Centro de Lenguas e Intercambio Cultural
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Discover the Taste of Teaching

For teachers and educational staff

Course Ref:

Discover the Taste of Teaching

Erasmus+

Entry Level:

English CEFR B1

Language of tuition:

English

Daily Teaching Sessions

Morning:

4 x 50 minutes (3 hrs. 20)

Total course contact hours:

2 weeks: 42 hours

Maximum class size:

12

Course provider:

CLIC International House Cadiz
PIC: 947095294
c/Acacias 25a
11007
Cadiz

Tel: +34 956 25 54 55

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This course is of significant benefit to:

1. educators and wellness advocates. It equips them with practical tools to seamlessly integrate healthy eating habits into both their daily lives and educational environments.
2. cultural enthusiasts and educators. It delves into the intricate relationship between culinary traditions and fostering cross-cultural understanding.
3. innovative teaching practitioners. It unveils the captivating potential of gastronomy as an educational tool.
4. culinary educators and enthusiasts. It uniquely caters to those with a culinary passion, infusing it with pedagogical insights.
5. cross-disciplinary educators. It illuminates the untapped potential of gastronomy across diverse subjects. By seamlessly weaving food into language, history, and cultural lessons, participants enhance student engagement and comprehension.

Objectives

- Highlight balanced diet's importance for well-being.
- Encourage healthier eating habits with practical recipes.
- Provide hands-on experience through cooking workshops.
- Explore culinary traditions for cross-cultural appreciation.
- Organize intercultural gastronomic events for diverse understanding.
- Enhance learning by integrating gastronomy into education.
- Promote active learning through food-based educational projects.

Preparation Pre-course Preparative Modalities:

- Needs Analysis
- Online resources for pre-course, arrival and cultural information

Practical arrangements Intra-Course Modalities offered by the Course Provider

- Course tutor
- Pedagogic learning materials included
- Setting of learning objectives
- Ongoing assessment and evaluation including feedback on progress
- Guidance and advice on homework exercises
- Accommodation service upon request
- Transfer service from airport upon request

Discover the Taste of Teaching

Nutrition Awareness and Advocacy

Participants will gain a deep understanding of balanced diets, enabling them to advocate for healthier food choices and lifestyles.

Culinary Expertise and Innovation

Through practical cooking ideas and workshops, participants will enhance their culinary skills and innovative recipe creation.

Cross-Cultural Communication

Exploring culinary traditions will cultivate cross-cultural communication abilities, promoting understanding among diverse populations.

Intercultural Event Planning

Participants will learn to organize gastronomic events, showcasing cultural diversity and fostering intercultural connections within educational environments.

Multidisciplinary Teaching Techniques

Integrating gastronomy into various subjects will equip participants with dynamic teaching strategies, making learning engaging and diverse.

Active Learning Facilitation

Through food-based projects, participants will develop the skill to facilitate active learning, encouraging students to explore and engage in educational activities.

Follow up provided Post-Course Modalities

- A Certificate of Attendance and Achievement
- Europass Mobility
- End of course test and programme evaluation
- Post-course Facebook forum

Course Content and Strategies

The first objective of the course is to emphasize the importance of a balanced and healthy diet for educators and students. Participants will learn about the impact of food choices on physical and mental well-being. Practical cooking ideas and quick, easy recipes will be shared to encourage participants to adopt healthier eating habits that can be easily integrated into their daily lives.

The second objective aims to explore how culinary traditions can serve as a gateway to understanding and appreciating different cultures. Participants will learn about diverse culinary practices from around the world and understand how they can be incorporated into educational settings to promote intercultural learning. The course will encourage participants to organize gastronomic events that celebrate cultural diversity within their educational centers.

The third objective is to demonstrate how gastronomy and cooking can be valuable educational tools to teach a variety of subjects beyond culinary arts. Participants will learn how to integrate gastronomy into language, history, and cultural lessons to make learning more engaging and interactive. They will develop educational projects that involve the preparation and presentation of food, promoting active learning among students..

Sample Programme

See appendix A below

Outcomes

Participants will:

- learn about the impact of food choices on physical and mental well-being.
- learn about diverse culinary practices from around the world.
- understand how they can be incorporated into educational settings to promote intercultural learning.
- learn how to integrate gastronomy into language, history, and cultural lessons.
- develop educational projects that involve the preparation and presentation of food, promoting active learning among students.
- encourage participants to organize gastronomic events that celebrate cultural diversity within their educational centers.
- encourage participants to adopt healthier eating habits that can be easily integrated into their daily lives.

Appendix A: Sample Programme 1/2

Week One	Day One	Day Two	Day Three	Day Four	Day Five
08:00 - 09:00	Welcome, oral testing, orientation and briefing before classes				
09:15 - 10:55	Introduction to the importance of a balanced and healthy diet for the physical and mental well-being of educators and students.	General introduction to Spanish gastronomy and it's Main aspects, local ingredients, general and regional contexts, geography of Spanish gastronomy. Mediterranean diet.	Explore different culinary traditions and how they can be used to enrich intercultural learning in the classroom	The role of vegetables and fruits in a balanced and healthy diet. Common vegetables and fruits found in Spain that can be found throughout various dishes.	How to use gastronomy and cooking as a didactic tool to teach various subjects, such as languages, history and culture.
10:55 - 11:20	**Break - 25 minutes**				
11:20 - 13:00	Practical healthy cooking ideas with quick and easy recipes that can be applied on a daily basis.	Practical workshop: we prepare a "gazpacho".	Organize gastronomic events that celebrate the cultural diversity present in the educational center.	Practical workshop: we visit the central market of Cádiz and prepare a "pisto".	Development of educational projects that involve the preparation and presentation of food for active learning.

Saturday	CULTURAL TRIP: One Full Day Cultural Visit included in Two-Week Course (optional for 1 week course)
Sunday	INFORMAL LEARNING: Personal research, cultural visits and activities

Sample Programme 2/2

Week Two	Day One	Day Two	Day Three	Day Four	Day Five
09:15 - 10:55	The role of meat and legumes in the Spanish diet.	Overview of the national health system in Spain. Disease prevention and health promotion.	The role of fish and shellfish in a balanced and healthy diet.	History and geography of Spain. Cultural diversity in the regions of Spain.	Together we prepare a complete menu based on the recipes featured on this course.
10:55 - 11:20	**Break - 25 minutes**				
11:20 - 13:00	Practical workshop: we prepare a "berza" from Cádiz.	Debate: public and private health, advantages and disadvantages.Comparisons with private health systems in other countries.	Practical workshop: we prepare a dish of "chocos" with potatoes.	Everyday life in Spain: meal times, parties and events. What food is generally eaten at important events, e.g. weddings, festivals.	Together we prepare a complete menu based on the recipes featured on this course