

The main purpose of the Study visit in Rome of the ERASMUS+ Project HEALTHY FUTURE was to explain to the students the connections between the reduction of the carbon footprint and the use of local and biological food. Mediterranean food pyramid also is a good example of integration between healthy food and sustainable approach to the alimentation to be well understood.

STUDY VISIT IN ROME

SEPTEMBER 25TH – 29TH 2017



The students and the teachers visited FATA MORGANA an ice cream laboratory that makes "gelato" with low fat, gluten-free and with no artificial additives, MARCO CARPINETI wine factory that uses only organic and biodynamic agriculture methods, they had a blind olive oil tasting guided by Mrs Rosabianca Trevisi, owner of the Azienda Agricola Trevisi, Vegan OK certified, visited AGROCAMERA, the special agency of the Chamber of Commerce of Rome, specialized in supporting the local food, visited LATTERIA DEL CURATINO that created a technology called "new cheese making tradition" to produce fresh buffalo mozzarella with original machines in every part of the world and finally also the famous EATALY very big roman Mall. More info

on: <http://www.gelateriatamorgana.com/web/> <http://www.marcocarpineti.com/> <http://www.romamercat.com/> <http://www.latteriadelcuratino.it/> https://www.eataly.net/eu_it/



Omnia hotel restaurant and catering vocational college from Espoo attended Healthy Future's organized study visit in Italy. In that study trip, there were two

food production lecturers Oona Haapakorpi and Merja Leivo. There were also four students Salla Vittasmäki, Ella Sauren, Vilma Hokkanen and Elina Helin. The purpose of the study trip was to learn about sustainable development. For this reason, Elina said "that is why we paid particular attention to the carbon footprint both for ourselves and for the companies we visited. We also learnt a lot about Italian culture.

The students said that "The study trip to Rome was a great experience. We had the opportunity to visit for example; winery yard, mozzarella production laboratory, ice cream factory, Vatican City and lot of another attractions like the Colosseum, the Spanish stairs, and the Pantheon. "They continue, "At Gelato we got to make marmalade and sorbet, and rum and ricotta gelato. Also at the mozzarella site one of us got to make mozzarella, which we all came to taste afterwards! We also went to the oil engineers to learn about oil production, after which we tasted different oils and evaluated them. The whole week was unforgettable. You can find more information from our blog at: <https://healthyfutureproject-italy.blogspot.fi>



Photo: Tito Livio Mongelli, Oona Haapakorpi, Merja Leivo, Salla Vittasmäki, Ella Sauren, Vilma Hokkanen ja Elina Helin.



The students of the Hotel-tourism and catering school in Zadar accompanied by their teacher Marina Mijolović have made a study journey to Italy at the end of September. They returned home full of impressions. They were delighted by Italy, the way of living and the food there. Helena claims that she has learned a lot about local products and food that contribute to sustainable development. She is fond of the natural and cultural beauties of Rome and she says that she will remember all this forever. Franco and Luka especially liked the ice cream there. Josip thinks that the trip to Rome opened new perspectives in gastronomy to him. He has learned many new things and acquired a knowledge which he is going to use in future. Everybody agrees that the whole journey was a beautiful experience.

After successfully accomplished study visit in Italy, 4th grade students Barbara, Patrik, Alen and Nikolina have made short interview about their experience. You can read more about it here: [How did you prepare yourself for the study visit to Rome during the Healthy future project?](#) **Patrik:** I was searching and reading articles from the Internet, we also participated in lectures organised by our professors about CO₂, exploiting bio-waste, transporting effects, and food production. I've been studying recipes with local food, and so on. **Barbara:** I made researches on the internet with the professors about the topics of healthy food preparation and protection of the environment.



Healthy food choices for a sustainable future – Healthy future (2016-1-FI01-KA202-022712)

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Did you learn what can be done to minimize environmental pollution when preparing food in professional kitchens? Barbara: We have learned that food preparation should be as short as possible, just as the transport should be short, so it is the best to use local food. One of the measures will surely be that I will use local origin food with nearby producers to reduce the CO2 emissions in the atmosphere. **Patrik:** I will not throw the bio-paddle. I Will try to find a way to use it. In my menus I will reduce the amount of meat. I will divide or use food waste if it is possible. I will shorten the time of thermal processing to preserve useful ingredients and reduce energy consumption.

3 **What is the most useful knowledge you gain for you as a future professional chef / or pastry chef after you study visit to Rome?****Patrik:** The most useful for my future job was that I saw how natural ingredients can be made and available without the use of chemical additives to prepare tasty, healthy and quality meals, ice cream, mozzarella, cheese, olive oil ... and how such food can be still competitive in the market even though they cost a little more.**Barbara:** For me as a future chef the most useful experiance was that I had the opportunity to learn how to minimize the pollution of the environment when preparing food and to use mostly local products.

Do you think it is important to have similar projects in your school and why?**Barbara:** I think that it is very important and interesting to have such projects, primarily because we have learned new and very important things in a much more beautiful and interesting way.**Patrik:** I think it is great to participate in this project because we learned something new. We did not learn from books and movies, but we learned from our own experience what is much more interesting. We have learned from the producers themselves. They shared their secrets about their business success. I met new friends as well. I'm glad to have met Rome and its churches, museums, fountains ...

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