



Co-funded by
the European Union



ERASMUS+ KA220-SCH “Let’s go green!”
Project number: 2021-1-RO01-KA220-SCH-000034430
KA2 - Cooperation Partnerships in school education

PROJECT JOURNAL – MAZARA DEL VALLO, ITALY
C3 – „From farm to fork. Designing a fair, a healthy and environmentally –
friendly food system”
06.02.2023 – 10.02.2023

The Economic College „D. Cantemir” Suceava coordinates the Erasmus+ KA220 "Let's Go Green!" project, between January 2022 and December 2023, in partnership with European schools: Gymnasio L.T. Chalkis, Chalki, Greece, Istituto d'Istruzione Superiore Francesco Ferrara Mazara del Vallo Italy, Ogólnokształcące im. Unii Lubelskiej w Lublinie Lublin, Poland, Neringos gimnazija Lithuania Neringa, Lithuania, AEVA – Associação para a Educação e Valorização da Região de Aveiro, Aveiro, Portugal.

Between 06.02 – 10.02.2023, teachers and students from partner schools participated in the third mobility within the project, in Mazara del Vallo, Italy, learning, training and teaching activity organized by Istituto d'Istruzione Superiore Francesco Ferrara. The activities had as a central theme **„From farm to fork. Designing a fair, a healthy and environmentally – friendly food system”**. As part of the Green Deal, the EU Farm to Fork Strategy seeks to rethink the whole food value chain in order to improve its sustainability at each step: from production to consumption.



Farm to Fork (F2F) came out the same day as the Biodiversity Strategy. These two strategies are interlinked and the complementarity between biodiversity and agriculture is therefore particularly relevant. Sustainable agriculture need to take into account nature conservation to ensure a fair, healthy and environmentally-friendly food system. This strategy proposes objectives and targets for the future:

- Reduce by 50% the overall use of – and risk from – chemical pesticide by 2030 and reduce by 50% the use of more hazardous pesticide by 2030
- To bring back at least 10% of agricultural areas under high-diversity landscape features (with buffer strip, rotational or non-rotational fallow land, hedge, non-productive trees, terrace wall and ponds.)
- 25% of the EU's agricultural land must be organic farm by 2030.

The activities during this LTT focused on healthy and sustainable diets, the ways to reduce food waste, how to make healthy food choices, how to support local farmers, the benefits of Mediterranean diet. During 5 days proposed activities were targeted on encourage information sharing, inspiration, and foster students understanding of the threat and the challenge of climate change and environmental degradation and on how to counter it, on arranging and caring for an eco-garden in schools and slow food can lead to reduced stress, anxiety and better school results for students.

Because we all have a part to play in saving food, we must to reduce food waste and become Food heroes. How? Students learned how to adopt a healthier and more suitable diet, to buy only what they need, to pick ugly fruits and vegetables, to store food wisely, to understand food labelling, to love their leftovers, to respect food, to support local food farmers, to use less water. They understood that little changes in our daily habits can make a huge global impact.

On 06.02.2023 took place the official welcome at Italian school. Each partner school presented its team and, to get to know each other, students participated at icebreaking activities organised by Italian students. Presentation of the countries and schools involved and national presentations about healthy and environmentally – friendly food systems used in different countries took place.

Students from each country presented examples of successful environmental project (routes, eco-farms, school projects, young people who made important strides to protect the environment, environmentally friendly local initiatives) - Hall of Fame.



In international groups students planted trees in the school garden.

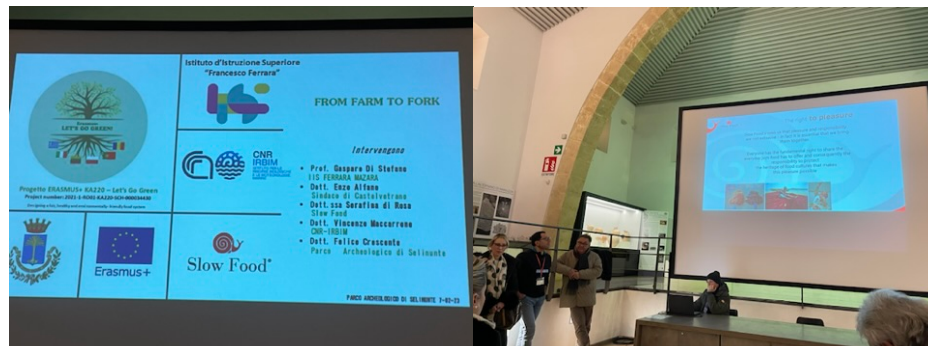


In the afternoon, all students participated at a training course including a tasting course oriented to the development of the sensory area, aimed at discovering the intimate nature of the key foods. A head chef involved the students in all stages of obtaining a traditional recipe, using natural ingredients. They cooked fresh busiate pasta with Trapanese pesto. Busiate with Trapanese Pesto is a delicious Sicilian pasta dish made with fresh tomatoes, basil, garlic, pistachio and extra-virgin olive oil.



To capture ecological aspects, students participated in a photo contest: “Our feelings for the environment”.

On Tuesday, 07.02.2023, students and teachers participated at an educational visit to Selinunte archeological park. People from Italian National Research Council presented the results of the Erasmus+ project implemented in Italy: “The sustainability pillars in coastal zones”. Students participated in some workshops having as central themes the concept of “Slow food” and “Fight food waste – using up all your leftovers makes your money and effort go further!”.



“Slow food” is food which is carefully prepared using traditional cooking methods and organic ingredients and is intended to be eaten and enjoyed slowly for maximum benefit. In Italy there is Slow food organization that promotes small businesses, local food, sustainable food and traditional cooking, as an alternative to fast food.

After this presentations and workshops students and teachers participated in a guided visit of the park. The archeological park at Selinunte is considered to be the largest and most imposing in Europe. It covers an area of 1,740 square kilometres and includes numerous temples, sanctuaries and altars. The name *Selinunte* is derived from Ancient Greek *selinon* – wild parsley that grew on the spot. For the same reason, they adopted the parsley leaf as the symbol on their coins.



Students and teachers had a picnic and ate pane cunzatu. Pane Cunzato in Sicilian dialect is a typical poor man’s meal, ‘cucina povera’. It was known once as the ‘bread of misery’, stale bread that somehow had to be turned into a meal. To enrich and season the bread, spices and herbs which were easily accessible to all were used to add flavour. Over time, like most traditional Sicilian recipes the pane cunzato evolved with the addition of richer ingredients like anchovies and cheese.



In the afternoon, students attended a webquest “What is at the heart of climate-friendly food?”. They promoted this aspect creating leaflets, making presentations and they composed a song about friendly food.

On Wednesday, 08.02.2023, students and teachers participated in a field trip to Lake Preola and Gorgi Tondi – WWF Nature reserve area, a real reassurance of biodiversity. The nature reserve borders cover a strip of land that from Mazara del Vallo heads towards Torretta Granitola area, almost in parallel with the coast, about 1 kilometer from the sea. The area, which extends for over 335 hectares (828 acres), boasts a set of bodies of water of karst origin, naturally brackish. It is a strategic and precious wetland for migratory bird life, consisting of herons, marsh harriers and mallards. To capture ecological aspects, students participated in a photo contest: “Our feelings for the environment”.



Students and teachers participated in a guided tour to vineyards (tenute) of Gorgi Tondi. The vineyards, located on mostly flat land of medium-textured soil, tending to limestone, characterized by an excellent depth and permeability, grow close to the four small lakes of the Lakes Preola and Gorgi Tondi Nature Reserve, inside a karst depression formed due to the rains that eroded the surrounding area with time. A unique and evocative environment that gives the grapes a peculiar characteristic that only this terroir can offer, and a scenario naturally suited to sustainable viticulture.



In the afternoon, students and teachers participated in an educational visit to a local Pastificio Gallo farmhouse specialized in production of ingredients and in the preparation of foods for the sustainable Mediterranean diet.



On Thursday, 09.02.2023, students and teachers participated in a guided educational visit to Palermo. They visited the city and Botanic Garden.



The Orto Botanico di Palermo (Palermo Botanical Garden) is both a botanical garden and a research and educational institution of the Department of Botany of the University of Palermo. The garden lies within the city of Palermo, Italy at 10 m (33 ft) above sea-level. The Botanical Garden was created to study the medical and agricultural species contributing to the development of the botanical science.



The Botanical Garden is a perfect place where you can stop and relax after a long day sightseeing Palermo. Located a few blocks from the seafront here there are lush plants with fascinating flowers. Green parrots can be spotted in the trees while relaxing and enjoying a stop in the shade offered from the numerous trees.

On Friday, 10.02.2023, students produced the third part of the Green Deal Toolkit: worked on interactive quizzes, using the latest technological resources/platforms, focusing on slow food, with hints and clues for the wrong answers and reliable sources for more information for each correct answer.



Working on the project results on international level participants improved communication in English language and vocabulary in environment related areas, IT, social and cultural skills. Also, they developed their critical thinking, teamwork spirit, responsibility for nature, sustainable attitudes,

ecological and economic actions, in order to ensure comparable or better living conditions for present and future generations.



Outdoor education – educational visits (students participated in a variety of adventurous challenges), curiosity and fun during activities (posting InstaStories, photos on social media) increased the quality and quantity of the learning process. By participating in all activities and coming into contact with different cultures, students became receptive to European heritage, became more sensitive to the meaning of European culture, ecologically aware and willing to consciously protect the environment.

The activities carried out in school workshops and open discussions gave students the opportunity to show their artistic and creative potential, to participate in experiences that helped them learn not only scientific information, but also practical ways of action.

Participating in lessons using webquests, using Microsoft and web 2.0 tools and the Google game in an intercultural way stimulated the students' academic success, improved their English level and specific vocabulary related to the environment.

What we learned about Sicilian gastronomic culture?

Not surprisingly, the symbol of Italian cuisine, pasta, was created in Sicily, long before the Venetian sailor Marco Polo discovered spaghetti during his travels in China.

Starters in Sicily are so rich and tasty that they can be easily used as main courses. *Caponata*, a traditional eggplant based dish, is a typical example. Vegetables of all kinds, combined in various ways, are vastly used to enhance the flavour of the main ingredients.

Main courses are authentic masterpieces, a triumph of seafood and meat. Some of the most important Italian dishes are actually Sicilian, like the Pasta alla Norma or Pasta con le sarde. Among fish, the most used are tuna, swordfish and sardinies. Desserts are definitely the highlight of Sicilian tradition: *cannoli*, *cassata*, marzipan fruit and *granita* are unmatched specialties.

Fried food, dried fruit, sweet-and-sour sauces, fish and olive oil are the main ingredients of the Sicilian cuisine. But there is a component that is always there, and this is variety.



The extraordinary richness of Sicilian cuisine is a tribute to the Mediterranean Sea. It is a clear reflection of the cultural layers that have occurred over thousands of years of history of the island. This amazing combination of flavors and colours gave birth to one the most balanced cuisines in the world: the Mediterranean diet, included by UNESCO in the list of intangible cultural heritage.

Responsibility for the information and views set out in this publication lies entirely with the project team. The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.