

Izobraževalni projekt: Kuhnapato – Tradicija in ekonomija v kulinariki – z roko v roki

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Izveček

Gre za novodobni izobraževalni projekt, ki poteka že deset let in katerega glavni akterji so slovenski osnovnošolci. Njihova naloga je raziskovanje pozabljene kulinarčne dediščine njihove regije, v povezavi s kulturnim ozadjem in prilagajanje jedi današnjim telesnim potrebam. Motivirani so k uporabi zdravih sezonskih sestavin iz okolice (kratke verige) in spoznavanju razlogov za uporabo tega v kuhinji (kaj jesti kdaj in zakaj), kuhanju doma in zmanjšanju zavržkov hrane. Glavno poslanstvo projekta je spodbuditi otroke k zdravemu in še posebej trajnostno - odgovornemu načinu življenja ter dvigniti kulturo prehranjevanja. Na nacionalni ravni je projekt pomemben za naslednja osrednja področja: zdravje, lokalna hrana, izobraževanje, zaposlovanje, turizem in socialne vezi. Projekt podpira Ministrstvo za zdravje in je del Nacionalnega programa "Dober tek Slovenija". Septembra 2018 je Evropska komisija - GD SANTE projekt opredelila kot eno izmed 10 najboljših praks na področju zdravega in trajnostnega življenjskega sloga, v povezavi s hrano.

Ključne besede: izobraževanje, trajnost, zdravje, dediščina, otroci, tradicija, kuhanje

Educational Project: Cooking Kids - Tradition and culinary economy - hand in hand

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Abstract

A new age education project that has been going on for ten years and whose main actors are Primary School pupils. Their task is to explore the forgotten culinary heritage of their region with cultural background and to adapt the dishes to today's body needs. They are motivated to use healthy, seasonal ingredients from the surroundings (short chains) and to learn about the reasons of using that in the kitchen (what to eat when and why), to cook at home and minimize food waste. The main project mission is to encouraging children to a healthy and especially sustainable - responsible way of life and raise feeding culture. At the National level, the project is important for the main areas: Health, Local food, Education, Employment, Tourism and Social ties. Project is supported by Ministry of Health and is a part of the National program "Dober tek Slovenija". In September, 2018, the European Commission - DG SANTE identified the project as one of the 10 Best Practices in the field of healthy and a sustainable lifestyle in relation to food.

Keywords: education, sustainability, health, heritage, kids, tradition, cooking

Hrana, prehrana, zdravje:

Gojimo, hranimo, ohranjamo. Skupaj

P. Raspor (ur.)

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