

School Biology Centre Hannover

Topics and numbers	
Which topic was addressed?	<p>Food is communication. Food cultures and nutrition for a world with a future.</p> <p>Venue: VHS-House Hannover (adult education centre) Date: 19th September 2018 Experts: Sonja Pöhls, Nicole Eckelmann both German Society for Nutrition, Lower Saxony Section; Stefanie Lange (SBZH, Moderation)</p>
How many people showed up?	55 adults and teenagers, men and women, age 16 – 49
Goals and Questions	
Which goals did you want to achieve?	<p>How and what we eat is determined centrally by the culture in which we live. Meat in particular has been of great importance in Western diets for centuries. According to the WWF, global meat consumption has more than fourfold since the 1960s. This has an impact on climate, land use, biodiversity, soil and water. With a view to future world food supply, the additional question is how much meat we can afford in the future. The event will focus on a variety of issues relating to consumer behaviour and food security.</p>
How did you find out whether you were on the right track (TBI)?	In the discussion rounds, the discussion contents were recorded in writing by the participants.
Agenda and Experience	
What did you do?	<p>After a short introduction of all cooperation partners, Stefanie Lange welcomed the participants and explained the further procedure.</p> <p>Sonja Pöhls (Ecotrophologist) then gave a keynote lecture on eating cultures and meat consumption to get into the mood for the topic.</p> <p>Afterwards all participants distributed themselves at the discussion tables, in order to exchange themselves. We had planned enough time for the World Café so that all participants had the opportunity to contribute to the following topics:</p> <ol style="list-style-type: none"> 1. What role does meat play for you and in your culture? What wishes do you have for politics, science and trade? 2. What power do you have as a consumer? How can YOU already become active today? 3. What comes on your plate instead of meat? What wishes do you have for politics, science and trade? <p>A brief summary of the topics was then given in plenary. This Science Café was rounded off with a tasting of internationally interpreted dishes of legumes. The aim of the legume dishes was to show that there is a large, tasty variety that could be used as an alternative to meat.</p>
What went well?	<p>The collaboration with the cooperation partners worked wonderfully and was a lot of fun, so that the event was a win-win situation for all parties.</p> <p>Due to illness 3 previously planned hosts were cancelled.</p>

	<p>Spontaneously a teacher and two participants of the Backpack School offered themselves as hosts.</p> <p>In the first round we still had a table, at which only participants of the Backpack School sat. In the further course all rounds were well mixed.</p> <p>This was the first event in which we "mixed" participants of the Backpack School with students and other visitors. Due to our grown cooperation this worked very well.</p> <p>It was nice to see that one of the pupils finally asked our cook from Syria for the recipe for her falafel, because he liked it so much!</p>
<p>What would you recommend to do differently next time?</p>	<p>We had scheduled 25 minutes per discussion round. That proved to be too long. Our experience from four events in which we used the World Café method is that the discussion time per round should be at least 15 minutes and a maximum of 20 minutes in order to enable an active exchange.</p>
<p>Recommendations</p>	
<p>for the implementation of a Science Café</p>	<p>The Science Café was held in the foyer of the adult education centre. This had a good public aspect, as all visitors and staff had to go along here! The through traffic did not interfere either with the impulse lecture or with the discussion rounds.</p> <p>Several staff members of the adult education centre were interested in the format and inquired about its implementation.</p>
<p>for policy-makers (and society)</p>	<p>A lot of meat is consumed in Germany. This is possible because it is cheap. Politicians should pay more attention to animal welfare and focus on quality rather than quantity. That means a reduction in the number of animals in stables. Higher prices would have to go hand in hand with greater consumer education.</p> <p>Nutrition education should become a compulsory subject in schools.</p> <p>Recommendations for consumers / society</p> <p>Conscious shopping means to reflect one's buying behaviour, to inform oneself where the products come from, to pay attention to quality. It can also be helpful to think outside the box and get ideas from other cultures.</p> <p>Being a role model, both in the family for one's own children and generally for other people.</p> <p>Become active: Organize demos or participate in demos. Raise your own voice, protest.</p>

Pictures

SBZH_SC4_participants
at science café about
eating cultures and
meat_20180919

Credit: SBZH



“Participants at Science Café about eating cultures and meat”

SBZH_SC4_brainstorming
at the world
café_20180919

Credit: SBZH



“Brainstorming at the World Café about eating cultures and meat”

SBZH_SC4_vegetarian
finger food_20180919

Credit: SBZH



“Vegetarian finger food at Science Café about eating cultures”