



# My Culture, My Perspective

## CP-01

WebQuest



# CQ<sup>+</sup>

De-escalating Polarisation  
in Europe



<b>THEME ALLOCATED:</b>	My culture, my perspective (CP 01)
<b>TITLE OF THE WEBQUEST:</b>	Food for thought
<b>INTRODUCTION</b>	
<p>After the experiences in her recent trips, Anna realises she needs to continue learning about other cultures, so she visits a local organisation that offers evening activities to help her improve her cultural awareness. Since she is still quite busy at work, she decides to join in one of the weekly activities that is starting this month, a Cultural Food Club.</p> <p>Anna doesn't know what to expect from her first day participating in the activity, but she is quite motivated, so she arrives a few minutes early. She finds the room where the activity will take place, and shortly after other participants arrive. Some of them are locals, but there is also an Asian couple and some people that she identifies as foreigners from their accent.</p> <p>They all take a seat, and one of the women she had earlier identified as a foreigner starts speaking to the rest. She introduces herself as Isabella, the organiser of the Cultural Food Club and she starts by explaining the reason for this workshop.</p>	
<b>TASKS</b>	
<p>Isabella tells them how she left Italy 20 years before and moved to Spain due to work reasons. She tells them how much she missed at first the kind of food that she would eat at home. Even though the food in Spain was of great quality, and she could even find in the shops some of the ingredients she was used to, it wasn't the same. She continues telling them that was how she realised that food means much</p>	



more than just eating. What she missed was the whole process of cooking and preparing the ingredients with her family, and even celebrating birthdays and bank holidays felt very different since she was used to having certain traditional meals that didn't mean much in Spain, her host country.

## PROCESS

**Step 1) After talking about her experiences, Isabella shows them this video about the relationship between food and culture:**

- <https://www.youtube.com/watch?v=-eyROTdBU4&t=7s>

**After watching the same video, can you tell what Gastrodiplomacy means?**

Exactly! Gastrodiplomacy is communicating your culture and your identity through food!

After watching the video, Isabella explains that she would like for all of them to become "Gastrodiplomats", and to learn about each other's culture while exploring traditional recipes. She starts with a local delicacy, the traditional Galician "Cocido" or "Galician Caldo", as it is also known.

**Step 2) First, they have to find some information online about this recipe (history, ingredients, etc). By clicking on this link, you can find it too:**

- <https://www.lacasagallega.com/blog/historia-y-tradicion-del-caldo-gallego/?lang=en>

**Step 3) Their next task requires a bit of detective work.** First, she tells them that the origins of this recipe go as far back as the ninth century AD, but that it has suffered a few changes through this period of time. **They will have to identify what these changes are, and also recreate the original recipe.** She also gives them a clue: "pay attention to the ingredients".

**Step 4)** The clue gives Anna an idea, and she starts to search online for information about when each ingredient first arrived in Spain. Can you guess what she found? If



you still don't know, you can also do an online search to find out.

**Step 5)** Anna has finally identified 2 ingredients that could not have been present in the original recipe. **Can you tell which ones and why they could not have been part ?**

A Google search will show that both beans and potatoes were first introduced in Spain from South American countries in the sixteenth century!

**Step 5)** Now that she has identified the “modern” ingredients she only needs to find the original ones that were used instead. She finds some information here:

- <https://blog.turismo.gal/experiences-en/the-keys-to-a-good-cocido-galego/>
- <https://www.globalbean.eu/publications/chickpea/>
- [https://joint-research-centre.ec.europa.eu/european-atlas-forest-tree-species/sweet-chestnut\\_en](https://joint-research-centre.ec.europa.eu/european-atlas-forest-tree-species/sweet-chestnut_en)

**Step 6)** Anna finally has all the ingredients of the original recipe, which contained chickpeas instead of beans, and chestnuts instead of potatoes.

Isabella congratulates her, and they share the findings with the other participants. Of course, once you think about when these ingredients were first introduced in Europe, the answer seems easy. But it didn't feel so easy at first, did it?

This activity made Anna realise how the culture and history of a place has such an effect on the local food and how when traditional recipes stop being cooked and shared, part of that culture is at risk of being forgotten.

## EVALUATION



Please indicate your stance on the following statements:

- 1) I have learnt how my culture shaped my perspective (yes, no, not sure)
- 2) I have learnt about the importance of self-awareness in order to identify my cultural biases (yes, no, not sure)
- 3) I can now discuss the concepts of race, gender and nationality as social factors that influence my perception (yes, no, not sure)
- 4) I can appreciate different cultural perspectives (yes, no, enough)
- 5) I understand that food, traditions, and beliefs are all part of a culture (yes, no, not sure)

## CONCLUSION

To obtain a greater awareness of the role food plays in helping us relate to our cultural identities, we must first grasp the history, traditions and meaning behind the meals we consume and why we prepare them. Have you ever experienced a new cuisine and been encouraged to learn more about the culture of that place as a result of your experience? In contrast, whether we relocate or move to a new region or country, a home-cooked dinner may frequently provide comfort and security while keeping us connected to our origins.

Culture and food traditions play a big role in shaping our preferences, including what we eat and how we prepare our food. Eating foods you enjoy with others fosters connections and builds communities. And learning about different culinary cultures helps us understand their history and their identity.



Co-funded by the  
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"The European Commission's support of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission can not be held responsible for any use which may be made of the information therein." Project Number: 2021-BE02-KA220-ADU-000033662