

Big Picnic

Project update template

Title of update	Family, Bread and Gastronomy
Partner	UAH
Author	José V. de Lucio
Type of update Event feedback/new resource/ conference or meeting/ project milestone/ other	Science café
Summary (100 words max)	Food education is a central topic on food security. Bread is a central food in the Western and Mediterranean diet. A core idea of our public debates is to bring the concept of science café closer to social groups with different needs further than the current people that could attend to a conventional coffee gathering (families with small children, people with functional difference, etc.). On this occasion we organize coffee with a group of families joined for their interest on attachment parenting. Alcalá University Botanic Garden decided to go out and organize activities on the site of key actors, in this case families with small children. We have observed that the dialogue changes when it is done at the same time as a shared manual activity (workshops Think, cook and Share). For this reason, we propose to make bread while a science café on food safety and parenting.
Update What happened? When? Why? Who was involved? What was achieved? What was the impact? What are the next steps? (600 words max)	<p>What happened? First, we offer a workshop to learn how to make bread at home. The we asked the families interested to discuss the benefits of good bread and the difficulties families found to have a better nourishment in daily life. During the intermediate times in the elaboration of the bread the knowledge on the ecology and biology of the fermentation was presented, the qualities of the integral bread of sourdough, on the legislation of flours and loaves. Participants were then asked to express their ideas about how to achieve better food in homes and the threats that prevent it.</p> <p>When? May 13th, 2018</p> <p>Why? Bread culture is strongly threatened by white bread, industrial, fast, with additives and artificially leveled. The healthy bread, whole and leavened with sourdough, is losing space in the culture of good taste. The objective of our coffee was to rescue the interest, to put in value this type of bread and to take the debate the form to feed us better. At the same time, we enjoy the learning of artisan bread and the scientific basis that sustains it.</p> <p>Who was involved? 1 speaker, ten families with children among 2 and 5 years old.</p> <p>What was achieved? Participants were able to establish differences between different types of threats to good nutrition and proposed</p>

	<p>strategies to start from families. They also expressed demands about the research and innovation that our society needs.</p> <p>What was the impact? The discourse on good nutrition was introduced among the concerns of the association that hosted the coffee of science. Likewise, various initiatives have emerged in the local area of the neighborhood. The results are published on social media</p> <p>What are the next steps? This was the fifth workshop with the method “Think, cook and share” made for Big Picnic Project. We plan to continue offering science cafés mixing science, easy cooking techniques and public debate about food and eating.</p>
Images	
Image 1: file name	Mural P1020908.JPG
Image 1: caption	Brainstorming: How to improve our diet
Image 1: credit	José V. de Lucio
Image 2: file name	Homemade Bread P1020881.JPG
Image 2: caption	Workshop: Thinking about food, making bread at home, sharing alternatives in food safety
Image 2: credit	Soffa Iglesias
Image 3: file name	Testing Bread P1020900
Image 3: caption	Testing bread
Image 3: credit	José V. de Lucio
Image 4: file name	Bread P1020896.JPG
Image 4: caption	Bread
Image 4: credit	José V. de Lucio

Please upload all updates and images to Glasscubes in the following location:

Folders : » [BigPicnic](#) » [Website](#) » *Project updates*