



## Country Analysis

Austria  
Czech Republic  
Germany  
Italy  
Romania

This project has been funded with support from the European Commission.

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.



Education and Culture DG

Lifelong Learning Programme

# Country Analysis: Austria

## 1. situation of food culture in your country and typical eating habits

**Eating is an important issue.** Food and nutrition plays a huge role in Austria. Many people appreciate eating with pleasure. Also, Austria is readily positioned by the competent ministries as being a "Delicacy shop". This includes the concept of "Regions of indulgence and pleasure", where local and typical products for the region are (or should be) produced and promoted. In addition, the topic eating is omnipresent in the media and is often taken up by cooking programs, journals and newspapers, often under the aspect of health.

**Eating in everyday life.** It is impossible to give a general statement about the eating habits of Austrians. Here – like in other countries – eating and cooking habits depend strongly on demographics like age, level of education, family status, situation of work and place of residence. However, household issues and in particular the supply of food are still more or less in the hands of women. Due to a lack of time, especially among working women, cooking elaborate meals during the week becomes less and less. In this case, speed counts. Nevertheless, during weekends more time is available for preparing sophisticated meals.

**Products and trends.** Still in the year 2007, Austrian origin and quality of food products but not price were the most important motives for a purchase (Nutrition report 2008). Meanwhile, these attitudes may have changed because of the economic crisis, but so far no figures are available for proof thereof. In general, there is a recent trend towards biological products. Only 9 percent of all Austrians never ever, not even sometimes, purchase biological products. Moreover, a trend towards healthy nutrition incorporating a higher consumption of fruit and vegetables is noticeable. The consumption of meat is slightly decreasing with the exception of pork meat, which is still the most popular meat in Austria.

**Nutrition and exercise.** According to the current nutrition report, overweight is a widely spread health risk in Austria which is already a problem at the young age of children and teenagers. Furthermore, the risk for men is considerably higher than for women. As causes for overweight, unfavorable nutrition and a lack of exercise are mentioned to being major factors.

## 2. differences between young and older people, e.g. in terms of food preferences or cooking competences

Eating habits and behaviors often change over the course of a lifetime. Teenagers have different eating habits than elderly people. A fact that is confirmed and supported by various appropriate research studies and analyses

as well as one's own daily experiences. Often it is assumed that the importance of eating with the family for teenagers strongly decreased over the past years and that they rather cater for themselves or eat out with friends. In such cases, it is supposed that teenagers mainly eat fast food and snacks. A new research study about the eating culture of juveniles from Germany has proven this general assumption as being wrong. Indeed, teenagers often cater for themselves and eating out with friends plays a major role with it. At the same time meals with the family still carry importance. These merely take place on evenings and weekends and also the function of such meals changed. The main purpose is not eating to one's fill but to communicate with the family members. Seldom, children and teenagers are included when working in the kitchen. For this reason, many teenagers lack the basic skills when handling food products. However, juveniles often do not show the necessary interest when it comes to cooking – exceptions confirm the rule.

This changes when teenagers become independent, move out of their parents' home and have to care for themselves. Here, new interests arise for nutrition and food products, for cooking and recipes. In addition, this interest deepens even further when new families are formed and when the first baby is born. However, given today's working conditions being responsible for the daily supply of food often turns into a burden. This burden has to be overcome with time-saving methods as efficient as possible.

Later on, when growing older, the time factor loses importance. The interest for health augments once more. Even when not working, people are geared to the habitual time structures and therewith create a meaningful structuring in their daily life through meals. Especially for retired people living by themselves, nutrition plays a major role when shaping their everyday life. They cook for their children, grandchildren and relatives or eat out with friends. Elderly people consume preferably food products that they know and stick to established routines. Usually, changes in their daily eating habits only happen when there is a necessity due to health care or sicknesses.

### **3. How are cooking competences and food knowledge usually transferred from older to younger generations?**

In former days passing on knowledge about nutrition and food products in the form of skills like cooking and baking within the family was a natural act – admittedly also then only from mother to daughter. Sons were almost not included or forced in that regard. The knowledge and ability was partly transferred directly, partly the daughters/children got it by watching or helping with the preparation of meals.

An activity which is decreasing these days because parents do not cook as often during the week and the preparation must be fast, meaning that there is no time to include children in the process of preparing a meal. From analyses it is known that humans acquire considered necessary knowledge when needed and therefore use various sources: recipe books, cooking programs, journals and more and more the internet. Also friends, mothers and grandmothers are asked for their advice or one watches them preparing meals. However, people who are naturally not interested will not gain that many skills or no competences at all.

#### **4. How do older persons pass on their knowledge?**

It can be assumed that elderly people like passing on knowledge and experiences to younger generations, inside as well as outside the own family. Our today's world is strongly influenced by a "Youth culture", meaning that youth itself is considered valuable. In addition, many (or at least some) areas of knowledge are aging rapidly. For that reason elderly people often do not have the possibility to pass on their knowledge and experiences and live to see that both are valued. The handling of food products and cooking are important resources, especially from elderly women. Therefore their expertise can and should be used in this field.

#### **5. Are there learning offers for older people (women) in your country? What kind? What institutions offer such activities?**

Various institutions in Austria offer special courses and learning opportunities for elderly people: seniors' organizations often offer information, advice and service. Churches support education institutions as well as local work for elderly people of partly churchly organizations. Aid and social organizations mostly concentrate their help on strengthening competencies in everyday life as well as qualification for voluntary activities. Offers from adult education centers and other private education institutions are widely diversified – from memory training and language and IT courses to social activities like dancing courses.

The issue "learning in seniority" is very up-to-date at the moment in the area of education and is reflected in a relatively diverse offer. It is uncertain, however, whether this mirrors the increased interest of the offerer or the increased demand of the elderly people.

Moreover, a whole range of projects and working groups exist which are looking closely into this issue. This resembles clear evidence that the sociopolitical relevance of this topic was acknowledged.

## **6. How many older people (women) participate in learning activities?**

Elderly people more rarely participate in learning activities than younger people do. Participation decreases with increasing age. Also, the level of education has a great influence. The higher the level of education the higher the participation in further learning activities. "All in all, reports show that persons having a higher level of school and professional education tend to over proportionally participate in learning activities. This indicates that educational imbalances intensify with growing age. Consequentially, it can be stated that a prior-ranking function of social policy is to win over unaccustomed persons in regards to education at older age for learning activities. " Franz Kolland, institute of sociology at the University of Vienna. Source: Kolland, Franz: Bildungschancen für ältere Menschen. 30. November 2007, Enquete LLLplus, [www.bmsk.gv.at/cms/site/liste.html?channel=CH0168](http://www.bmsk.gv.at/cms/site/liste.html?channel=CH0168)  
Access on 17 March 2009

At present, elderly women (still) have a lower level of education than elderly men do. For the upcoming years extensive changes can be expected in this area as the level of education of women is steadily improving. In Austria, elderly women participate in learning offers equally or even more often than elderly men, meaning actually more often than expected in regards to their presently low level of education.

### **Literature and links:**

Bartsch, Silke: Jugendesskultur (Youth eating culture)  
<http://www.ub.uniheidelberg.de/archiv/6872>

BM für Gesundheit, Institut für Ernährungswissenschaften, Wien: (Ministry for health, institute for nutritional science):  
Österreichischer Ernährungsbericht 2008 (Austrian Nutrition Report 2008)

Kolland, F. u.a.: Lernbedürfnisse und Lernarrangements von älteren Menschen, Endbericht (learning needs and learning arrangements of elderly people, end report)  
[www.bmsk.gv.at/cms/site/liste.html?channel=CH0168](http://www.bmsk.gv.at/cms/site/liste.html?channel=CH0168) (17 March 2009)

Lebensministerium (Hg.): Lebensmittelbericht Österreich 2008  
(Ministry for living): Nutrition Report Austria 2008

[www.genuss-regionen.at](http://www.genuss-regionen.at)

# **Country Analysis: Czech republic**

## **1. situation of food culture in your country and typical eating habits**

### **Traditional food**

Czech cuisine has developed over hundreds of years and has been influenced by Austrian and Hungarian cuisines, yet it has also influenced the cuisines of its neighboring countries in return. Czech national cuisine is based on ingredients that can be grown domestically, i.e. cereals, leguminous plants and potatoes, which are usually served with pork, beef or poultry, or, in some places, with freshwater fish. These seemingly ordinary ingredients have been used to create excellent and original dishes that you can truly only find in Czech cuisine. We can confidently say that Czech cuisine has built up a considerable reputation around the world and has found many advocates.

### **The dishes and what do today's Czechs eat:**

The classical breakfast consists of white bread rolls or sliced bread, although wholegrain breads have become popular recently. The bread is mostly served with pork or chicken ham or other smoked meat products such as salami or sausage. Other options include cheese, eggs or jam. The Czechs also like to eat something sweet for breakfast, which can be the traditional Christmas yeast bread, stollen, or doughnuts.

The Czechs mostly drink tea with lemon, filtered coffee, hot chocolate or fruit juice with breakfast.

They often have lunch in their favorite restaurant, many of which offer lunch menus for discount prices. Lunch usually consists of soup, a main course and sometimes a small dessert.

Czech cuisine offers countless soup varieties: Beef broth with noodles and liver dumplings, potato soup, garlic soup, goulash soup, tripe soup, spring vegetable soup or the Krkonoše sour soup are the most popular options.

The basis of meals is usually meat - pork, beef, poultry, game, venison or freshwater fish. Meat is prepared in various ways, either fried, stewed or roasted, and it is always served with a side dish such as potatoes, rice or traditional bread or potato dumplings. Sauces are phenomenal in Czech cuisine.

Further typical examples of favorite Czech dishes are dumplings, pork and cabbage and beef sirloin in cream sauce, again served with bread or potato dumplings.

Other popular dishes that can also be served on special occasions include meat goulash or potato salad with pork schnitzel. These dishes have become traditional in Czech cuisine although they were originally taken from other national cuisines. However, if you replace the schnitzel with carp, a Czech freshwater fish, you will have the traditional Czech Christmas dinner.

Potatoes represent an important component of Czech cuisine. For example, potato pancakes (bramboráky) are another typical Czech dish.

With regard to dinner, customs observed among Czech families differ. Someone in the family circle may prefer a light dish, another may like a heavy dinner with a structure similar to lunch, while, in recent years, we have seen more and more

family members opting for fast food from take-away restaurants. Many families occasionally go to a restaurant and combine dinner with a nice opportunity to sit and chat with family members or friends outside the home.

### **Regional meals**

It is definitely worth mentioning some special dishes that are typical for particular regions of the Czech Republic. For example, the city of Olomouc in Moravia has become famous for its local curd cheese. The Czech Republic has requested that the European Union give exclusive registration for a regional trademark for this Czech manufacturer. In the area of Pardubice, you can try delicious gingerbread. Unique cakes are baked in the area of Chodsko; South Bohemia is typical for dishes with freshwater fish, and Prague has become famous for its ham.

## **2. Differences between young and older people, e.g. in terms of food preference or cooking competences**

There are few main differences between young and older people in terms of cooking competences in Czech, such as lifestyle or economic reasons. In the past a book of recipes could be found in every household. It was assumed that a young woman would be a master in the art of cooking before being married. Cooking was considered something of an elementary education. According to statistics, that isn't necessarily the case today. A sociological study in 2007 found that a quarter of Czech women are not very capable in the kitchen and have only a few basic recipes in their repertoires. Moreover, ninety percent of men polled take a women's ability to cook well as a given and consider the skill to make up part of an ideal woman.

## **3. How are cooking competences and food knowledge usually transferred from older to younger generations ?**

### **4. How do older persons pass on their knowledge?**

Czech families are gourmands by nature and love fatty rich food. In Czech Republic, unlike most European countries, food is usually homemade, prepared by families for their members only. The many recipes and even more methods of preparing special traditional Czech meals are basically due to the feeling that a chef adds to the cooking process. Combining available ingredients depends on the chef's personal method, and can result in Czech dishes that will become even more original and delicious than the already spectacular ones. Every family will put passion in the cooking process, investing personal skills as well as inherited traditional methods and techniques. The older people take proud in their cooking skills and methods, and hospitality is one of their greatest characteristic and they are passing on knowledge and experiences to younger members in the family.

For generations, women's ways of cooking were never even put into written words but rather were passed on largely through action, from mother to daughter, friend to friend, and only recently, via diaries and cookbooks and the faded ink of recipe cards.

Knowing how to cook is one of the most valuable assets you can have in life. It saves you time, money, and it can give you a tremendous feeling of pleasure and pride. However, not many people today know how to cook, and they attribute their lack of culinary knowledge to their busy lives. This problem, on the other hand, can be easily remedied.

## **5. Are there learning offers for older people (women) in your country? What kind of? What institution offer such activities?**

Education for senior citizens arose at the Faculties of Arts of the Czech Republic in the 1980s. The first lectures and courses were generally concerned with the relationship of man to nature (Man and Nature, Healthy Food, the Problems of Ageing and so on).

The greater expansion of senior citizen education took place in the 1990s when individual universities could apply their particular skills in study programmes. The Association of Universities of the Third Age civic association was founded in 1995 (AU3V). The secretariat of the Association is now at the Brno University of Technology.

A significant improvement in the position of senior citizen education took place in 2003 when the Ministry of Education made financial resources available to universities to set up senior citizen education, as part of the scheme for Developmental and Transformation Projects .

## **6. How many older people (women) participate in learning activities?**

Participation of elderly Czech population in adult education activities based on a representative survey of adult education in the Czech Republic performed in the spring of 2005. Adult education including senior education is an important feature of knowledge society and naturally also one of the factors aimed at making senior Czech population more active. Data from this survey show that 22% of senior Czech population participated in one course or another concerning their job description, a language course, a course of computer skills, a course in personality development, a course in leisure-time activities or an educational activity concerning civic life. The same share of population plan to attend a course in the next year.

It can be said in general that the participation of the senior Czech population depends on the achieved level of education significantly – the more educated the individual, the higher his/her participation.

Whether senior Czech people will participate in this kind of education in the near future then depends on whether they have already participated in it (the correlation between past participation and intended participation in the near future is 0.69). The paper then brings a detailed analysis of factors influencing participation in adult education in this age group.

The paper concludes that the readiness of senior Czech population to face the need for lifelong learning has not been too good so far. The paper however concludes with an optimistic hypothesis: the senior age group might reflexy the cohort effect of the social climate prevalent during the past regime when elderly people were led to believe that old age is but an age of well-deserved retirement when one should harvest the fruits of their previous work activity. This passive approach to ageing is currently being overcome by stressing active old age – there are reasons to expect that the cohort of future seniors who are currently in their forties and mid-forties will be an entirely different generation.

# Country Analysis: Germany

## 1. situation of food culture in your country and typical eating habits

### 1. 1. Breakfast

- 72% of the Germans have breakfast regularly, 10% occasionally and 17% don't eat anything at all. *Zeit Wissen 05/2008 (German newspaper)*

- Breakfast is the meal which is most influenced by habit: many people use to eat exactly the same every morning. This phenomenon can not only be found in Germany but throughout the whole world.

- 20-30% of the German pupils don't have breakfast in the morning. In this regard, age seems to play a decisive role: younger children can be convinced more easily by their parents of the necessity of having breakfast, whereas teenagers often leave home without eating anything in the morning. Due to the hecticness there is often no time left to have breakfast and the slowly arising hunger is satisfied with chocolate bars, sugar-containing and caffeinated softdrinks or, in the worst case, cigarettes. *Survey on behalf of the Scientific Institute for Child Alimentation in Dortmund, Germany 2009*

- Abroad (mainly Europe), German breakfast is usually served as Continental Breakfast. <http://de.wikipedia.org>

- In Germany, it's not uncommon to be invited to a friend's home to have breakfast. Many younger Germans also use to have breakfast with some friends at a coffee bar. Most German Cafés offer a variety of food for breakfast and lunch until 3 p.m.

*Goethe Institute Ireland*

### 1. 2. Beverages

- Coffee is the most popular beverage in Germany. With a 146 liters per capita consumption it is considerably higher than the consumption of mineral water (128 liters) and beer (116 liters). After the United States of America and Brasil, Germany is the third biggest coffee market in the world. Surprisingly, in terms of the per capita consumption of coffee Germany exceeds Italy by 10 %. *Institute for Market Research GfK 2007*

- For a long time, coffee has been suspected of dehumidifying the body. According to Pollmer, coffee is currently the most effective remedy against diabetes. "Five cups a day reduce the risk by half." With one restriction: "Only if you like coffee." *Udo Pollmer at the 4th "Landwirte Forum 2008" (Agricultural conference)*

### 1. 3. Lunch

- On working days, families in Eastern and Western Germany organize lunch differently. Whereas the majority of children in Western Germany have lunch at home, pupils in Eastern Germany eat at the school cafeteria. *Synovate, Institute for Market research 2008*
- Traditionally, Germans have a marked preference for "Würstchen" (sausages). *www.dw-world.de (2009)*
- In the course of the campaign called "Five a Day" the informants had to choose one out of three different possible descriptions related to the slogan. 33.2% of the survey's participants chose "eating 5 meals per day", 0.7% took "eating 5 slices of wholewheat bread a day" and 29 % chose the correct answer "5 rations of fruit and vegetables". 36.5% decided, that they didn't know. Generally, women knew the meaning of "Five a Day" twice as much (39.9%) as men (17.7%). *National Consumption Survey, 2008*
- Another survey revealed the fact that most Germans use to eat in front of the TV regularly - although they consider it as unsocial. *Institute for Scientific Research HumanLink 2008*

### 1. 4. Health

- Fruit is healthy and contains lots of vitamin C. We all know this. Sausages, on the contrary, should only be consumed in moderation. Right? Wrong! - says Udo Pollmer (see picture). According to him, you can also eat sausages if you want to satisfy your need for vitamin C. *Udo Pollmer at the 4th "Landwirte Forum 2008" (Agricultural conference)*
- For example calcium tablets: they are supposed to strengthen your bones and prevent osteoporosis. "How does calcium know that is supposed to deposit in the bones and not in the arteries?", asks Pollmer provocatively. British scientists proved that this is exactly what happens. For Pollmer it's obvious, why consumers know nothing about this: a giant billion-dollar-industry lives on it. Pollmer: "Nine of ten statements related to healthy alimentation are invented, fake and fraud. As soon as you get to like something, an expert tells you that it is unhealthy. It's all about scaring you, to make you insecure and to control you. *Udo Pollmer at the 4th "Landwirte Forum 2008" (Agricultural conference)*
- Everybody is different, everybody eats differently - that is basically Pollmers main thesis. "It would never occur to any shoemakers' guild to determine size 37 as ideal for everyone. Why should this work for alimentation?" He advises the attendees to eat whatever they like. "Eating doesn't make you beautiful, eating doesn't make you smart or healthy. Eating just fills your stomach. I hope, that this will never change." *Udo Pollmer at the 4th "Landwirte Forum 2008" (Agricultural conference)*
- One positive result of the report is that the general healthiness of the Germans has been increasing along with the expectancy of life during the last few years. Since 1990, women's life expectancy has increased by 2,8 to 81,6 years and men's by 3.8 to 76 years. Still, there is social inequality regarding health. Poor

people from lower social classes are more likely to get several diseases. Besides, overweight, smoking, the lack of exercise and alcohol additionally threaten society's healthiness.

Although alimentation habits have generally improved, there is a problem with the increasing consumption of fast food. Furthermore, the facts considering alcohol consumption show that every sixth woman and every third man drink too much and every third adult smokes. *Robert Koch-Institute, report on "Healthiness in Germany", 2006*

## **2. Differences between young and older people, e.g. in terms of food preferences or cooking competences**

- Boys drink significantly more soft drinks and energy drinks than girls (0.7% vs. 0.6%). In return, girls use to drink more mains water, mineral water and fruit tea (including herbal tea). The number of people who drink soft drinks every day rises with increasing age - a little faster with boys than girls. *G. B. M. Mensink, C. Kleiser, A. Richter*

- Younger people like to have it the fast way: more than one third of the informants consume finished products and fast food once or twice a week. In contrast to this, older people are generally less convinced of the so-called convenience food: half of the over-60-years-old never eat these kinds of food. *Source: representative Forsa-survey, July and August 2007*

## **3. In what way cooking competences and food knowledge is usually being transferred from older to younger generations?**

Who knows what?

- ... therefore, it is essential to be able to cook as the transfer can't be taken for granted nowadays. The knowledge and experience about processing uncooked food definitely disappears. What can be made of milk, eggs and flour? Which ingredients do I need to cook vegetable stock? Moreover, many ways of preparation are being considered as time consuming and difficult, which isn't really true - after some time of practise. You just have to do it. Cooking is something essential and is supposed to require time. *Taste Mannheim – Attempt to save in-house cooking, conversation between Christian Römer and Arpad Dobriban [http://www.arpad-dobriban.de/aktuell\\_mannheim.html](http://www.arpad-dobriban.de/aktuell_mannheim.html)*

- Nowadays, most of the food is produced industrially, which has decisively influenced the gustatory awareness of people born during the last three decades. Many people don't experience the taste of their mother's cooking anymore and the regional taste disappears. In many households people neither cook nor eat together anymore. The knowledge about natural products is also slowly but steadily disappearing. *Dorothee Becker and Onno Faller in: Das Ausstellen und das Immaterielle, beiträge der 1. museologischen Studientage Neumünster, Luxemburg 2006, Rosemarie Beier-de-Haan, Marie-Paule Jungbluth (Publishers)- Publications scientifiques du Musée d'Histoire de la Ville de luxembourg XII. Luxemburg 2007.*

•Allergies, adiposity, aggression, angst - new children's diseases? Some of the protective factors sound banal, but are actually very important. Among them are also common activities with the child. Eating together is a good example of this. Many families don't have lunch together and they don't eat self-prepared food anymore. Microwave and freezer, finished products and fast food impede children from learning how to enjoy eating and how to experience family life during the meals. [www.bundesregierung.de](http://www.bundesregierung.de) (2009)

•Due to a recent survey (2007) 69% admit that they have no idea about what their food actually contains.

•In the German Museum of Additives (Museum für Zusatzstoffe), the function of emulsifiers, stabilizers, colorimeters, antidegradants, aromas, bakery improver and flavor potentiators is illustrated by the exhibition of everyday products. Fabrication, risks and adverse reactions - if known - are also issued.  
<http://www.zusatzstoffmuseum.de/das-museum.html>

•Survey on <http://www.kwick.de>

Learning how to cook at school!

Learning how to cook should be learned at school...

In favor:	84%	2,061 votes
Against:	16%	393 votes

*Sandi007, MON 04/05/09, 14:24* (translated from colloquial German into English)

I go to a secondary school and we never had the possibility to cook, sew, to work with wood , etc. ... our lesson doesn't cover these things ... we have to learn formulas and other things, that do not prepare us for our future life AT ALL ... I am completely in favor of establishing cooking as a subject at school, 'cause it is really important for the future and you just can't survive without eating. ... and if you manage to cook for yourself you are also proud of yourself, and if you can dish up for others and they finally like it ... that gives you a much more positive feeling than just preparing a packet soup and shoving it right under someone's nose...

*J\_Queen90, MON 04/05/09, 13:24*

I think it's very very good! I've been to a housekeeping school and learned how to sew and cook, which is highly recommendable if you're a girl. If you don't like this, that's NONE OF YOUR BUSINESS!

*Girlande, MON 04/05/09, 13:21*

Generally, I think it's a good idea to get to know something about cooking; but for my part, I learned at school that cooking is stupid and boring ... I think that was due to the way they taught us and the fact that we were graded (for the way we used to dry the dishes, clean the kitchen, and sometimes for the menu itself). I also didn't like the fact that everything had to be exactly measured. For me, it was just too "school-like" and too strict. It was not till now when I learned at home that cooking is fun.

<http://www.kwick.de/forum/28/160026/5.html>

- 2/3 of all women and 1/3 of all men judge their cooking skills as good or very good.
  - 6.4% of all women and approximately 40% of all men cook seldomly or not at all.
  - Young men and seniors are the ones who say they aren't really good at cooking.
  - Most women learn from their mothers how to cook, whereas most men teach themselves.
  - Generally, women's cooking skills improve during their life time.
- (Source: National Consumption Survey, 2008)*

#### **4. How do older persons pass on their knowledge**

*Announcement taken from the internet:*

- Cooking course for seniors - well-nourished at one's prime
- Ravensburg-area: Especially for the elderly healthy and well-balanced alimentation is essential. How this could look like seniors will learn in our workshop, which is being offered by the alimentation center *Bad Waldsee* in cooperation with *Vincenz von Paul GmbH* and the senior residence *Carl-Joseph*. Our workshop is especially addressed to seniors of assisted accommodation, who are still able to take care of themselves.
- The course consists of three parts in which recipes for a one- or two-person-household will be tried out with different varieties that can easily be prepared at home and which perfectly meet the demands of healthy alimentation of the elderly.

*Question from 7samuel2, 13/03/09, 18:44*

- Cooking course for seniors in Göttingen??
  - My father desperately needs a cooking course. However, he has already retired and I was thinking of giving him a cooking course as a gift . Does anybody know about such a course especially for older people somewhere around Göttingen?
- <http://www.gutefrage.net/frage/kochkurs-fuer-senioren-in-goettingen>

#### **5. Are there learning offers for older people (women) in your country? What kind of? What institutions offer such activities?**

- Managed by Erika Sigrüner from the citizens' registry office, the municipality of *KiBlegg* has enlisted a whole bunch of committed women who participate in lectures, guided tours, exhibitions and other events to pass on their knowledge within the scope of the campaign "Tag der Frau (=Women's Day)", which lasts one year. *Women's Day in KiBlegg*

- Transfer of experience and cross-generational dialogue

- The transfer of experience from one generation to another is a very important task of a company. On the one hand to ensure that the personal knowledge of older experts doesn't disappear when they leave the company, and, on the other hand, to bring forward the professional development of junior staff. The project

GENIA develops and experiments with different ways of knowledge transfer between professionals and their younger successors. *Working organization and services of the DLR*

- Conference: cross-generational learning in environmental education. *Naturschutz-Zentrum Hessen e. V. (Nature Conservation Center)*

- Crossgenerational environmental education at schools and daycare facilities for children. *(Institute for Development and Structure Research (IES) at the Hannover University)*

- guidance system for cross-generational learning and working. *Chamber of Crafts Potsdam, Prof. Dr. phil. Rainer Voß*

- the seniors as a target group are not easily subsumable. The problem is that there are too little energetic and active older people (only 30-40 %), and, due to the problem of poverty among the elderly, it will be even more difficult for them to participate in an active life in the future. Besides, events need to be designed a little more attractive to them.

- In other regions (e.g. Münster) there are special discussion groups for seniors and they can choose from a diversified program of activities. However, in rural areas the access to such kinds of events might not be easy, so there should be more busses for older people without driver's licence.

- There should also be more citizens' bureaus.

- The best solution would probably be if the the organizations and host of cultural and educational activities worked together with public transportation to make the access to several events easier for the elderly.

- special marketing strategies have to be developed in order to attract more seniors - projects of improvements often fail because of financing problems.

- The handling of most of the educational portals on the internet are too complicated.

*Discussion protocol of "Equal opportunity with regard to the realization of life-long learning", 09/04/2008 at the city hall in Görlitz*

## **6. How many older people (women) participate in learning activities?**

- Generally guest auditing at universities is quite popular with seniors

- According to the German Census Bureau, during the winter semester 2005/2006 38,400 guest auditors have been registered at German universities. 48% of those belong to the generation 60+. During the last 10 years the number of auditors age 60 and older has doubled up to 18,300. The average age increased from 45 to 52 years.

During the winter semester 2003/2004 the number of guest auditors had reached its peak with 44,800 persons, but decreased since then by 14%. The reason for this is probably the establishment of special senior university

programs like for example the "Kontaktstudium für Erwachsene (KSE)" at Hamburg University.

During the winter semester 2005/2006 49% of the guest auditors were women. Approximately 8% of them were foreign citizens. Guest auditors are able to attend lectures and seminars without official Higher Education Entrance Qualification. A study as guest auditor enables people to work and take part in professional training simultaneously. This is especially important in relation with the aspect of "life-long learning".

The branch of study which was most popular during the last years is history (5300 guest auditors). *Economics (3700) and philosophy (3100)*. AWW (*Arbeitsstelle für wissenschaftliche Weiterbildung*), Hamburg University, Vogt-Kölln-Str. 30, D-22527 Hamburg

# Country Analysis: Italy

## Analysis of Italian Cuisine

To describe the Italian cuisine you will deal with all regional cuisines that make it up in a very different way one to each other and with its own story.

Besides being one of the most famous kitchens of the world is also one that includes more than any other incredible variety of dishes and different recipes.

The Italian particular geographical position makes the climate very different causes and that so in Italy you can find very different a hundreds of kilometres gastronomic reality.

Since the late 800's Italian cuisine undergoes significant changes, first as a direct consequence of the modernization of agricultural production that invested across the peninsula until you reach the 2<sup>o</sup> after war where there was a considerable growth of consumption of beef, and other types of meat (chicken, turkey, rabbit, venison) and pork.

## Dietary habits

### 1. Breakfast

The Italian People makes a proper breakfast: the 77.5% of the population more than to take tea or coffee, drink milk or eat anything and only 44% do not drink milk but eats something.

A regional level shows that in southern Italy this custom is less common (71.8 percent) in the island, however, is observed in the last year increased spread of this habit.

### 2. The main meal

Lunch continues to be the main meal of the Italians, as much as 70.6% of the population is the lunch as the most important meal of the day, while only 21.7% report the dinner.

The place where the meal is consumed reflects the different stages of life.

For children between 3 and 10 years is very common to eat in school canteens: do as much as 55% of children between 3 and 5 years of age and 26.2% of those aged between 6 and 10 years.

Similarly, the women, but especially men of working age are major users of food services and canteen during lunch.

## The consumption of different types of food

The diet of our country is largely based on the consumption of bread, pasta and rice, the share of people who eat at least once a day confirming stable (87.7% of the population).

The 80, 2% of the population eat white meat at least once a week, while consumption of beef and pork, with the same frequency, respectively, the 72.1% and 45.1% of the population.

In recent years the consumption of eggs at least a few times a week is basically stable (57.5%), as well as the share of people who drink milk at least once a day (60.5%). Children and elderly are the largest consumers of milk. Continues, however, the trend of decreasing consumption of cheese at least once a day (26.7%).

The consumption of fruit at least once a day than the previous years shows a slight decrease (76.7%).

The food consumption of vegetables is found in two major food groups: leafy vegetables and raw and cooked vegetables (other vegetables and legumes).

The Style women food is more characterized than men to a diet based on daily consumption of fruit (52.5% of the women and 44.4% of men), vegetables (45.8% women and 38, 9% of men) and vegetables (79.6% of the women and 73.7% of men). In fact, women who daily consume vegetables or fruits are 86, 5% against the 81, 9% of males. In particular, women from 15 to 64 years are those that follow a more healthy diet, whereas, compared to men, a higher percentage of them consumes at least two servings of vegetables, fruits or vegetables a day. Finally, among the foods with high nutritional value women prefer daily consumption of milk (64.2% against 56.6% of men)

The male style food is characterized by a more widespread consumption of cereals (89, 9% bread, pasta and rice at least once a day, against 85, 6% of women), sausages (68% at least some After a week against the 57, 3% of women), white meat, veal and pork (at least a few times a week for 80, 7%, 75.3% and 49.2%) and sweets ( the 50.3% at least a few times a week).

In Italy in the 90s there was a further transformation of the concept of the kitchen and this must be added the change in the structure of the meal. Indeed, more and more snacks between meals and dot our day, the midday meal, which saw the whole family gathered around the table to taste the delicacies prepared by the mother is less and less frequent.

The main meal of the day (as when conviviality) is no longer lunch but dinner, since, especially in big cities, rarely goes home for lunch, but it is a short bar, fast food or meals.

The market, sensitive to growing demands, provided the family a valuable aid in the field of foods, in fact, have multiplied the already prepared products sold in all supermarkets, ranging from sauces to frozen pizzas, pasta ready to be put in the microwave or in a pan, roast the already prepared and seasoned ready very soon.

In the wake of this increased need to cook in a short timeframe, the fresh foods are ready to be brought to the table, salads already washed and cleaned, minestrone already selected, washed and ready to be cooked, fish cleaned, washed and barbed, fresh and of quality that you just season and bake or cook, not counting the many frozen products that result in appetizing dishes, with little expenditure of energy by the "cook".

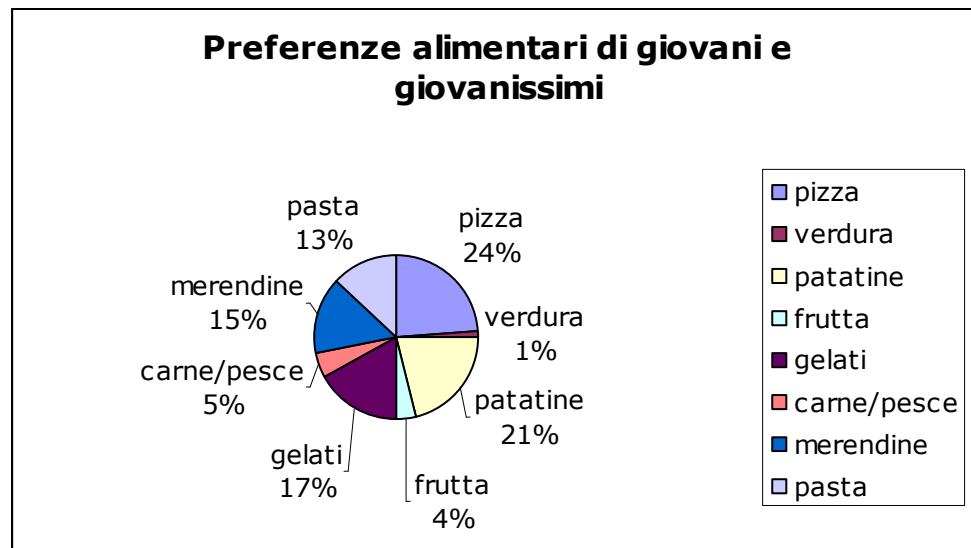
The meal is no longer the means to demonstrate social status or the perfect mastery of the culinary art, it is only the means to stay together. In principle, in fact, even women who do not work outside the home devoted to food and its preparation time less and less, preferring to use the time saved for other tasks. Another element has helped to change the eating habits of the Italian diet. The need to control our nutrition, to prevent many diseases where poor nutrition is a determining factor, but especially for a thin body, perfectly aligned with the aesthetic of the moment has become a categorical imperative.

### **The Food Young People**

A recent survey of Coldiretti, reveals that the pizza is the food preferred by young people, as well as the young lovers pizza crisps and ice cream than the snacks and snacks, despite being heavily advertised. The "pasta " likes least among young children compared to the largest where the food is preferred.

Basically, the question: what is your favorite food, as a percentage of the small consumers have responded like this:

pizza	24
patatine	21
gelati	17
merendine	15
pasta	13
carne/pesce	5
frutta	4
verdura	1
	100



### Weight and overweight

The age of fast food has led to a lifestyle that has inevitably led to a society where an Italian three is overweight is a result of the recent survey "Lifestyles and health conditions" conducted by ISTAT.

According to the survey conducted by the National Statistical Office on 21 thousand households and 54 thousand people in the Bel Paese seems that 54% of Italians is in form, 33.9% are overweight and 9% obese.

In addition, excess weight is a characteristic more common in adults with low educational qualifications (primary or no title) (58.8 percent) and affects both men and women in all age groups.

### Enogastronomic tourism

Wine tourism is becoming a mass phenomenon and success, collecting more and more support and attention from the public. The choices of most people and new flows of tourism are increasingly determined by the so-called food and wine tourism.

The food and wine tourism is currently running in most of the scenarios of the future tourist and remotely. This is demonstrated by the statistics of participation in exhibitions, workshops, scholarships, exhibitions that have joined this new strand and multiply everywhere. Prepared traditional food and wine, deep in the Italian civilization of eating and drinking through centuries reworks, become key players of the appropriate fragrances, smells, tastes fresh and healthy, able to establish primary motivation for a journey. A recent targeted survey revealed that Italy is known from more than 10% of world population for food, from 4% for wine, which is a binder for other typical food products and quality and is more easily vehicle as a message bound to an image of moderate transgression, matching holiday and leisure. Food is culture: taste a good wine or a tasty

traditional dish is a sure key to get in contact with a territory in order to know the historical and artistic heritage, to understand their traditions.

The hundreds of village festivals involving food and wine in Italy more than 3 million people is the estimate of Coldiretti. The food and wine tourism during the summer, reaching a turnover of 2.5 billion euros between hospitality in farm, purchase of local products, food, wine roads, roads of, fairs and festivals of the country. The products most representative of local realities, such as to merit a special feast in their honor, are in order:

fruit and vegetables 24%

meat and derived 20%

Fish 15%

fresh pasta 14%

potatoes 7%

bread wheat and 7%

cheese 7%

oil and wine 6%

# Country Analysis: Romania

## 1. situation of food culture in your country and typical eating habits

### **Eating is an important issue.**

Food plays a huge role in our country, Romanians like to eat a lot.

Food is widely spread in the media also: cooking programs, magazines, journals and newspapers, cooking contests sometimes under the aspect of health.

### **Eating in everyday life.**

A part of the cultural heritage of our nation **is the variety of traditional food**, kept unchanged for generation to generation. Romania has some traditional ways to prepare food, specific for each region of the country. Each historical regions of Romania has its own specific in culture and customs, reflected in the folk music, the house architecture, the traditional costumes and, of course, in local cuisine. Across Romania you can meet a mix o tastes from old and new elements which represent the charm of the country.

Eating and cooking habits depend strongly on age, level of education, socio-economical status, work situation and place of residence. The household issues and the food supply are still more in the hands of the women.

The upper class women who work until in the afternoon food preparation takes place in the weekends, when all the family cook together when more time is available for preparing sophisticated meals.

The middle class status shows that women even if they work in 3 shifts they always find time to cook a warm meal for the rest of the family. The most important dish is lunch, so the women prepare 2 type of dishes for lunch.

### **Products and trends.**

Romanian cuisine has been influenced for centuries by a number of factors such as climate, geographical conditions, the degree of civilization, the stage of development of agriculture and, last but not least, the tastes and preferences of generations that have succeeded.

The seasons generally influence the food offer. During summer and autumn markets overflow with fresh vegetables and fruits coming from the local farms. Radishes, spring onions, potatoes, nettles, spinach, lettuce, tomatoes and cucumbers delight the shoppers in April and May. From the end of May to late September there is a large variety of fruit: cherries, apricots, strawberries, raspberries, plums, pears, melons and watermelons, peaches, blackberries, blueberries, apples, grapes, quinces and nuts.

Beekeeping has always been one of the traditional occupations in Romania, and the products (honey, wax, honeycombs) are also sold on the market.

Pork meat is the favorite main dish among most Romanians but you will also find great beef, lamb and chicken dishes. There are not very many dishes for vegetarians, as Romanians consider a meal without meat very poor indeed. Most meals are complemented by soup which is a national specialty in Romania. Also a variety of delicious cakes can be found on special events and holidays.

Our country's main religion is Orthodox and because people are very religious they keep a lot of fast days over the year.

These days there is an interest towards biological, no-additive products. Because the biological products are too expensive for an average Romanian this eating healthy intention cannot be realized.

### **Nutrition and exercise.**

Health and nutrition reports show that overweight is a widely spread health risk in Romania too, among teenagers and children this is a serious problem. The risk for men is considerably higher than for women.

Since the 90s many fast-foods opened and the population started to eat a lot and unhealthy. Statistics show that 37% from Romanians are obese and 40% have overweight problems. This problem is due to the lack of exercises and unhealthy eating habits, more and more people consume fast-food products.

## **2. differences between young and older people, e.g. in terms of food preferences or cooking competences**

Eating habits and behaviors often change over a lifetime. Teenagers have different eating habits than adults. The importance of eating with the family for teenagers started to decrease over the past years they rather eat out fast-foods/snacks with friends. Usually family meals are taken place in the evening or in weekends when all the family is gathered. Children and especially girls are involved in the kitchen work. Becoming teenagers their interest towards the food preparation starts to be decrease.

Teenagers and young adults develop new interests towards nutrition and food products, cooking and recipes. Due today's working conditions women are responsible for the daily food supply.

Elderly people cook for their children, grandchildren and relatives and very rarely eat out with friends. They prefer to consume food products that they know and stick to established routines, very rarely they try new things. They change their daily eating habits only when there is a necessity due to health care or sicknesses.

## **3. How are cooking competences and food knowledge usually transferred from older to younger generations? How do older persons pass on their knowledge?**

Passing on cooking related knowledge is a natural act, especially in the rural areas, which takes place directly from mother to daughter; sometimes it simply happens by watching or helping the mother with the preparation of the dish.

People are not cooking as often as they use too, we have a lot of magazines, cook books which help young people to prepare their meals, sometimes this meals are a mixture of other cultures (Asian, Indian, Italian etc) and not as often of Romanian dishes. Grandmothers and mothers usually note down their recipes so they pass them further to the younger generation The internet plays a great role in the younger generation's life so they find it easier to turn to the internet in order to find a good recipe.

In autumn time women prepare all kind of jam, pickles, zacusca etc for the winter time after the recipes inherited from their mothers or grandmothers. Elderly people like passing on knowledge and experiences to younger generations, inside as well as outside the own family.

### **5. Are there learning offers for older people (women) in your country? What kind? What institutions offer such activities?**

Not so many institutions in Romania offer special courses and learning opportunities for elderly people. The issue of "learning in seniority" is a new concept in our country.

The few learning offers for adult education usually are provided by private centers.

### **6. How many older people (women) participate in learning activities?**

In Romania elderly people very rarely participate in learning activities. As you get older the less is the involvement in learning activities. The education level has a great influence, the higher the education level the higher the participation in further learning activities

Elderly women still have a lower education level then elderly men. Elderly women participate in learning offers equally or even more often than elderly men. Few of elderly people involve themselves in voluntary activities before or after they get retired.