



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

Impressum:

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Food Literacy

A New Horizontal Theme in Adult Education and Counselling

Nr 4

Why Food Literacy?!

In international educational discussion, the term "literacy" is increasingly used in a wider sense than its original meaning (the ability to read and write). In the course of this development, it was initially competences belonging to the area of natural science or technique that were focused on (e.g. "computer literacy"). By now, "functional literacy" comprises a whole package of technical and social competences that people need to organize their life in society by having equal rights, being active and responsible.

It is in such a context that we would like to place "food literacy" as a term and content of education.

Definition: "Food Literacy is the ability to organize one's everyday nutrition in a self-determined, responsible and enjoyable way."

Multiplier Seminar in Latvia

A Multiplier Seminar will be organised held in Riga in June 2007. Participants from other EU countries that do not participate directly at the project are invited to participate! For further information please get in contact!

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Dissemination event in Germany

"Food Literacy" was presented in Karlsruhe, during the 28th annual meeting of the AGEV - Arbeitsgemeinschaft Ernährungsverhalten e.V., the German Working Group on Nutritional Behaviour which was organised in cooperation with the Federal Research Institute of Nutrition and Food.

More information:

- <http://www.agev-rosenheim.de/tagung2006/07-Wenk.pdf>
- http://www.bfel.de/cln_044/nn_784936/EN/Home/homepage__node.html__nnn=true
- <http://www.agev-rosenheim.de/tagung2006/index.htm>