

Workshop: EXPLORING POLARITIES IN COOCING DISHES

I grew up on a small farm near Nijmegen as the eldest of 5 children.

My grandparents and also my parents lived from what the farm and the vegetable garden produced. Because our farm only had 4 hectares of land, we did not have excess; that is why I learned to eat with the seasons and to waste as little as possible.

The Dutch colonies in Indonesia and the Caribbean changed the traditional cuisine, and my mother was not afraid to try something new, so we learned to eat new dishes.

During my medical studies and through my own children, I came into contact with food intolerances and food allergies.

When my children were teenagers, exchange students came to live with us. The first was a Jewish girl and through her I learned what kosher cooking is. Later there was a Buddhist boy from Thailand, and once there were young people from Finland, Italy, the Canary Islands, Poland and the USA at the same time. I also lived in Switzerland for a while, and have traveled to Zimbabwe and South Africa where local people invite us to eat with them.

All these experiences have made me aware of the great cultural and religious differences in preparing and eating food.

With this background, my ideas for the workshops are:

- Global: Different cultures and eating habits
- Social Pattern: Local, seasons and food waste
- Anthropology: Various religions and alternative diets such as kosher, halal, vegetarian, vegan, ayurvedic.
- Human bodies: Medical diets and allergens
- preparation of the final presentation

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