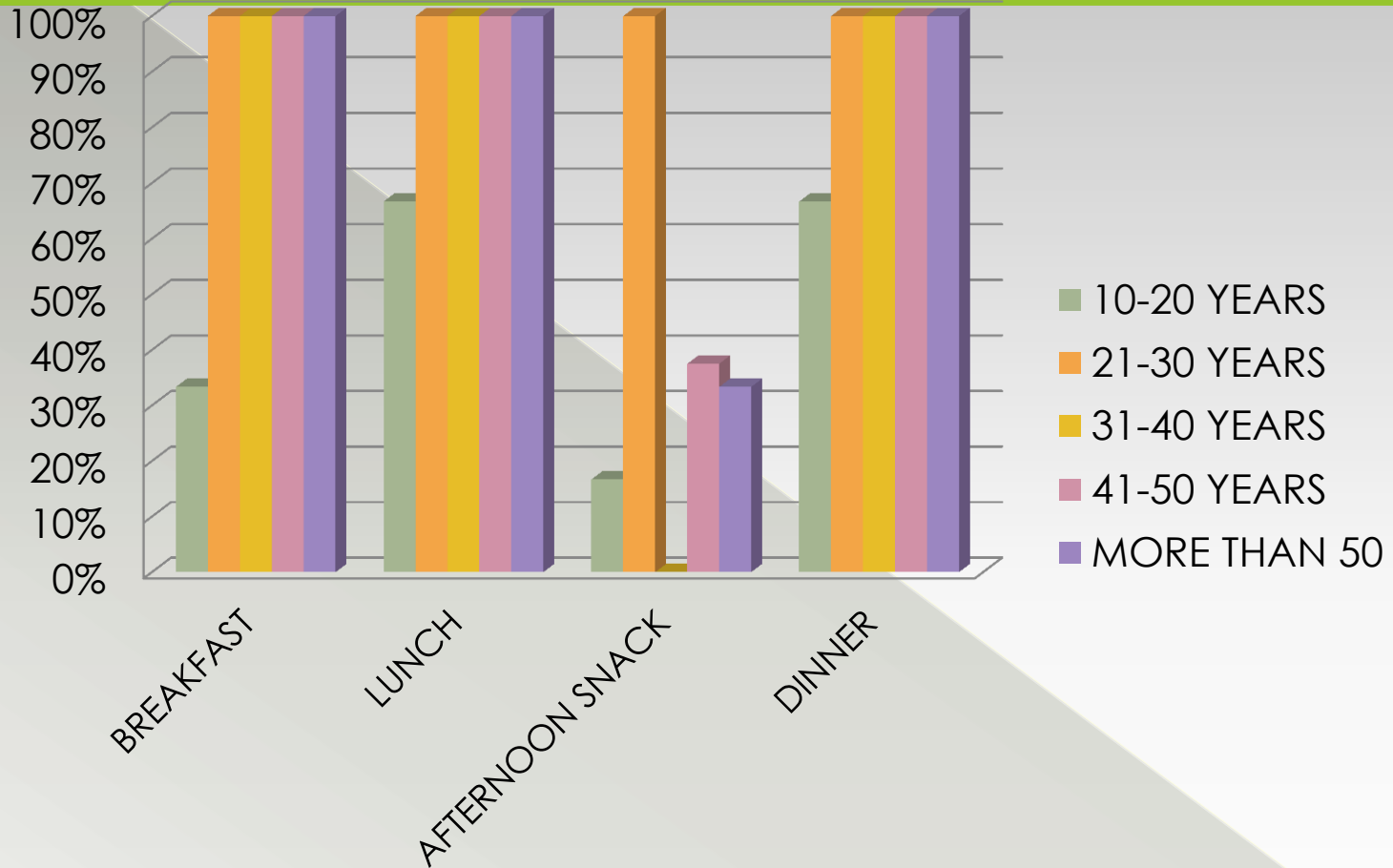
- talk  
- watch TV  
- talk and watch Tv

### 12. Who prepares meals at home?

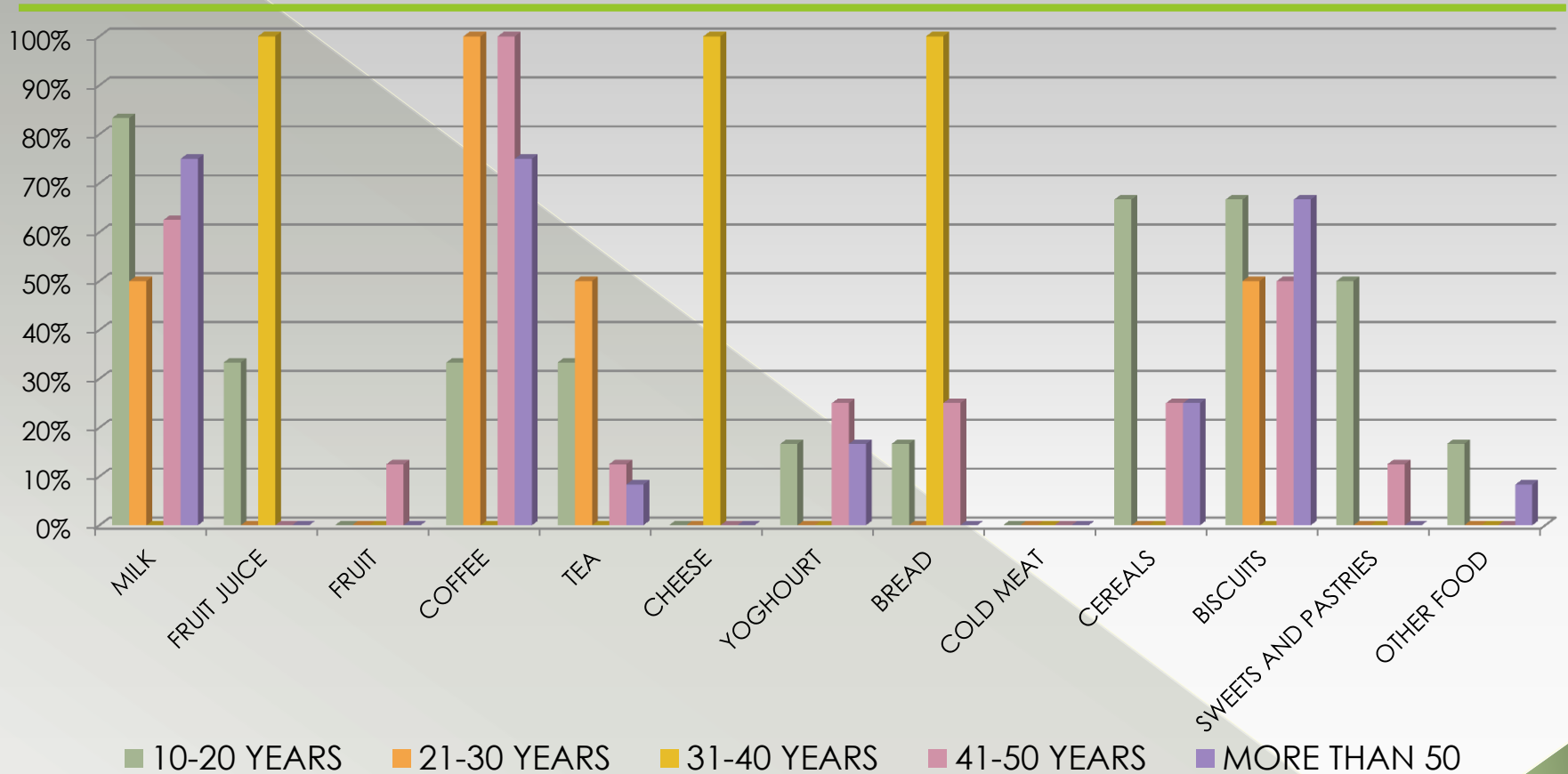
- Mother  
- Father  
- All cooperate  
- Other



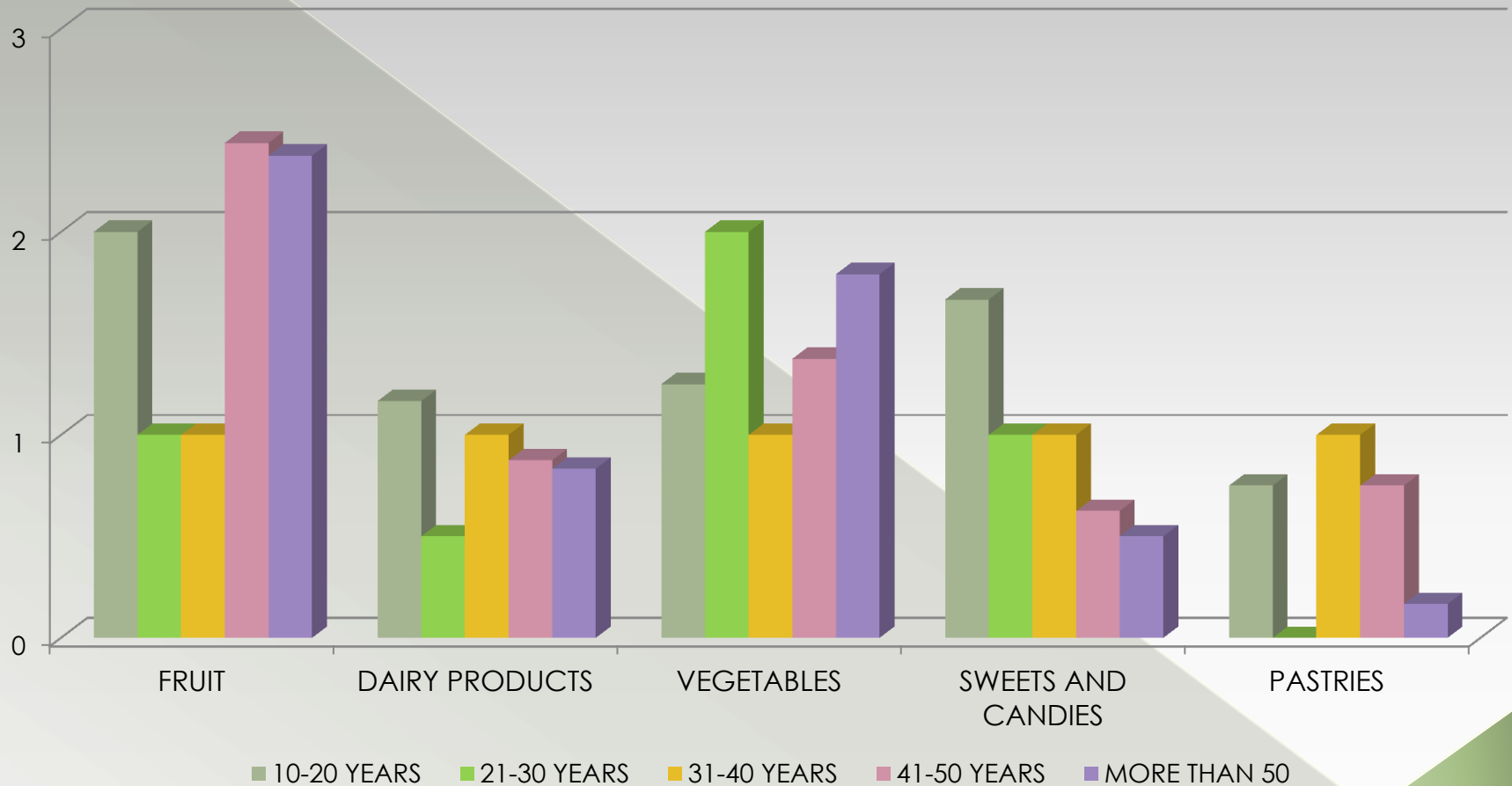
## WHICH MEALS DO YOU EAT A DAY?



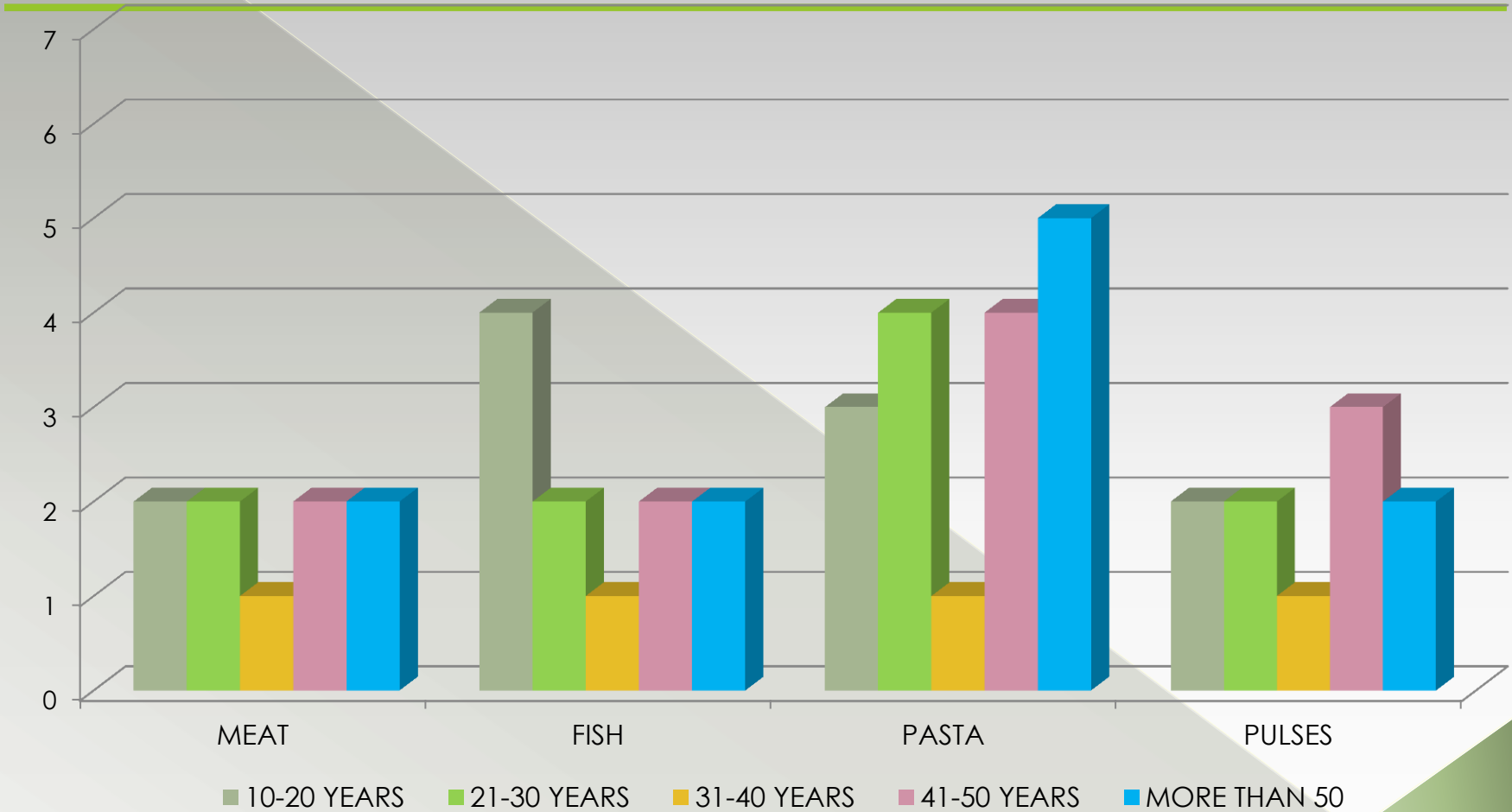
# WHAT DO YOU EAT FOR BREAKFAST?



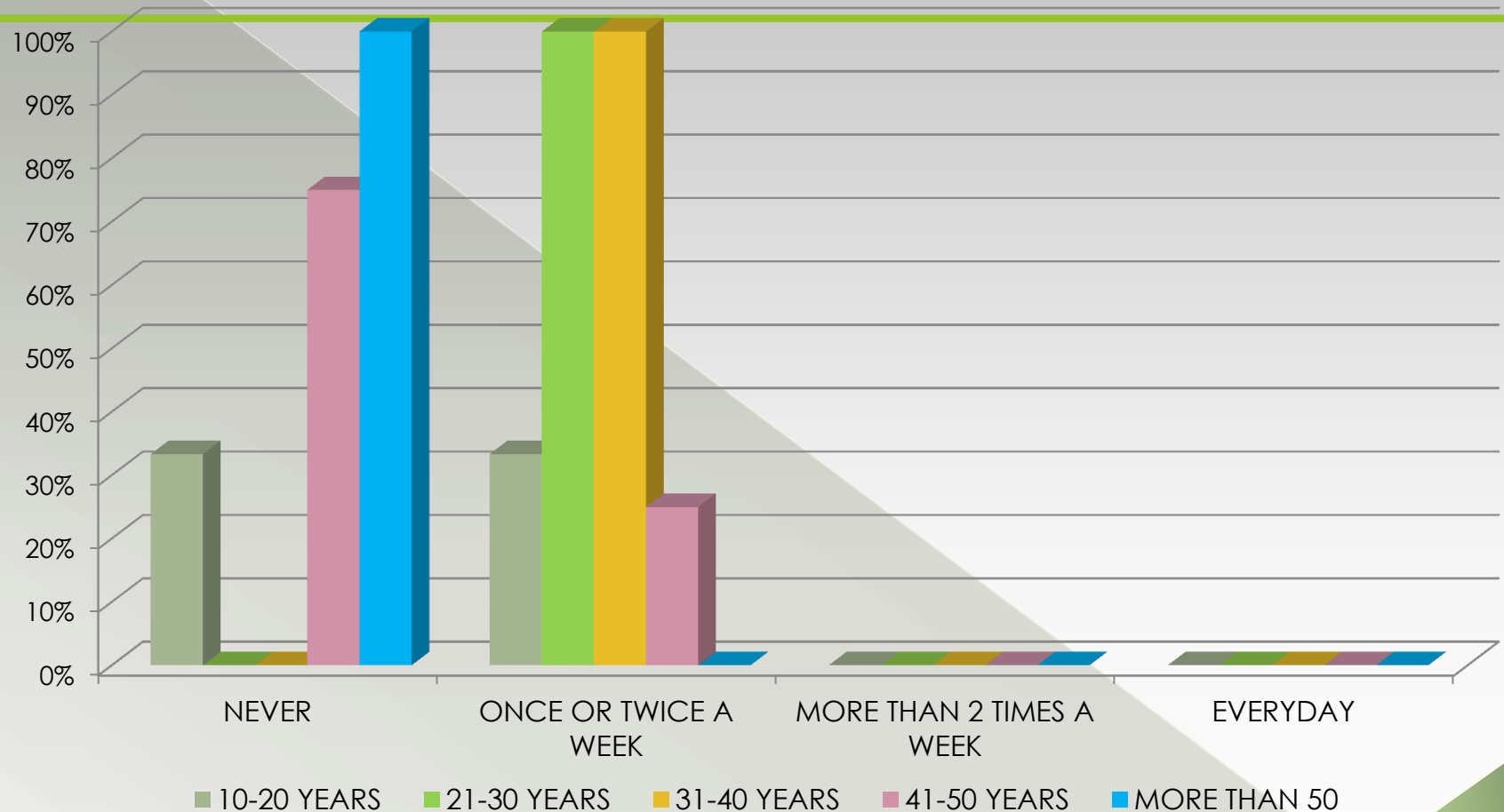
# HOW MUCH OF THE FOLLOWING FOOD DO YOU EAT DAILY?



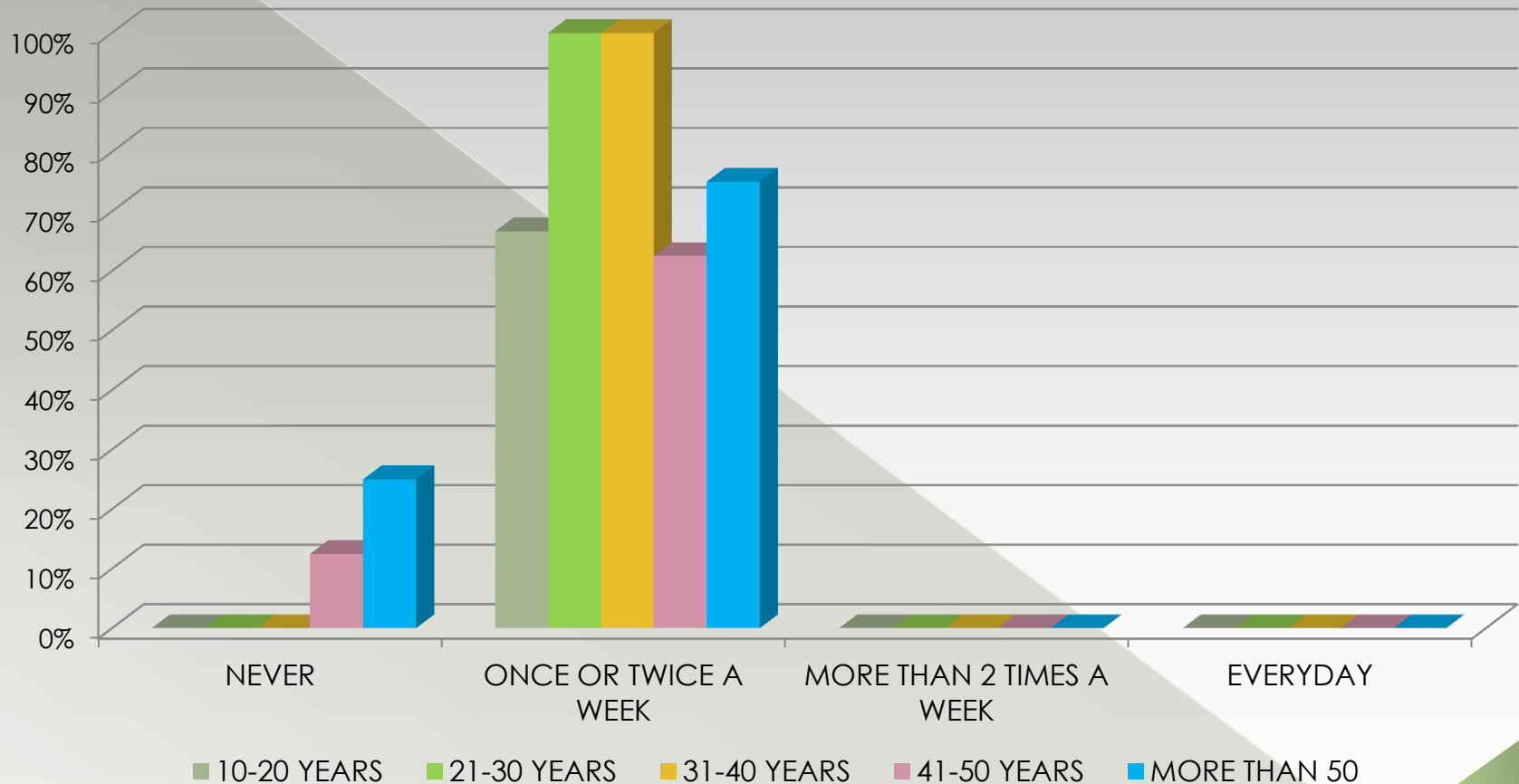
# HOW MANY TIMES A WEEK DO YOU EAT THE FOLLOWING FOOD?



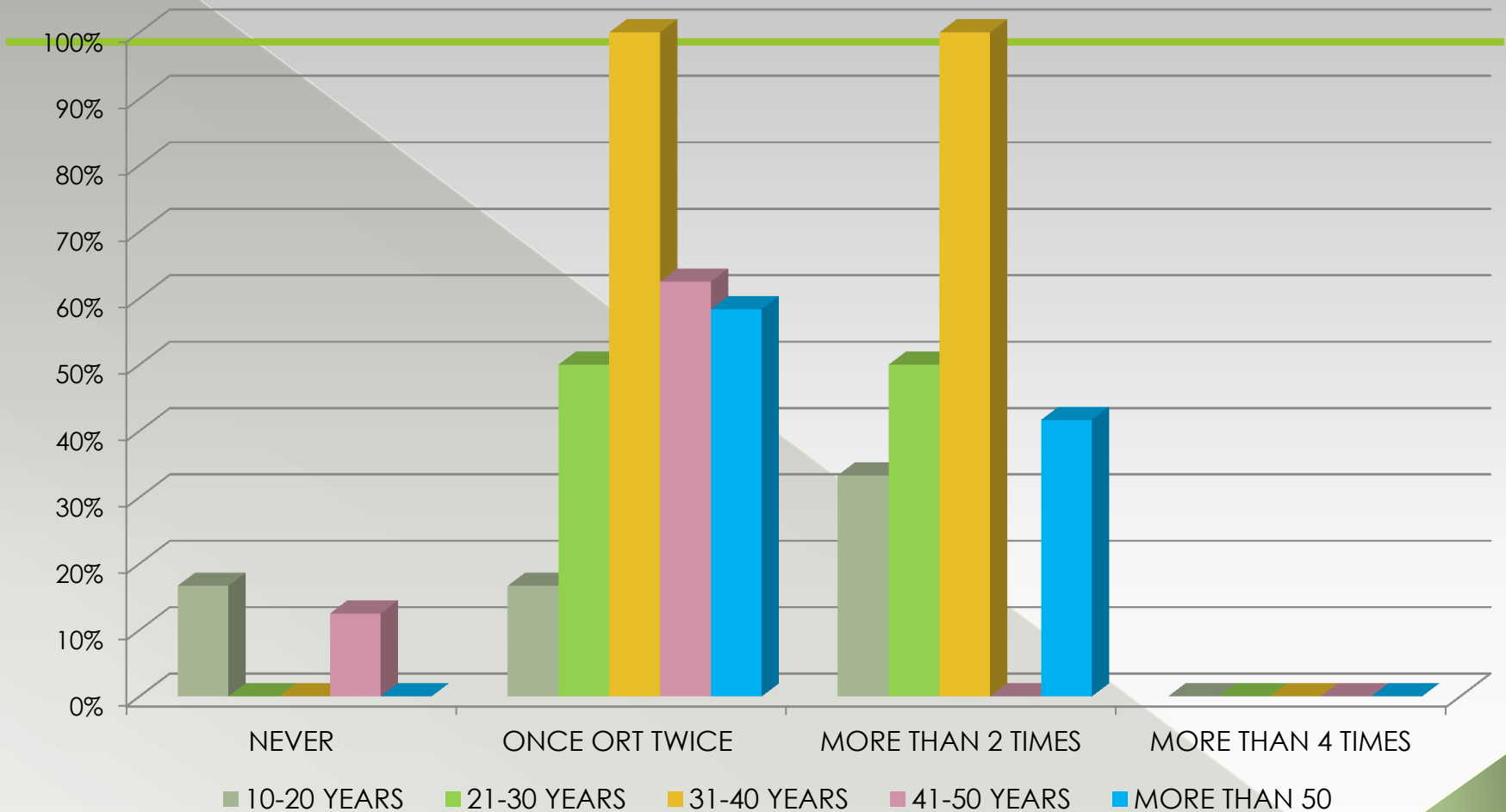
## HOW OFTEN DO YOU EAT FAST FOOD ?



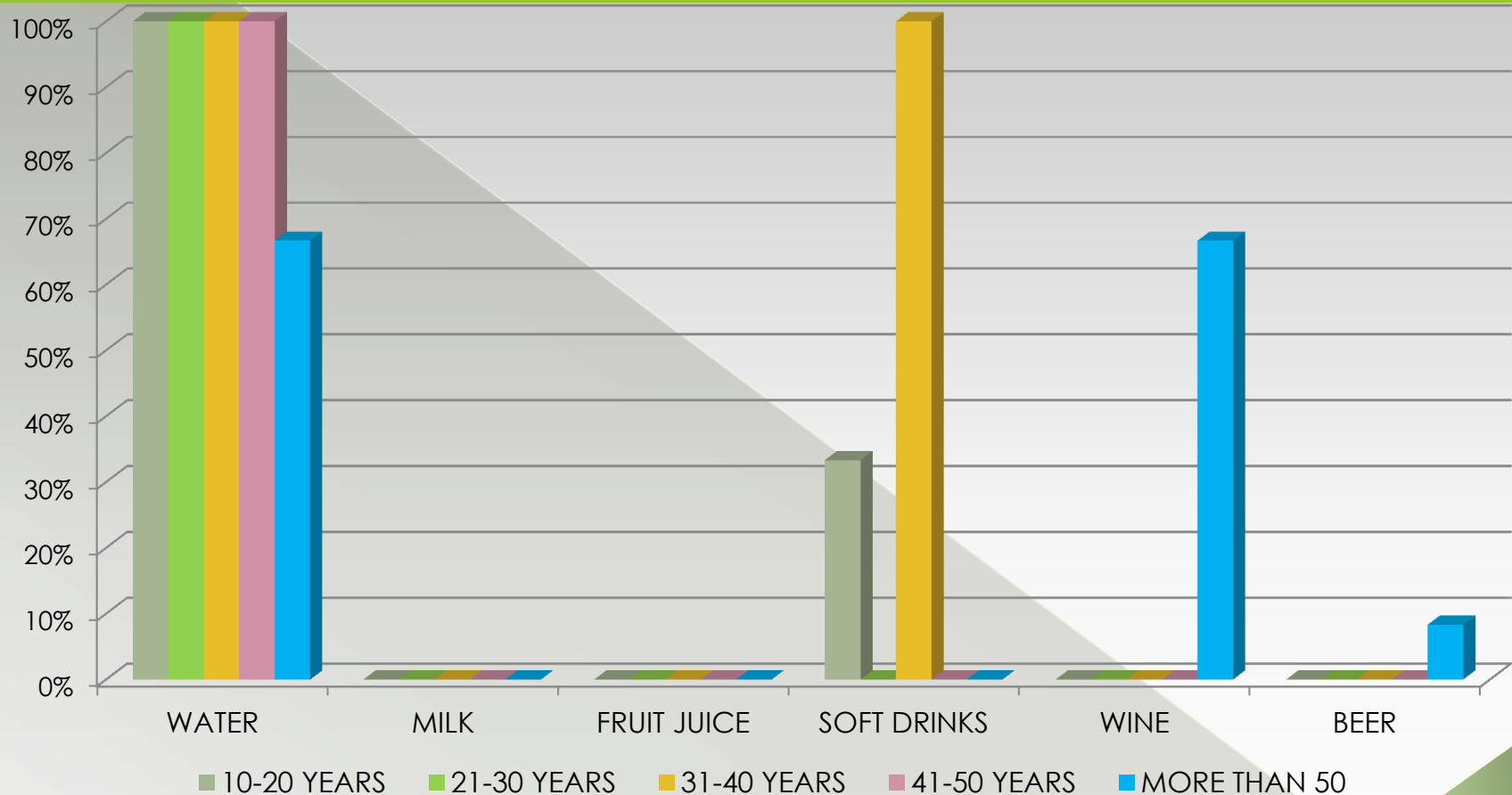
## HOW OFTEN DO YOU EAT PIZZA?



# HOW MANY TIMES DO YOU EAT BREAD DAILY?

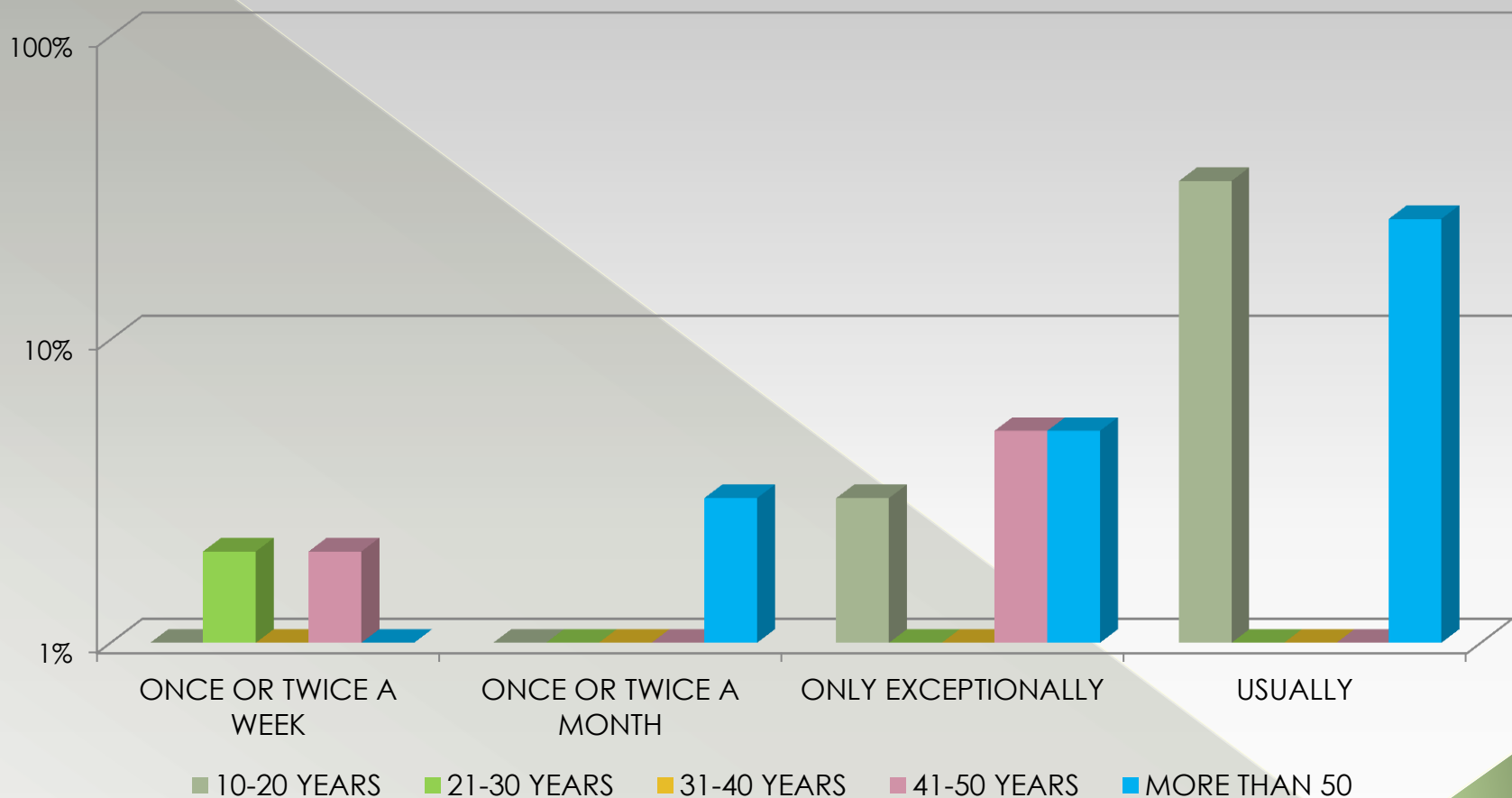


## WHAT DO YOU USUALLY DRINK WITH YOUR MEALS?

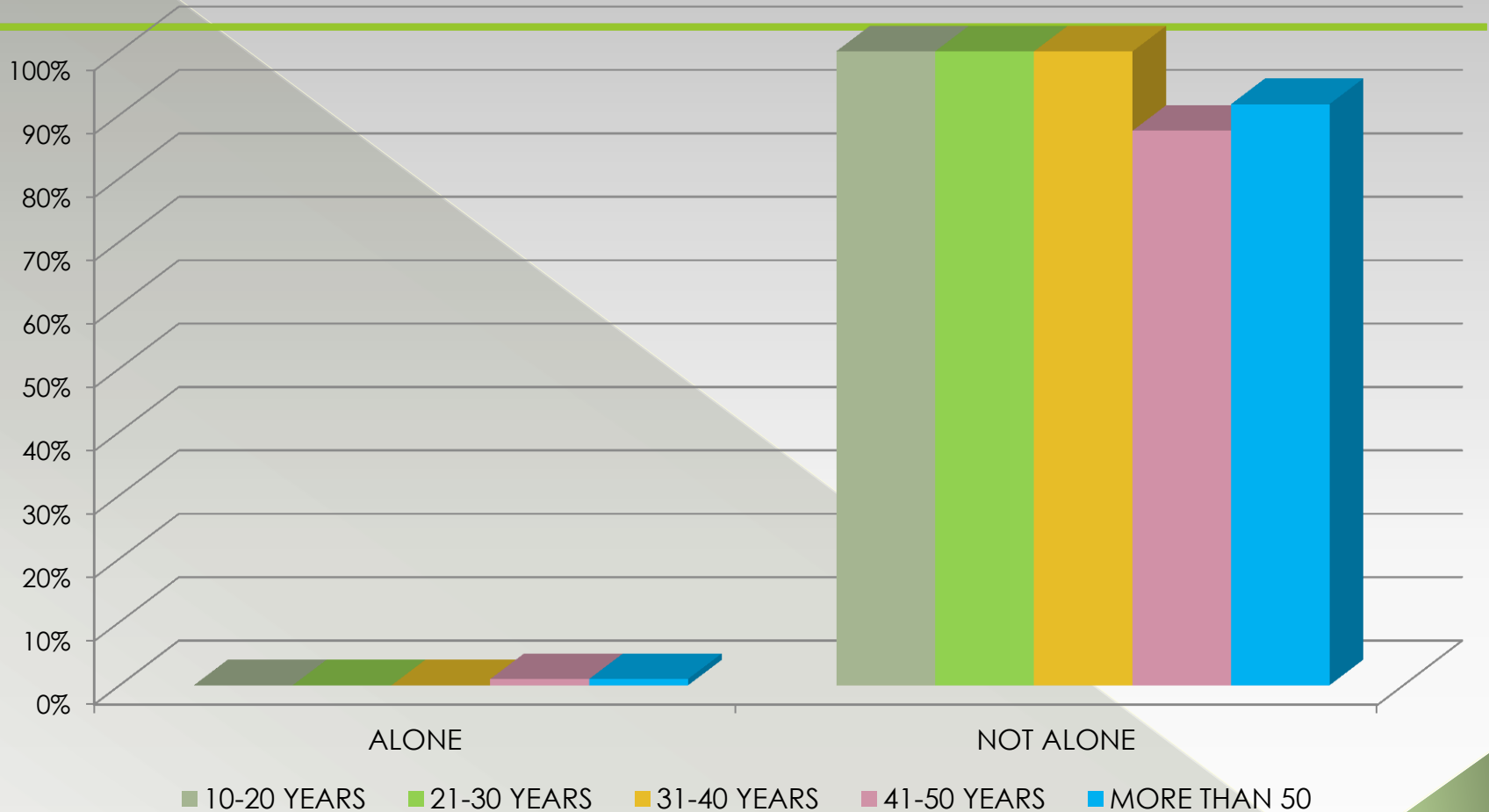




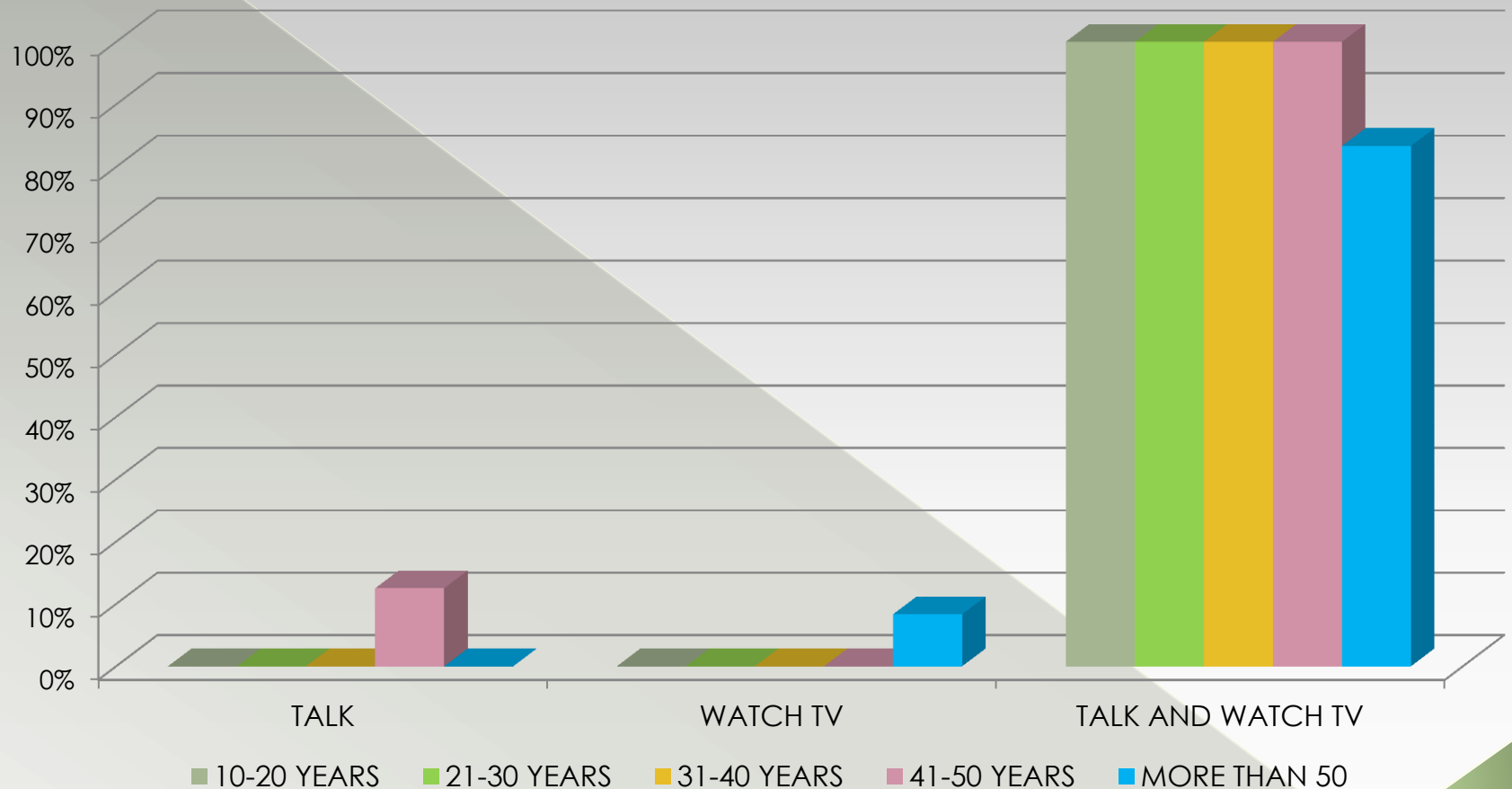
# HOW OFTEN DO YOU EAT OUT?



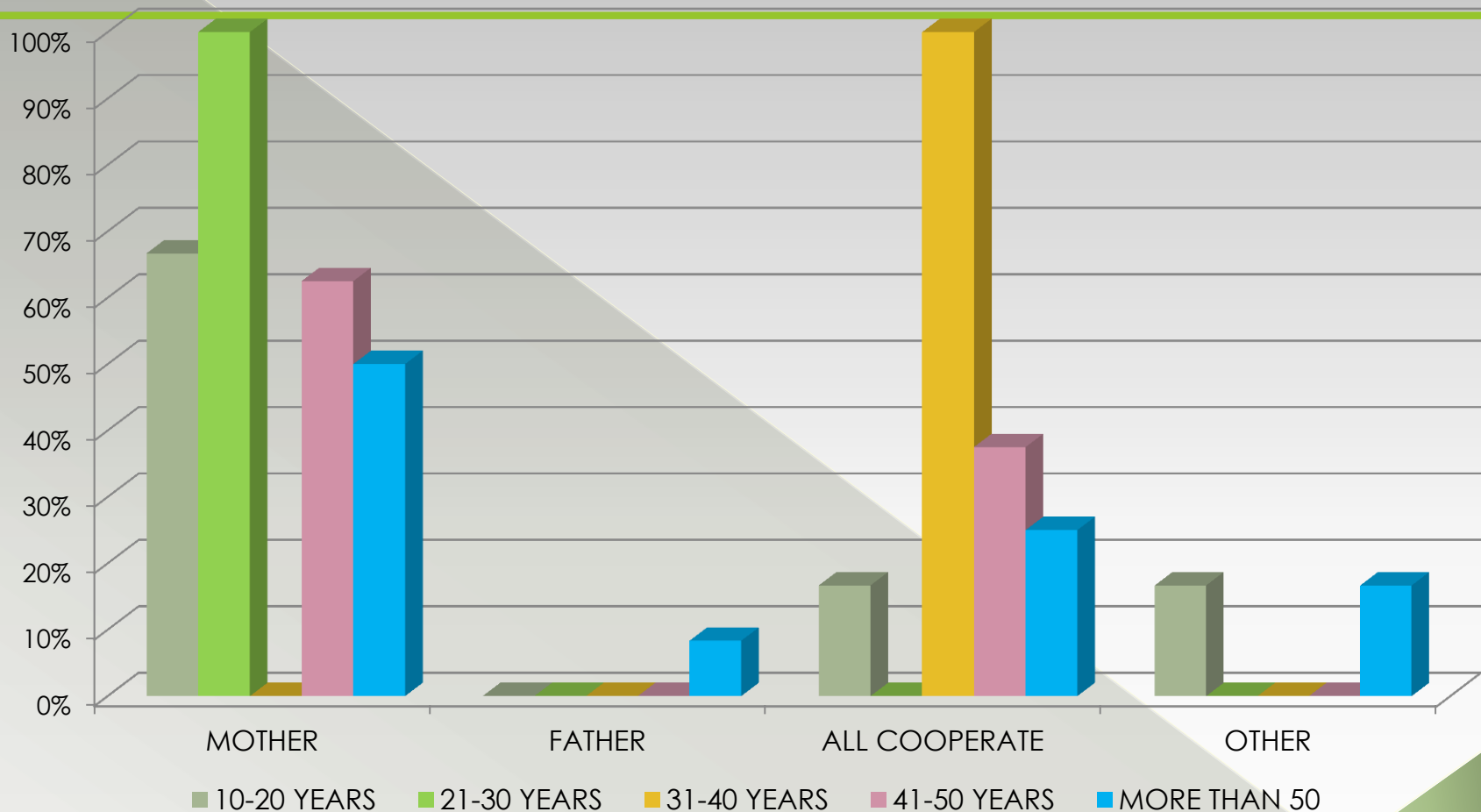
# YOU USUALLY EAT...



# WHEN YOU EAT AT HOME WITH YOUR FAMILY, YOU USUALLY...



## WHO PREPARES MEALS AT HOME?



# IN SUMMARY

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- Pizza, without any difference among sex and ages, is the favourite food.
- Young people between 10-30 years prefer fast food (hamburgers, sandwiches)
- Young people like vegetables, fruit or fish less than adults.
- All group members, without any difference among ages, follow a well-balanced and healthy diet, according to the Mediterranean diet model.

# SECOND MEETING

## AIMS

TO KNOW FOOD  
THE DIFFERENT AGE  
GROUPS LIKE MOST

TO THINK ABOUT THE  
EATING HABITS AS  
REFLECTION OF  
LANGUAGE AND  
CULTURE OF A  
POPULATION, REGION,  
FAMILY OR GENERATION

TO IDENTIFY A TYPICAL  
FAMILY LOCAL MENU  
PREFERRED BY ALL  
GENERATIONS



QUESTIONNAIRE

Autobiographical  
method (theoretical  
construct and a self  
narration sheet)

Group discussion

## METHODS

# An autobiographic method

Autobiographic method inside the group

Based on the “construction of meaning”

It gives a meaning to one's own experiences

It gives the opportunity to reflect upon one's own life

It encourages the ability:

- to listen to the others and oneself
- to identify oneself with a culture

# SHEET n.1

GIOVANNI PASCOLI Lower Secondary School – Center for Adults Education – Fasano

## Progetto GRUNDTVIG







"Lifestyles revisited: Educational Experiments in JG Environments" – Grundtvig partnership 2011-1-BE2-GRU06-01709-6







Meeting on Friday 18th November 2011 – SHEET N. 1

Sex M F Age \_\_\_\_\_

EXPRESS YOUR OWN OPINION FOR EACH IMAGES BY USING THE FOLLOWING ANSWERS:

5 I like it a lot      4 I like it quite a lot      3 I like it a little      2 I don't like it      1 I don't like it at all

	<input type="checkbox"/>		<input type="checkbox"/>
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# SHEET n.2

GIOVANNI PASCOLI Lower Secondary School -Center for Adults Education – Fasano -  
Progetto GRUNDTVIG

"Lifestyles revisited: Educational Experiments in IG Environments" - Grundtvig partnership 2011-1-BE2-GRU06-01709-6


Meeting on Friday 18th November 2011 – SHEET N. 2

Sex M F Age \_\_\_\_\_

## AUTO NARRATION

Remember an episode or a situation of your life linked to a peculiar dish or food. Write down about the symbolic meaning (familiar, social, cultural, religious...) and the emotions it awoke in you.

# The auto-narration sheets highlight some common features and remembrances:



Food as a means of affection and care: among the elder persons (30-60) the emotional memory is linked with their parents; as for the young (12-25), the grandparents transmit affection and care;

The religious meaning is highlighted by a cross sign made on the dough for bread or other similar preparations, before leaven it;

Food as a bond with traditions (the bread baked in a wood stove, fried meatballs, sauce of minced meat...);

Food as a means of union, harmony, well-being and sharing.

# SHEET N.3

GIOVANNI PASCOLI Lower Secondary School –Center for Adults Education– Fasano

## Progetto GRUNDTVIG

"Lifestyles revisited: Educational Experiments in IG Environments" - Grundtvig partnership 2011-1-BE2-GRU06-01709-6

Meeting on Friday 18th November 2011 – SHEET N. 3

Sex M F Age .....

### DISCOVERING TYPICAL FOOD

**What do we eat? What do our European friends eat?**

Answer:

1. What typical menu is usually prepared on Sundays? (indicate the main courses).

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2. According to you what is the typical food of the following countries?

- Belgium: \_\_\_\_\_
- Luxembourg: \_\_\_\_\_
- Poland : \_\_\_\_\_
- Turkey: \_\_\_\_\_
- Portugal: \_\_\_\_\_
- Spain: \_\_\_\_\_



# Typical menu on Sunday

## FIRST COURSES

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**Winter**



**“Orecchiette” with meatballs**

**Summer**



**Pasta with tomato sauce, basil and caciocotta cheese**

# Typical menu on Sunday

## SECOND COURSES

Winter



Roasted lamb with potatoes

Summer



Grilled  
steak with  
salad



# Typical menu on Sunday

## CRUDITÉS

### Winter

### Summer

Fennels



Chicory



“Cocomeri”  
(a local variety of cucumbers)



Celery

# Typical menu on Sunday

## DRIED AND FRESH FRUIT

### Winter



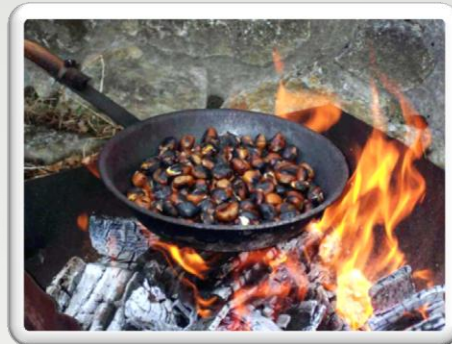
Seasonal fruit, nuts and roast chestnut



### Summer



Seasonal fruit



# Typical menu on Sunday

## DESSERT

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**“Focacce fracide”**



**Jam or ricotta cheese tart**



# RECIPES

## Roasted lamb with potatoes



### Ingredients

- 2 kg of lamb on the bone
- 2 kg potatoes
- extra virgin olive oil
- 1/2 onion
- breadcrumbs
- some tomatoes (if you like, but not necessary)
- fresh rosemary
- parsley
- pecorino cheese
- dry white wine
- salt
- black pepper

### PREPARATION

Cut the lamb into pieces and wash it under running water. Put the pieces of meat in a large pan that can be also used over fire. Pour in a glass of olive oil. Add the crushed garlic cloves, rosemary and parsley on top. Place the pan over the flame and brown the lamb. Add the onion cut into thin slices, then the potatoes cut in thick pieces. Season with salt, black pepper and some pecorino cheese, and mix altogether. Put the pan in a preheated oven at 220° and cook the lamb and potatoes adding some white wine and, if necessary, a bit of warm water. Check often to make sure there's still a little water in the bottom of the pan. If the meat starts getting too brown, cover with foil. Five minutes before removing the lamb from the oven, sprinkle with some breadcrumbs and brown under the grill.

# RECIPES

## “Foccacce fracide”

### Ingredients

- 1 kg of shortcrust pastry
- 500 gr. of quince jam or grape one
- 100 gr. of kernels of walnut
- minced skin of orange or lemon
- cinnamon
- 1 tablespoon of sugar



### PREPARATION

Put in a tureen the jam, the minced kernel of walnut, the skin of orange or lemon, some cinnamon and mix altogether. Divide the short crust pastry, already prepared, in some balls. Stretch, one at time, on a floured plan, with rolling pin. Get from it a lot of disks of 8 cm of diameter. In the middle of every disk, put a tablespoon of jam's mixture. Close every disk getting half- made and make the edges adhere well. Put the “focacce fracide” in a greased and floured tin (or covered with waxed paper). Put the tin in the oven (200° C) for half an hour.

# RECIPES

## Crostata (jam tart)



### Ingredients

- 300 gr. of white flour
- 150 gr. of butter
- 150 gr. of sugar
- 1 egg
- 1 baking powder sachet
- milk (2 tablespoon)
- jam q.s.

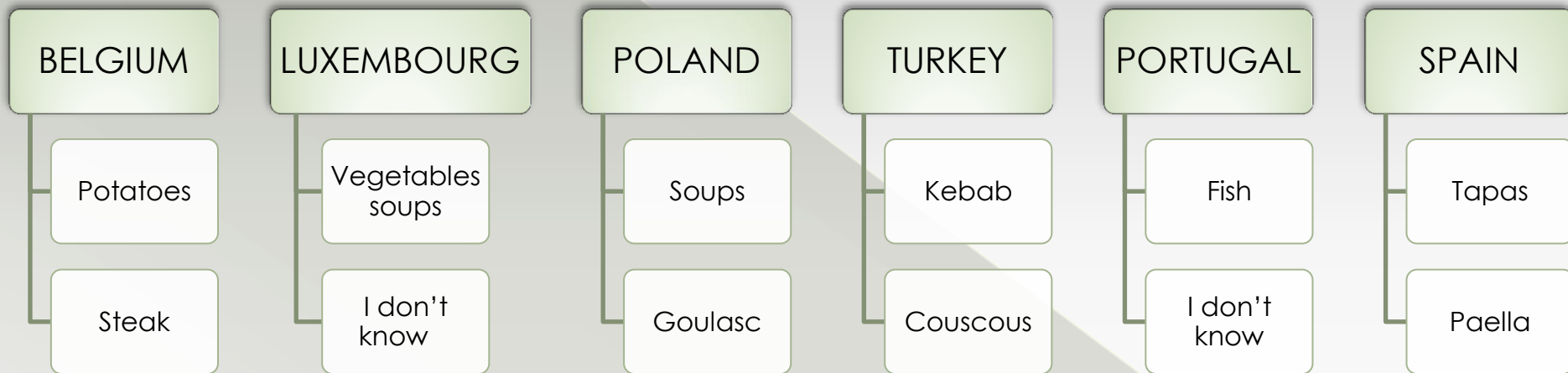
### PREPARATION

Put the flour, the sugar and the baking powder in a medium size bowl. Melt the butter on a low flame and then add it to the bowl with the egg and the milk. Mix all the ingredients until you get a soft yellow pastry.

Stretch the pastry on a floured plan with rolling pin. Then, lay down  $\frac{3}{4}$  of the pastry in a greased and floured tin. Now add the jam until you cover the whole pastry surface. With the remaining pastry, make some strips and then put them horizontally and vertically, until you get a sort of net (see the image). Put the tin on the oven at 180° for around 20 minutes.

# According to you, what is the typical food of the following countries?

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# THIRD MEETING

## AIMS

To talk, share and think about experiences, to arrange our travel to Luxembourg

## ACTIVITIES

Convivial meeting in a pizzeria

# CONVIVIAL MEETING IN A PIZZERIA



# CONVIVIAL MEETING IN A PIZZERIA

The “pizzaiolo” prepares pizzas



# CONVIVIAL MEETING IN A PIZZERIA

## Some pizzas





# MEETING IN PIZZERIA

How do we  
celebrate the  
successful ending of  
a project?

We usually spend a convivial meeting together as a means to seal the end of an activity, to toast and to celebrate a successful achievement (a building, a course, etc.)

# RESULTS

## Strong points

- Enthusiasm
- Interest
- Participation
- Integration among the different age groups

## Weak points

- The different age groups aren't homogeneous, because of the number of members not being the same: the 20-30 and 30-40 groups are made up of 4 persons.