

Kitchen - Cooking - Competence!

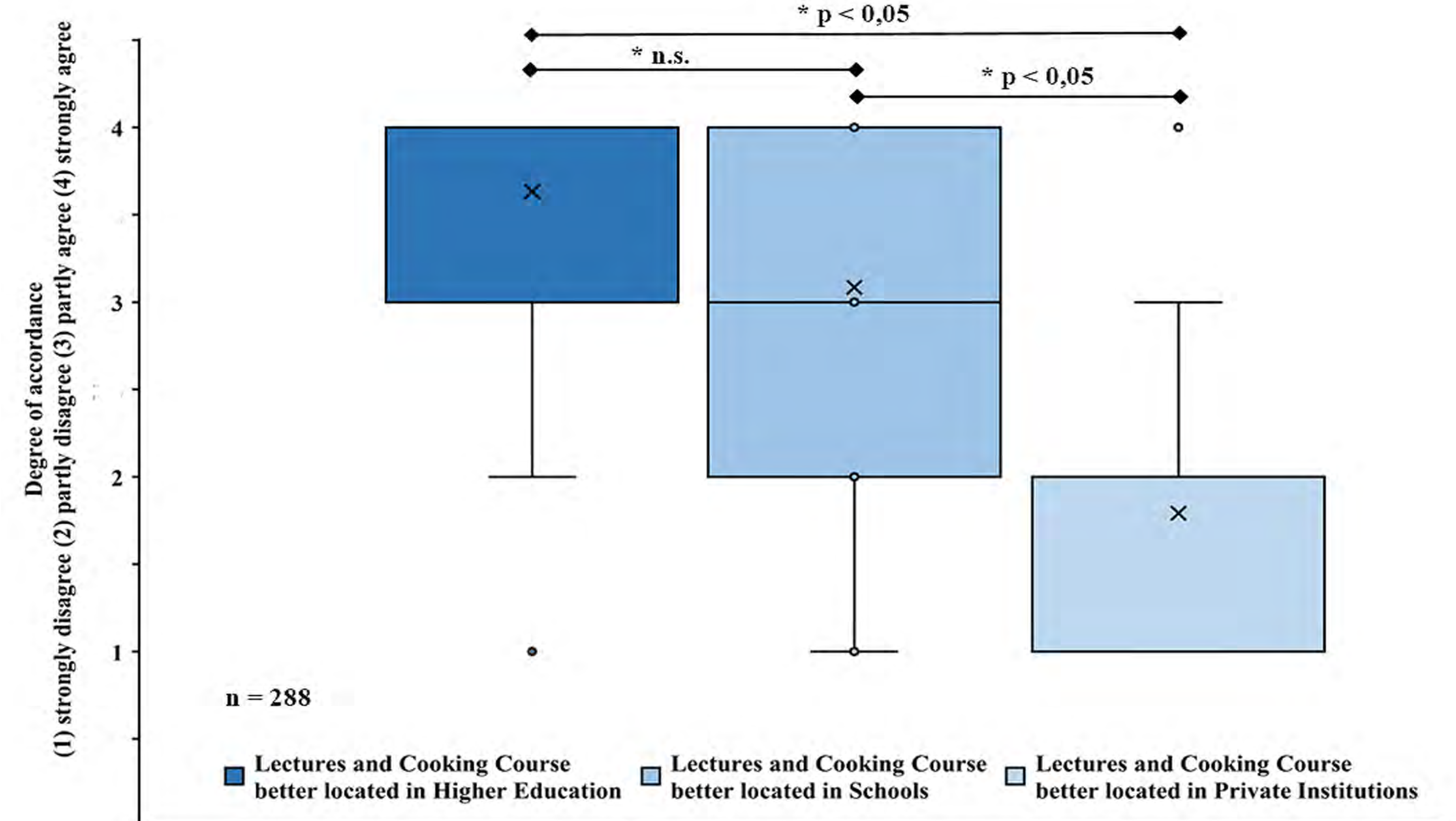
Cooking Courses as Method to foster ESD and promote SDG's

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Aims

- Holistic approach to address all SDG's
- Identify points of action inter- and transdisciplinary
- Counteract Theory - Practice - Deficiency
- Closing the knowledge gap between production and consumption
- Soil to plate, nose to tail and leaf to root concepts
- Non-missionary-style and non-ideology driven
- Reconstitute nutrition sovereignty and literacy
- Promote *Health Literacy* and healthy lifestyle
- Offer an interleaved portfolio of teaching formats
- Motivation, relevance, meaningfulness, joy, savour
- Empower multipliers and achieve competences

Preferences of Venue for Lectures and Cooking Course



Setting

- Seven Saturdays from 8:30 a.m. to 6:30 p.m.
- Two special event days 10:00 a.m. - 9:00 p.m.
- Interdisciplinary scientific lectures, seminar and presentations until 12:00 a.m.
- Walk to the farmers market to buy edibles for recipes corresponding to lectures
- Cooking, dinner, talks and cleaning
- 8 graded ECTS CP

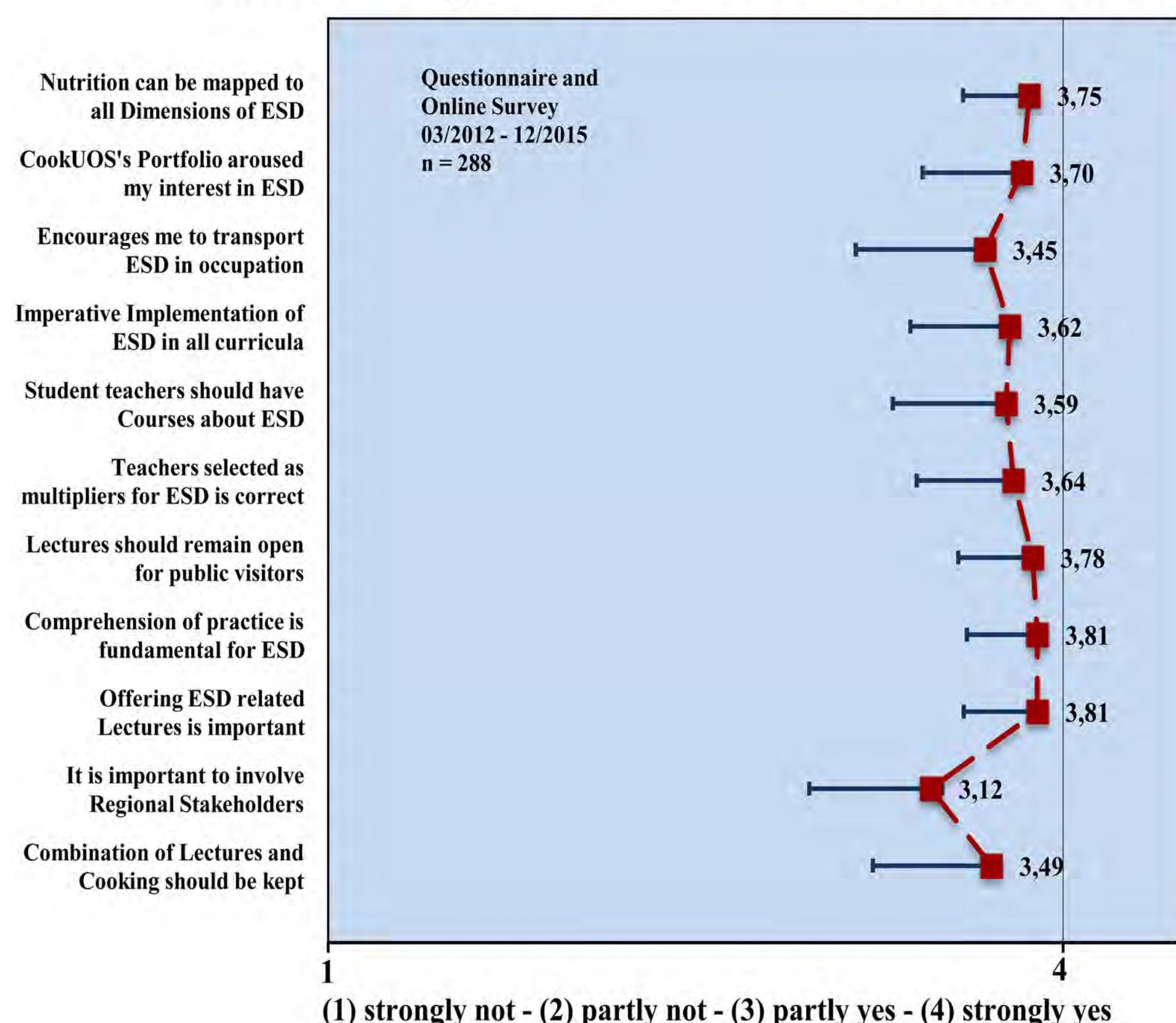
Results

- Excellent acceptance of portfolio
- Course located best at universities
- UNESCO & Federal Ministry Awards
- Overall more than 1.500 participants in portfolio within the last six years
- Impact on how to save resources, lifestyle and communicating SDG's
- Impulses for new research opportunities

Discussion

- ESD should be a strategic development objective in Universities
- Promote all SDG's in context of nutrition
- The Kitchen and cooking as a space and method to learn about healthy and sustainable lifestyle or social responsibility offer a wide range for innovative concepts
- Holistic setting and behavioural approach

Extend of agree towards CookUOS objectives

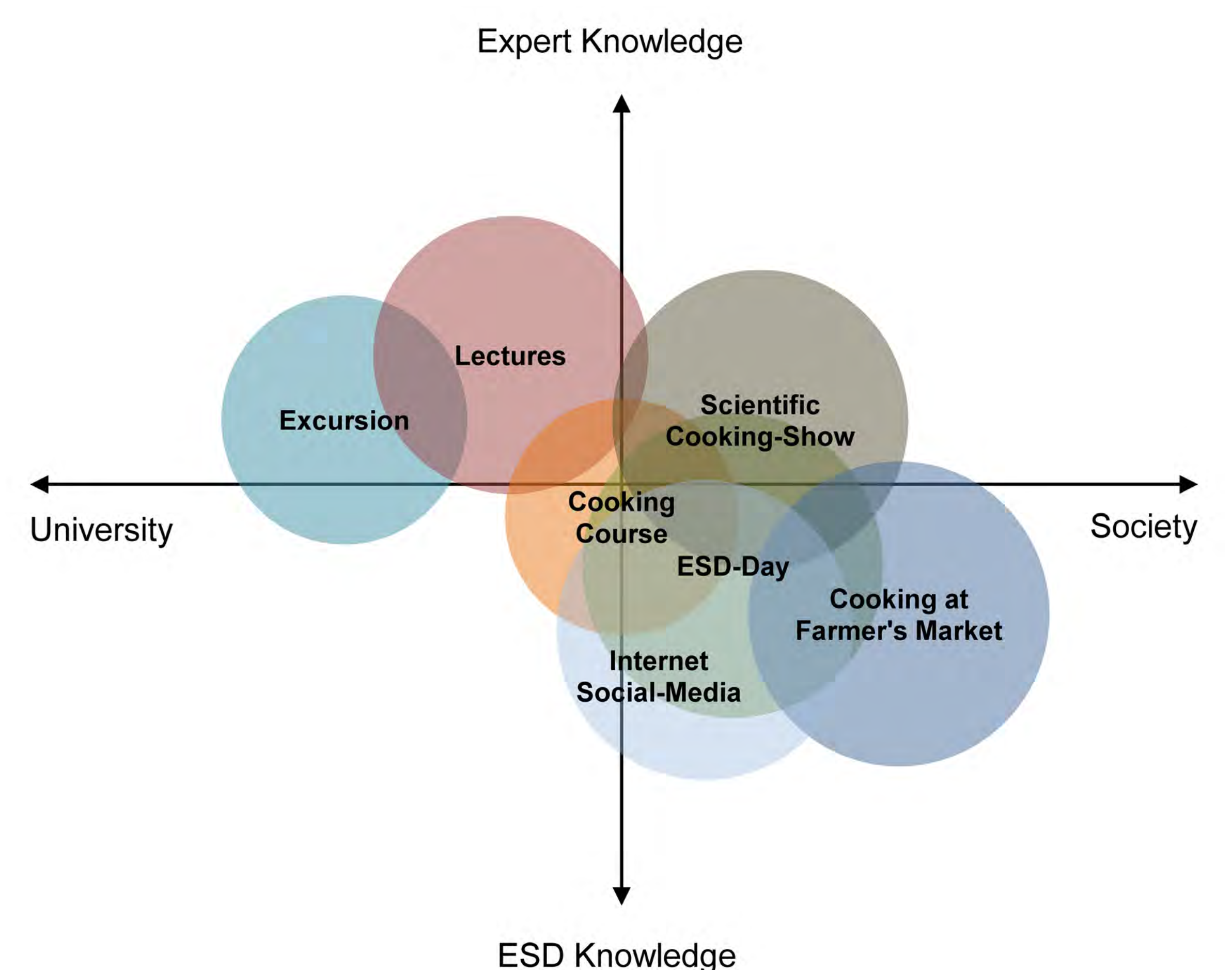


Conclusion

- A seminar accompanying cooking course is a method to promote SDG's
- Cooking course in higher education works like situated learning
- Impulses for new research opportunities
- Intensify collaboration with schools, NGO's and society
- Improve international co-operations by e.g. summer schools at university level

References

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