



### Knowing and Eating

Our project is designed as a contribution to a nutrition culture based upon sustainability, individual self-determination and the joy of eating. It introduces Food Literacy as a new horizontal theme into adult education and counselling, sensitises multipliers and trainers in adult education and people in counselling organisations working with less educated target groups, develops materials in order to integrate Food Literacy into various educational and counselling opportunities - from the computer course to debt counselling and enables trainers and counsellors to make Food Literacy more accessible to their clients.

### We invite you to the table!

[www.food-literacy.org](http://www.food-literacy.org)

### Impressum:

Project promoter: BEST Institut für berufsbezogene Weiterbildung und Personaltraining  
A-1070 Vienna, Austria.  
[www.best-training.com](http://www.best-training.com)



This project has been funded with support from the European Commission.  
116559-CP-1-2004-1- AT-GRUNDTVIG-G1  
This communication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

# Food Literacy

## A New Horizontal Theme in Adult Education and Counselling

Nr 3

### Savoury Dishes for Adult Education and Counselling Food Literacy Guidelines and Toolbox available for download!

#### Part 1 - Why Food Literacy?

Definition of terms: What is Food Literacy?  
Why is it necessary to introduce Food Literacy?  
Aims and purposes of the project  
Who can use the Guidelines and Tool Box  
What are the advantages of Guidelines and Toolbox  
Food Literacy: A new approach in nutrition education  
Educational targets and competences  
Change of perspectives: New contents and methods

#### Part 2 - Good to know and of good use!

Everyday nutrition in modern life  
The cultural dimension  
The social dimension  
The individual and biographic dimension  
The physiological dimension  
The economic and political dimension  
The ecological dimension  
Food quality: What is good?

#### Part 3 - Tool Box

Practical tips for trainers and advisers  
Suggestions for the preparation  
The inner attitude  
Check list: Wellness as part of seminar  
Gender-oriented seminar design  
Selected methods

#### Part 4 - Literature and Links



### Dissemination event in Italy

The project was presented in several workshops and round tables at Salone del Gusto, Torino, which is one of the food sector's major international events. Held every two years, the sixth edition in 2006 was organised by "Slow Food", an international member-supported organization. The event is dedicated to food and the people who create it, the cultural heritage of agriculture and food production and good, clean and fair approaches. Small-scale food producers come from all over the world to showcase their products.

([www.comune.torino.it/torinoplus/italiano/whatsontorino/salonedelgusto.html](http://www.comune.torino.it/torinoplus/italiano/whatsontorino/salonedelgusto.html))