



### **TALES FROM THE KITCHEN A CULINARY STORY TELLING ODYSSEY**

The TALES FROM THE KITCHEN project is a comprehensive international initiative designed to promote the positive influence of healthy diets on our overall well-being, counter unhealthy eating habits, and cultivate a deeper understanding of nutritious eating among students from diverse cultural backgrounds. This collaborative journey, spanning from October to May, will unite partner schools from around the world to celebrate the richness of food, culture, and safety.

#### **Proje Kurucusu:**

Ali Can KAYAŞ (Türk Dili ve Edebiyatı)

**Üyeler:**12

**Membership:**Greece(10), Turkey(1), Cyprus(1)

**Age range:**8-13

**Subjects of teaching:**Art,Cross Curricular,Home Economics,Informatics / ICT,Primary School Subjects

**Vocational subjects of teaching:**Nutrition science

**Anahtar yetkinlikler:**Citizenship,Cultural awareness and expression,Digital,Maths and science

**Amaçlar**

**Healthy Eating Advocacy:** At its core, this project seeks to champion the benefits of healthy eating while discouraging unhealthy dietary choices. It emphasizes the preparation of nutritious meals and the abandonment of detrimental eating habits. Additionally, it aims to combat the escalating consumption of fast food by promoting the significance of mindful eating.

**Culinary Exploration:** Throughout the project, students will delve into the world of food. They will not only present various types of food but also explore their origins, nutritional value, and relevance in our daily diets. By doing so, students will gain a profound understanding of the role food plays in maintaining a healthy lifestyle.

**Vision of Ideal Nutrition:** Through engaging, creative, and collaborative activities, students will craft their vision of ideal healthy nutrition. This endeavor will involve the use of Web 2.0 tools and foreign languages, fostering cross-cultural communication and digital literacy.

**Skills Development:** TALES FROM THE KITCHEN offers students the opportunity to develop and enhance a wide range of skills. Communication skills will be honed through interactions with international peers, while digital and social skills will be refined through the utilization of modern technological tools.

**Active Citizenship:** As an integral part of the project, students will be encouraged to become active and proactive citizens. They will share their creative productions with their school communities, families, and local communities, thereby amplifying the project's impact on a broader scale.

### **Expected Results**

**Healthier Lifestyles:** The project will lead to a heightened awareness of the importance of healthy eating, resulting in healthier dietary choices among students and potentially influencing their families and communities.

**Cultural Enrichment:** By exploring the origins of foods and their significance, students will develop a richer appreciation for cultural diversity and the global interconnectedness of food.

**Digital and Communication Proficiency:** Participants will gain proficiency in using Web 2.0 tools and foreign languages, enhancing their digital and communication skills for an increasingly interconnected world.

**Community Engagement:** Through sharing their creations with various communities, students will become active agents of positive change, spreading the message of healthy eating and responsible online behavior.

