

Presentation of the Good Practice “ 1821 Food recipes, Intangible Heritage and Climatic change”

A Joint Project of the T4E , Mrs Irene Dimitropoulou ,a Biology Teacher.

Overall supervision: Mrs Evangelia Syrma Ambassador for the T4E and Mr. Christos Agnantis, Headmaster of the 5th Public Junior High school of Agia Paraskevi.

With the driven and determinate efforts of our students: Mr. Anastasis Voutzalis, Miss Arety Lymberi, Mr. Sotiris Stefanouris, Mr. Konstantinos Sfaelos, Miss Stella Mbarbalia, Miss Vivian Kalaryti, Miss Anastasia Tsiakla, Miss Marina Maniati, Miss Mary Manousou, Mr. Socratis Radis, Mr. Leonidas Vlachos and special thanks to the whole A1, B3 Classes of the 5th Public Junior High School of Agia Paraskevi, UNESCO ASPnet school member.



Intangible Cultural Inheritance= Cooking?

- <https://padlet.com/lyberiareti/x5cjku0wkmcinnvd>
- Culinary inheritance is the official term and it constitutes an alias of the history, religious beliefs, the cultural turmoil and the historic fights which in our country's Greece example, they all verify not only its democratic but sheer existence as well. We also argue that this practice is spearheading the Unesco Sustainable Goals 2,4,12 that also constitute unequivocal human rights.
- Who doesn't know amongst us that Kolokotronis had a special affinity for skewered lamb or that Bouboulina always ordered to be in her war ships, a hearty amount of legumes and dried nuts as necessary to sustain the energy needed by the crews to fight a worthy cause?
- So yes, the term cooking as intangible cultural inheritance is taken to stand for: “. **A term that incorporates the origins of food related activities of a certain society or cultural group.**’ The culinary intangible cultural heritage of UNESCO: a review of journal articles in EBSCO platform

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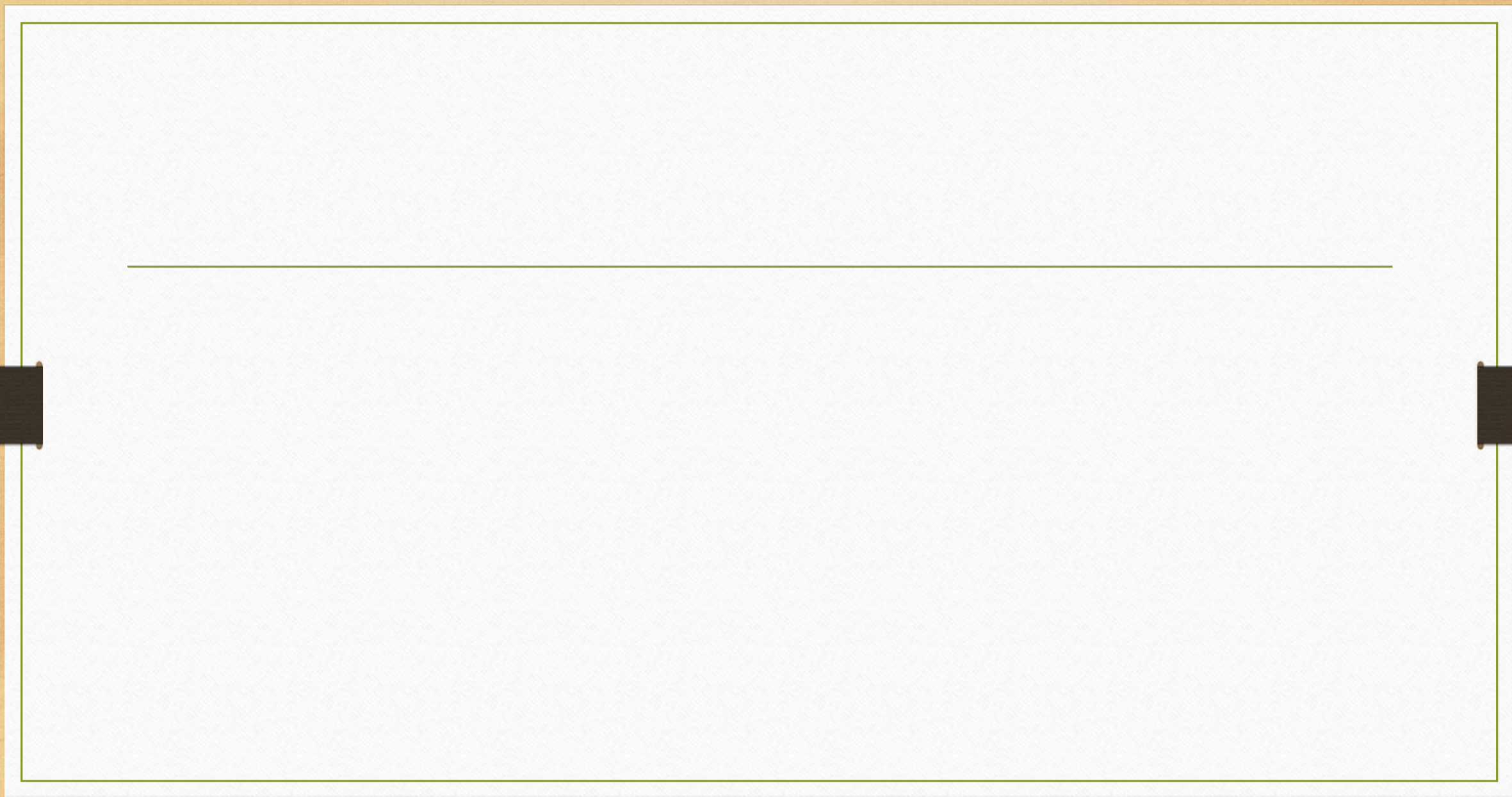
What is VEGANISM today?

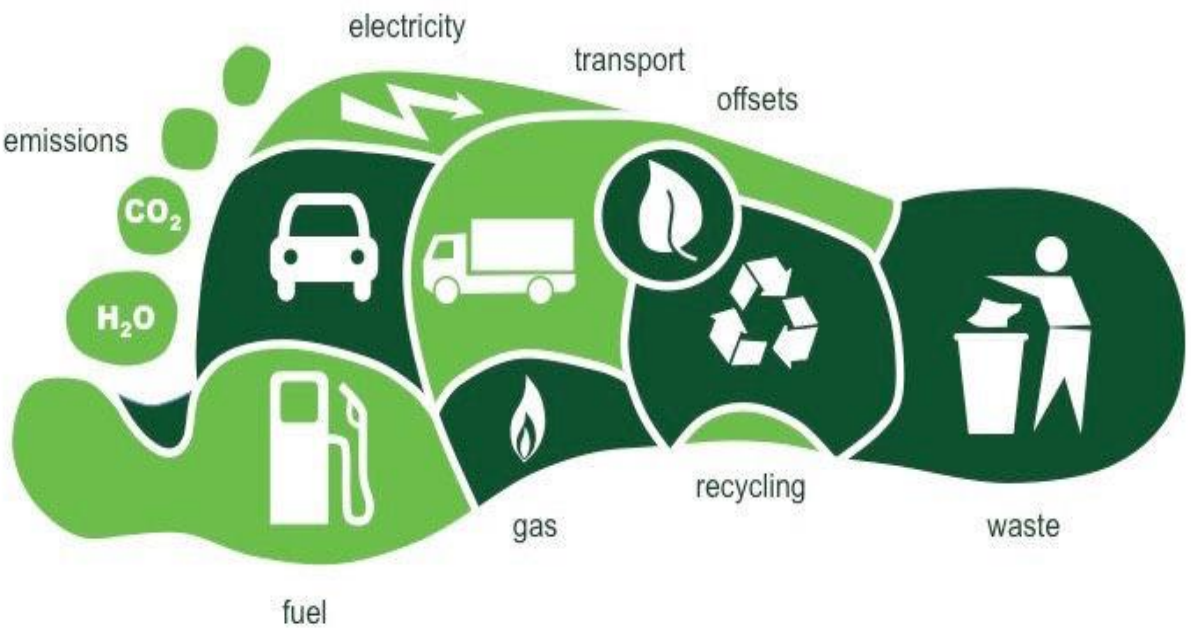
- Strict or total vegetarianism (also known as pure vegetarianism, veganism) - is a philosophy and/or lifestyle that excludes the use of animals or animal products for food, clothing or other purposes.
- In practice, a strict vegetarian (vegan) is committed to avoiding the consumption of all animal products (meat, fish, chicken, honey, eggs, and dairy products) and the use of products made from fur, wool, bones, leather, feathers, pearls, coral, and other animal sources.
- It is usually done for moral reasons, as it has been proven that the consumption of these products negatively affects the environment to a great extent and is considered to imply a lot of violence and cruelty, for health reasons and even for religious reasons since they consider vegetarianism directly or indirectly in the form of religiosity or spirituality.
- Generally, anyone who is vegan eats what is produced in the 5 food groups which are vegetables, fruits, legumes, grains and nuts, and all products made with these foods.
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Our consistent effort to prove that the Greek recipes of 1821 constitute a viable alternative answer to recycling food, as a means to improve the environmental conditions, as regards

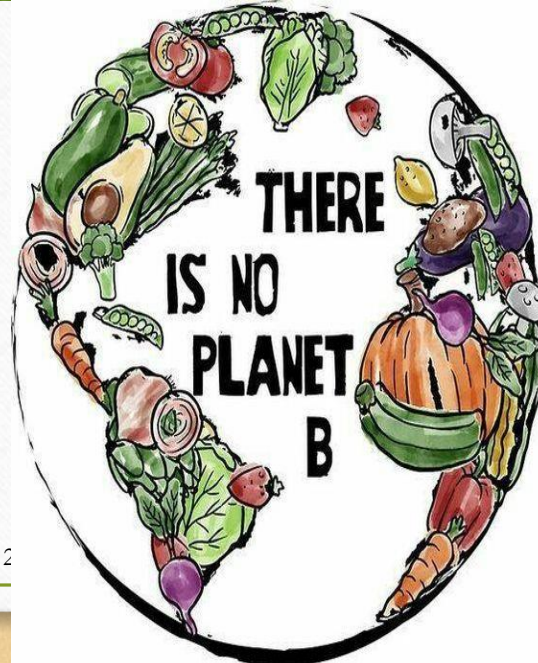
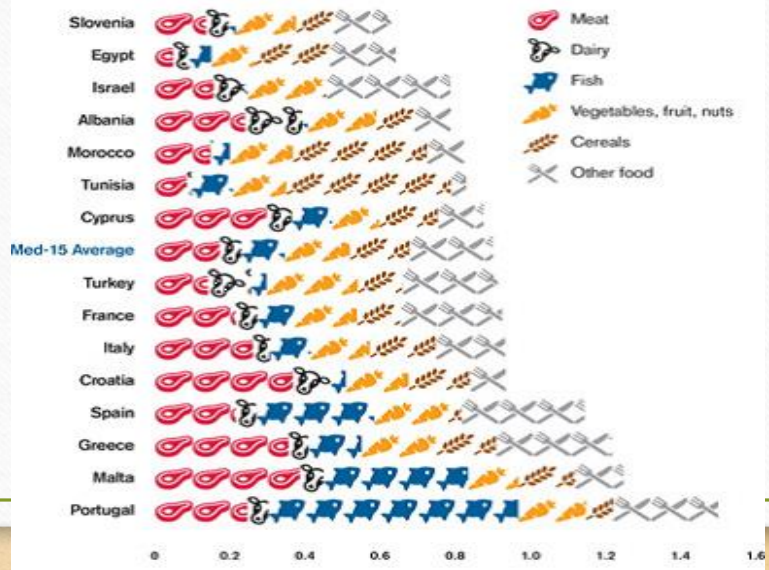


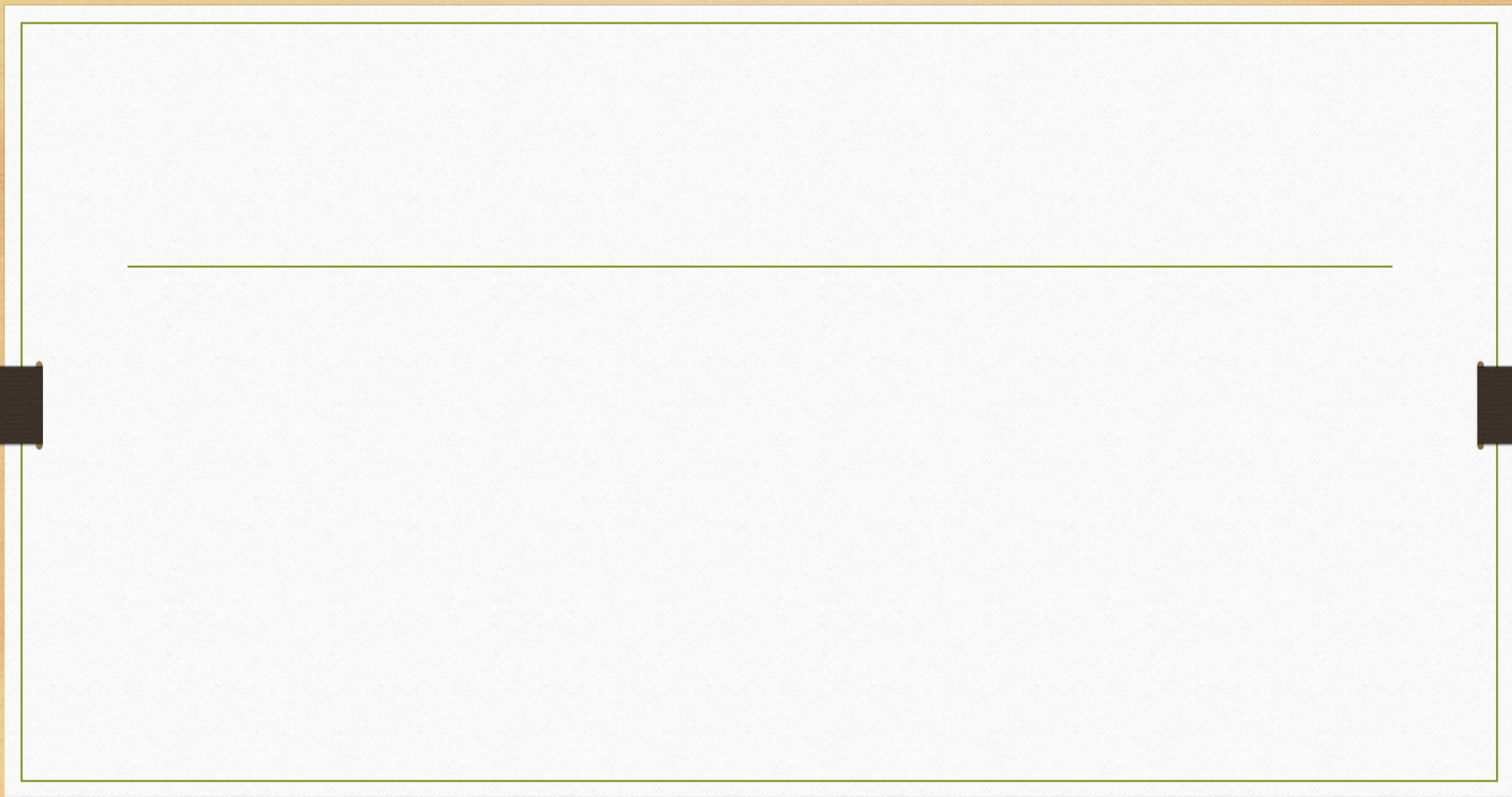
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- https://padlet.com/RECIPES_1821_/yuh60ae98748nqqj





Ecological Footprint of Food Consumption (2010)





"Ecological cows" to reduce greenhouse gas emissions

- British scientists have created three herds of 'eco-cows' as part of an experiment to reduce the amount of greenhouse gases created by beef production.
- Researchers have 90 cows on a farm near Oakhampton in Devon, England, where they will carefully examine every aspect of their environment, particularly what they eat, in an attempt to reduce the amount of harmful gases they produce by up to 50 per cent.
- As well as measuring rainfall and the amount of fertiliser used in the fields, the researchers will weigh each of the animals and the size of their droppings.
- Scientists at the Rothamsted Research Center hope to show that beef can be produced with less damage to the environment, and with a smaller carbon footprint than growing vegetables.
- The experiment will use special equipment to monitor how much methane and nitrogen oxides are produced by each of the herds.
- One of the fields has been sown with "innovative" vegetation, full of sugars and easily digestible, thus producing less methane. A second flock will be fed with plants that produce large amounts of protein, while a third will be the control group.
- "It is inefficient to raise cows using seeds that humans could consume, but keeping them in locations where crops cannot be grown creates a valuable food source," said Professor John Crawford, lead author of the study.
- Cows produce a lot of methane and carbon dioxide because of the way they process and digest their food. By carrying out the digestion in their stomachs, rather than in their guts, cows chew their food, which causes the methane-containing bacteria in their stomachs to be released into the atmosphere. The gases in their stomachs that are released after digestion and in the faeces also contribute to this phenomenon.
- Total carbon dioxide emissions from livestock farming exceed 7 gigatonnes each year, accounting for 14.5 percent of total anthropogenic emissions. Of these emissions, 65 percent are caused by cows, according to United Nations data.

Links to Unesco Goal 12

SDG 12, Goal 12: **Ensure sustainable consumption and production patterns.** Worldwide consumption and production — a driving force of the global economy — rest on the use of the natural environment and resources in a way that continues to have destructive impacts on the planet.

2 ZERO
HUNGER



4 QUALITY
EDUCATION



12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION

