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MENEW

**Design of a series of workshops to help international students adapt to
the cultural environment of their host country.**



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Abstract

English

With the acceleration of globalization, population movement between countries have become more frequently, and the collisions between different cultures are inspiring, but they also created some problems.

As a Chinese student studying in Italy, I'm personally experiencing the powerful attraction of foreign cultures. However, even though I have the intention to understand it deeply, but sometimes I could suffer from no method. This is not only because of my limited language skills, but also because I am full of shame about my ignorance, which makes it difficult for me to discuss relevant topics with others in social activities. However, as a student, I desire to obtain an opportunity that allows me to naturally integrate into the local community, a platform

for learning and adapting to the local culture.

I believe this is not only my personal problem, but a common problem among international students and even foreign population groups.

After investigating and studying the group of Chinese international students, and understanding the policies promoted by local authorities, we hope to design a series of social innovation activities based on green design to solve the daily difficulties of international students. By participating in workshops and group activities, international students can gain in-depth understanding of local culture (mainly food culture), increase their environmental awareness, improve their dietary structure, thereby improve their health, and help them to build better

relationships and friendship with local Italians.

How to enable international students to learn and integrate into local culture and groups, from another perspective also provide a platform for locals to show local culture, products and enterprises to the foreign population, is the subject of this paper. (The reason why we think this is a good opportunity for local companies is because in China, the people's main understanding of foreign culture comes from the vlogs and Weibo of foreign students.)

This thesis delivers a full functioning Products Service System solution ready to be put into practice. It includes 4 workshop models: Local cuisine courses; Explore recipes; Local farm experience; Schoolyard planting culture.

The development of this workshop requires the participation of organizers, students, businesses

and professionals to find inspiration and opportunities, to solve their own problems, and create cooperative relationships through communication, interaction, and collaboration. Organizers need to integrate key resources and needs, based on the model provided by the designer, combined with local characteristics, and constantly develop new activities.

This event ultimately aims at that all participants can benefit from it, get new creative inspiration, make new partners, increase environmental awareness and contribute to local environmental protection.

Abstract

Italiano

Con l'accelerazione della globalizzazione, il movimento della popolazione tra i paesi è diventato più frequente e le collisioni tra culture diverse sono fonte di ispirazione, ma hanno anche creato alcuni problemi.

Come studente cinese che studia in Italia, sto sperimentando personalmente la potente attrazione delle culture straniere. Tuttavia, anche se ho l'intenzione di capirlo profondamente, ma a volte non potrei soffrire di nessun metodo. Questo non è solo a causa delle mie limitate abilità linguistiche, ma anche perché sono pieno di vergogna per la mia ignoranza, il che mi rende difficile discutere argomenti rilevanti con gli altri nelle attività sociali. Tuttavia, come studente, desidero ottenere un'opportunità che mi permetta di integrarmi naturalmente nella comunità

locale, una piattaforma per l'apprendimento e l'adattamento alla cultura locale.

Credo che questo non sia solo un mio problema personale, ma un problema comune tra studenti internazionali e persino gruppi di popolazione straniera.

Dopo aver indagato e studiato il gruppo di studenti internazionali cinesi e aver compreso le politiche promosse dalle autorità locali, speriamo di progettare una serie di attività di innovazione sociale basate sul design verde per risolvere le difficoltà quotidiane degli studenti internazionali. Partecipando a laboratori e attività di gruppo, gli studenti internazionali possono acquisire una comprensione approfondita della cultura locale (principalmente cultura alimentare), aumentare la loro consapevolezza ambientale,

migliorare la loro struttura dietetica, migliorare così la loro salute e aiutarli a costruire migliori relazioni e amicizia con italiani locali.

Come consentire agli studenti internazionali di apprendere e integrarsi nella cultura e nei gruppi locali, da un'altra prospettiva fornire anche una piattaforma per i locali per mostrare la cultura, i prodotti e le imprese locali alla popolazione straniera, è l'argomento di questo documento. (Il motivo per cui riteniamo che questa sia una buona opportunità per le aziende locali è perché in Cina, la principale comprensione della cultura straniera da parte delle persone proviene dai vlog e dal Weibo degli studenti stranieri.)

Questo stato fornisce una soluzione completa del sistema di servizio dei prodotti pronta per essere messa in pratica. Comprende 4 modelli di laboratorio: Corsi di cucina locale; Esplora le ricette; Esperienza di fattoria locale; Cultura della semina nel cortile della scuola.

Lo sviluppo di questo workshop richiede la partecipazione di organizzatori, studenti, imprese e professionisti per trovare ispirazione e opportunità, per risolvere i propri problemi e creare relazioni di cooperazione attraverso la comunicazione, l'interazione e la collaborazione. Gli organizzatori devono integrare le risorse e le esigenze chiave, sulla base del modello fornito dal progettista, combinato con le caratteristiche locali, e sviluppare costantemente nuove attività.

L'obiettivo finale di questo evento è che tutti i partecipanti possano trarne vantaggio, ottenere nuova ispirazione creativa, creare nuovi partner, aumentare la consapevolezza ambientale e contribuire alla protezione ambientale locale.

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Chapter 1

Status & Problem

Many Chinese students studying in Turin, but there are various problems in their living conditions, mainly in the aspects of diet and socialization.



1.1

Questionnaire

Survey data

Among the 49 participants, 32.7% were women. Men accounted for 67.3%. Majority (95%) are under 25 years old. Approximately 57.1% enrolled Politecnico di Torino (ingegneria), 16.3% Politecnico di Torino (architettura), 10.2% University of Turin, 12.2% Torino Academy of Fine Arts, 2% University of Genoa, 2% Cuneo Academy of Fine Arts, 0.5% Turin Conservatory .

Reasons for choosing to come to Turin:

There are many reasons why Chinese students come to Turin to study. 5.1% of international students are because Italy is the center of European culture, historical sites, and the cost of studying abroad is low. 2.6% are school exchange students, and partly because they want to come to study art courses.

However, after Chinese students have lived in Turin for a period of time, they gradually discovered various problems that they

need to face in Turin, such as inconveniences in life, low efficiency, and inconvenient transportation.

In order to test participants' perceptions of Turin's local life and cultural aspects, the survey asked participants whether they have friends who speak Italian or English as their mother tongue. 78% of them said they were willing, and 22% did not speak Italian Or a native English speaker as a friend.

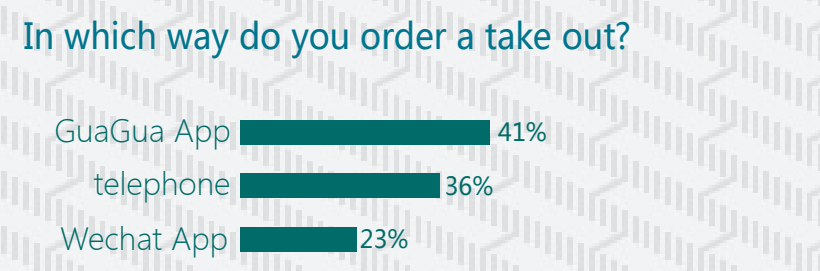
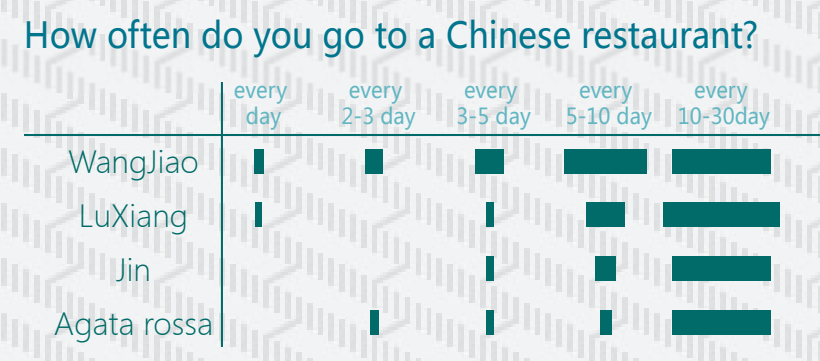
Approximately 10.2% of students live in school dormitories, 28.6% off-campus apartments, 14.3% of double rooms, 46.6% of houses shared with other Chinese students, 1% of houses shared with international students from other countries, and 4% with English speaking People share a house. Regarding their spare time, 17% said they would hang out with English-speaking people, 50% said they would hang out with Chinese friends, and 33% said they usually stay in their rooms. When asked where to study after class, 35%

This study used online questionnaires, which were collected from March to April 2018, and collected basic information about relevant persons, including age, gender, and school. It is mainly aimed at the problems encountered by Chinese students in their life and study in Turin. In this online survey activity, 49 people completed the online survey.

According to the survey data, the questions asked online were analyzed in order to obtain in-depth data to understand whether

the participants adapt to the new life and the learning environment. Pay special attention to the huge challenges encountered in life and the possible reasons for such challenges.

By analyzing the survey and interviews data, we intend to answer the research questions by interpreting the quantitative and qualitative data, and offer our discussions based on the findings related to the literature we reviewed.



The questionnaire survey summary is to obtain in-depth data to understand whether the participants adapt to the new life and the learning environment.

QUESTIONARIO

CHINESE STUDENTS IN TURIN



How often do you go to Chinese supermarkets



What are the things you have to buy?



How often do you go to Italian supermarkets



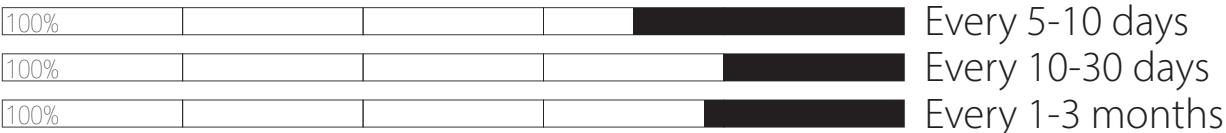
What are the things you have to buy?



How often do you go to a Chinese restaurant?



How often do you go to a Italian restaurant?



Which type of Italian restaurant do you often go to?



Buy a lot at one time, Non-fresh food, long shelf life, buy a lot at one time.

To make Chinese dishes.
Not used to eating Italian snacks.
To save time.

Fresh food, Well-known product,
Rarely buy products that they do not understand.

They usually choose Chinese restaurants during holidays or parties. Sometimes buying a takeaway.

Near the school. save time.
If someone recommends a restaurant, they are happy to try the new restaurant.

They will choose a familiar restaurant and be able to read the menu.

Avoid eating too much fresh food.

Find alternatives.

Increase understanding of local food.

Change your habits, integrate into your local environment and learn about local social patterns.

Learn to make your own local dishes.

Learn about local food culture.



Chinese student residential area

Zona Cenisia



Near the Politecnico di Torino, students can walk to school. As a university district, there are many stationery stores and print shops around. Because of the large number of Chinese students, there are many Chinese restaurants and a Chinese supermarket.

Zona Marconi



The area is near Valentino Castle. There is a subway station nearby, route 18 direct to Academy Albertina, Conservatory, and Turin University. There are many boutique shops, specialty bars, and snack bars in the area, which are active areas for young people.

Zona Mirafiori



Many students attending the mirafiori campus live in this area. The atmosphere of the area is peaceful. The rent is cheap, there are many large supermarkets, and the living facilities are perfect. It is the intersection of 10th and 4th bus.



Campus
 Chinese Restaurant
 Residential area
 Chinese market

Chinese students' daily diet

The most popular recipe for Chinese students in daily life;
The simplest, most time-saving, most easily found ingredients.



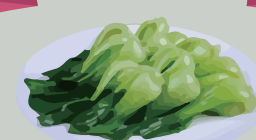
Egg and Tomato Stir-fry



2 eggs
2 middle size tomatoes
1 scallion, cut into inch pieces
1/2 teaspoon cooking wine (for egg liquid)
1/4 cup oil
1/5 teaspoon sugar
1/2 teaspoon salt (or to taste)



Stir-fried Chinese Cabbage



8 .oz Chinese Cabbage
2 garlic cloves
1 tablespoon cooking oil
1 tablespoon oyster sauce
1 teaspoon salt
2 teaspoons water

White radish chop soup



6 .oz pork ribs
1 middle size white radish
1 inch root ginger
2 spring onion
2 teaspoons salt
4 cups of water

Beef and potato stew



800g beef
2 onions
2 potatoes
2 carrots
2 dry chilli
1 tablespoon Shaoxing rice wine
2 tablespoons light soy sauce
1 tablespoon dark soy sauce
1 teaspoon salt

Hot pot bottom material



500g rapeseed oil
250g butter
300g bean paste
300g dry chili
15g cinnamon
20g Octagon
10g fennel



Staple food: Rice



Staple food: Noodles



Instant noodles

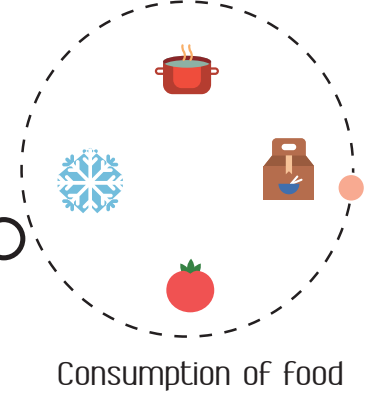
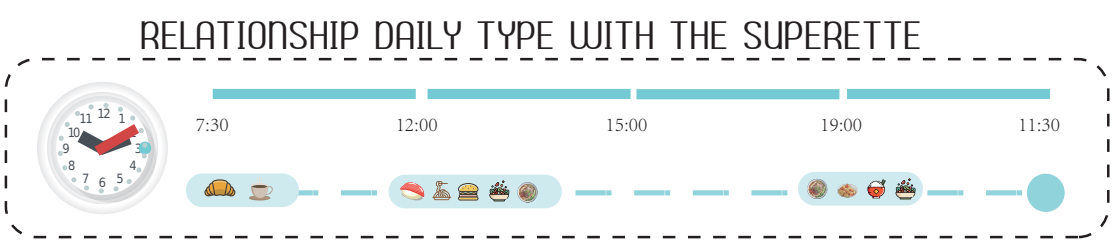
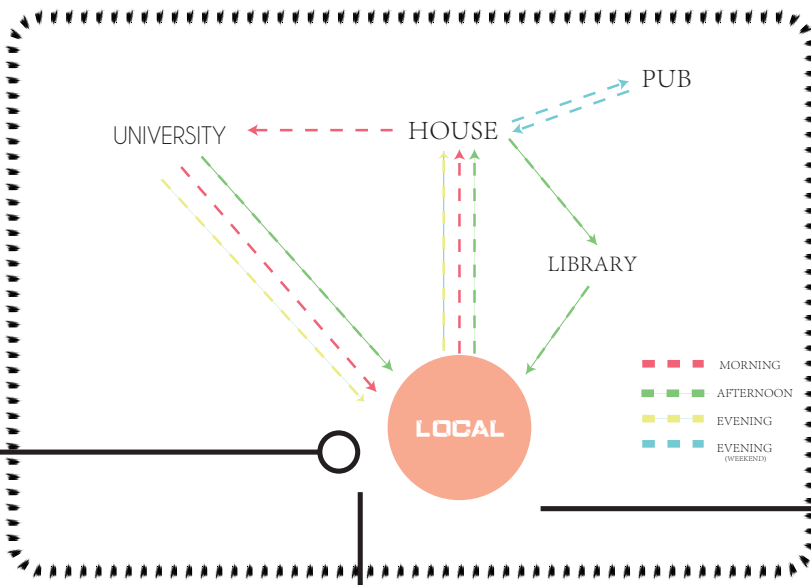
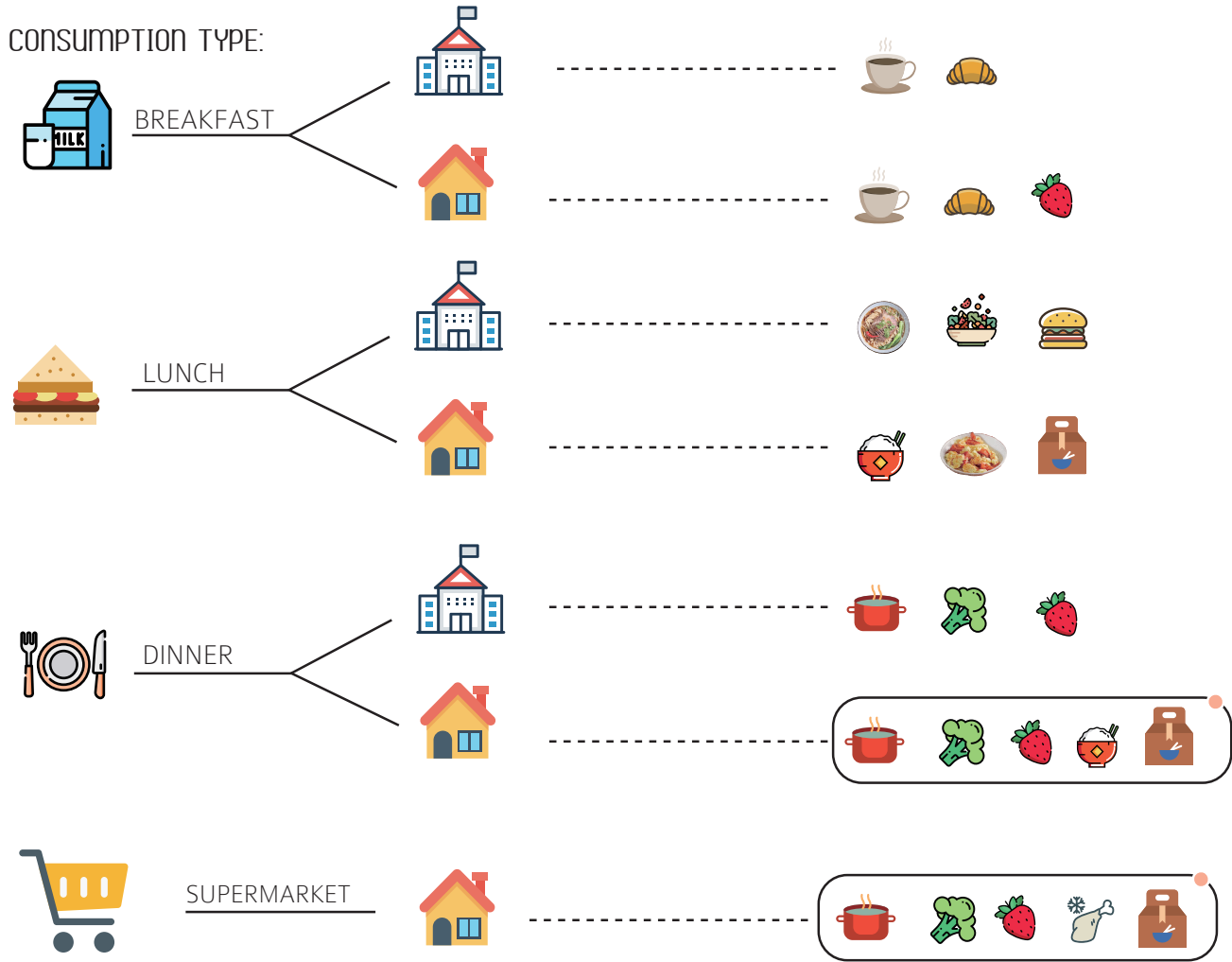
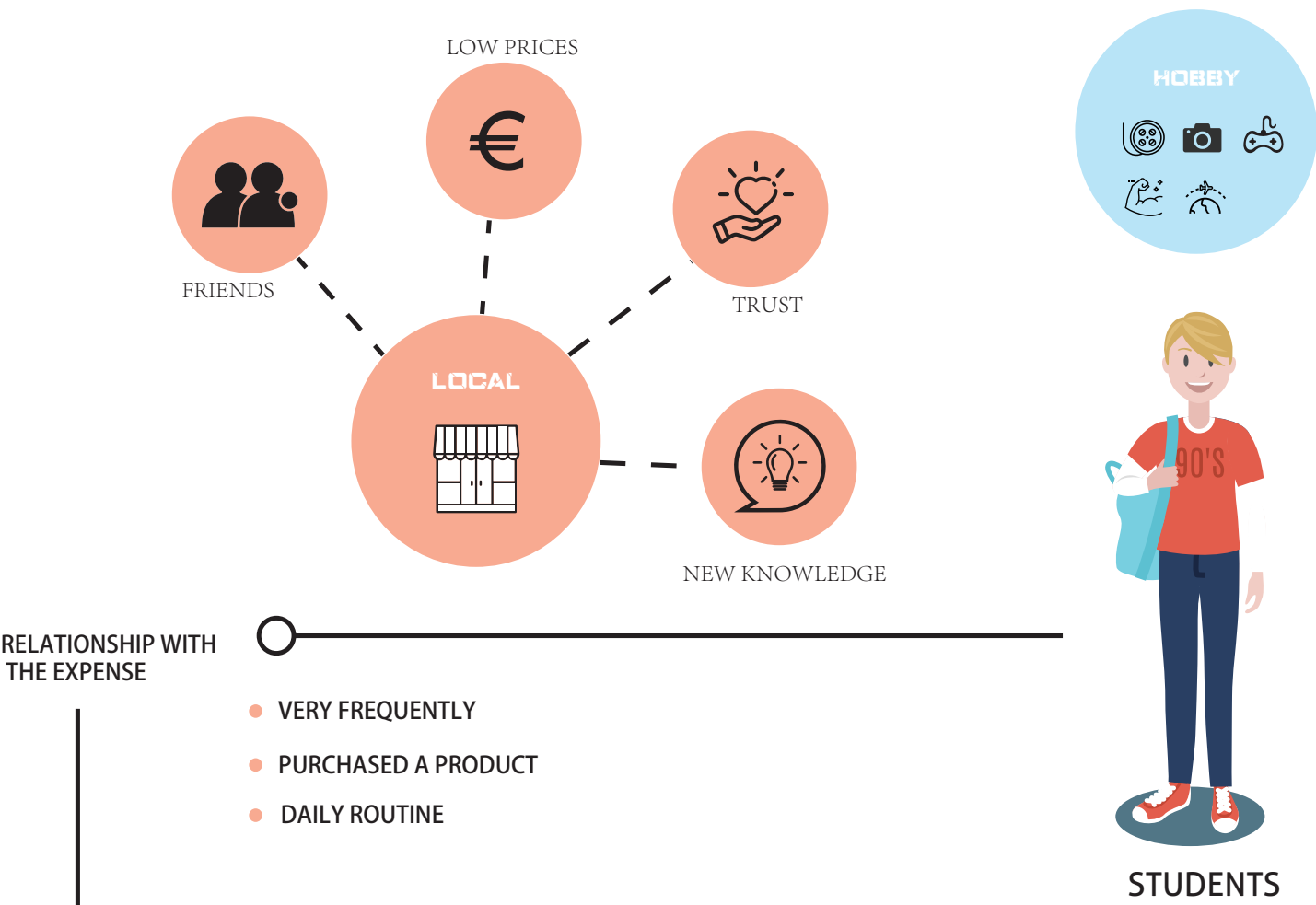


Frozen dumplings



DAILY LIFE SCHEDULE FOR CHINESE STUDENTS

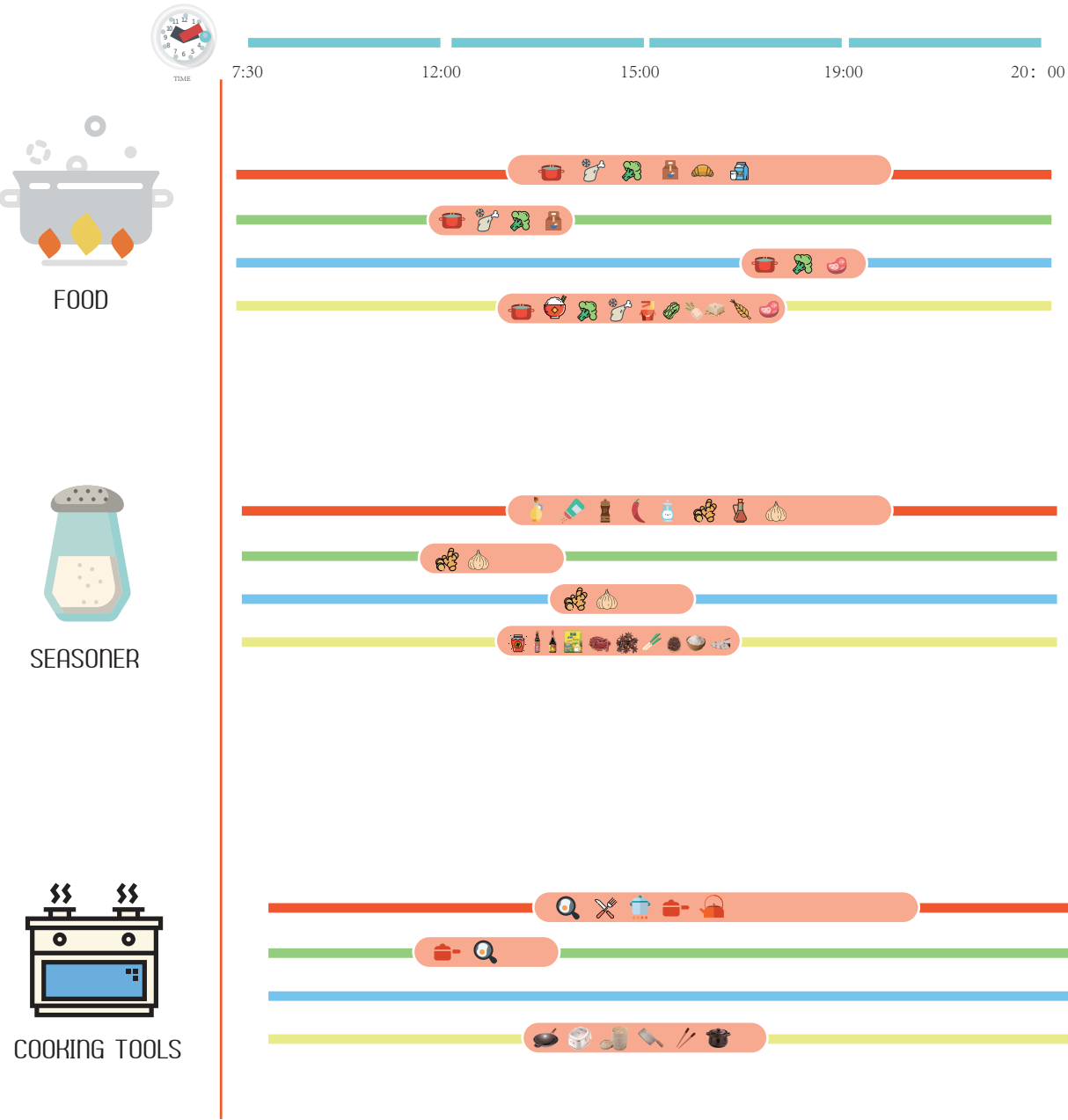
● The Chinese supermarket



CHINA DIFFERS FROM ITALY IN COOKING RAW MATERIALS

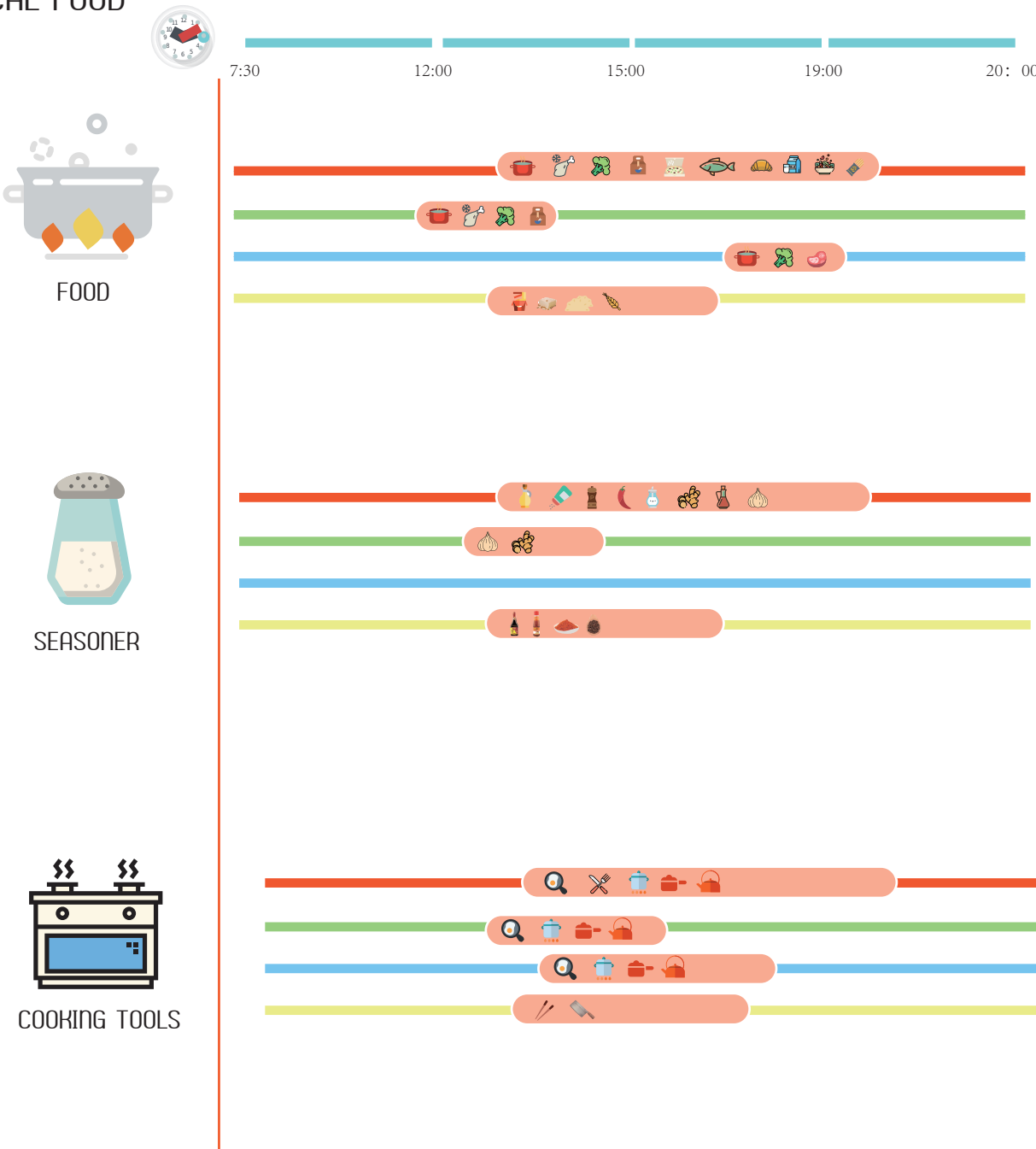


CHINESE CUISINE







TORINO LOCAL FOOD




FOOD SHOPPING:




SUPERMARKET



HYPERMARKETS



CONVENIENCE STORES



CHINESE SUPERMARKET

Magazine Title

SWOT

-Analyze the daily life of overseas students.

S

- HOPE TO LEARN A GOOD LANGUAGE.
- HIGH TOLERANCE, WILLING TO ACCEPT MULTI-CULTURE.
- ACCEPTANCE IS HIGH.
- LOVE COOKING.

O

- LIFE SKILLS START FROM SCRATCH AND LIVE ON YOUR OWN.
- LOCAL GUIDANCE IS NEEDED.

W

- INTROVERTS DON'T LIKE TO SOCIALIZE.
- LIKE TO PLAY VIDEO GAMES AT HOME, DO NOT LIKE TO GO OUT.
- EATING IS MOSTLY ABOUT TAKING OUT FOOD.

T

- CLOSE SELF, UNWILLING TO COMMUNICATE WITH THE OUTSIDE WORLD, DIFFICULT TO PARTICIPATE IN OTHER PEOPLE'S CHAT TOPIC.
- BECAUSE OF CULTURAL DIFFERENCES, DIFFICULT TO INTEGRATE INTO LOCAL LIFE, EASY TO BE MISUNDERSTOOD.
- DAILY DIET IS SINGLE, LEADING TO NUTRIENT IMBALANCE.

1.2

The difference in life between China and Italy

Although most Chinese students have a certain longing for studying and living in a foreign country, they have really lived there for a while, and the gap is relatively large. Because most Chinese college students live in dormitories and their class life is a group activity. After the spirits, you have to face the problems of renting a house, eating and socializing, and more importantly, you can only go by yourself, no one can assist; I like to play board games in coffee bars or go to billiard halls, KTVs, cinemas, playgrounds and other leisure and entertainment places; There are many options

for dining out, and restaurants are open for long hours, while Italian BAR and restaurants have short operating hours and fewer leisure and entertainment venues.



DIFFERENCE BETWEEN PIEMONTE AND CHINESE FOOD CULTURE



Piemonte



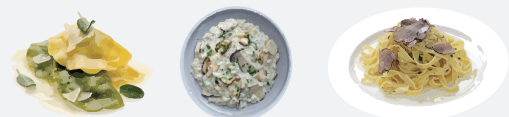
Temperate with a continental character, in the Alps it becomes progressively colder by climbing into quote. In areas located at low altitudes, winters are considered cold but slightly rainy often sunny, with the possibility of snowfall, abundant degrees. The summers are instead and muggy with strong thunderstorms.abundant degrees. The summers are instead and sultry with strong storms.



The land around Piedmont is fertile, close to the Po River plain, with stable irrigation conditions and abundant crops. It is famous for producing Arborio and Carnaroli rice fields.



Based on rich and full-bodied dishes, with a strong presence of meat, cured meats and cheeses, the use of butter with olive oil prevails.



Traditional takes include risotto al Barolo and risotto ai funghi (with porcini mushrooms). Pasta varieties local to Piedmont include agnolotti, a ravioli traditionally stuffed with minced lamb. A cute, mini version is the Agnolotti del Plin, served in a meat broth.

Tajarin, long flat egg pasta strips, are often served with ragù. Rice or pasta with Tartufo d'Alba (truffles) is another speciality to be found, especially in the autumn.

China



Climate

China's climate is mainly affected by the monsoon circulation, which creates a complex climate due to the changing terrain. In the northeast, the summer is hot and dry, and the winter is cold. In the northern and central regions, there is rainfall combined with hot summers and frequent cold winters. There is plenty of rainfall in the southeast, semi-tropical summers and cool winters.



Crop

From north to south, China has fertile soil and abundant crops. More than 90% of the country's rice is concentrated in the southern part of the Huaihe River and south of the Qinling Mountains. Wheat is mainly grown in the north of the Great Wall, and in the west of Lushan and Daxueshan.



Food Culture

Based on abundant food crops, soy products and freshwater fish, processed meat is also rich in nutritional value.



Eating habits

Due to the vastness of China's vast territory, there are differences in climate, property, customs and habits, resulting in many flavors in the diet. China has always had "Nanbei North", and its taste is "South Sweet North and Salty Eastern Spicy West". It is mainly composed of Bayu, Qilu, Huaiyang and Yueshen.



During the evening

Alcoholic beverages

Noisy, dynamic

We chat here, drink aperitif, listen to music, make friends, dance.

Italian
bar

and

Chinese
bar

During the day

Non-alcoholic drinks
–Coffee, milk tea, fruit juice–

Quiet, warmth

We chat here, waiting someone, read books, drink afternoon tea, relax ourselves.



Entertainment place in China



Book coffee bar



Board game bar

Karaoke



Mahjong tea room



Snack Street



Chinese student dormitory

Live in community

Close contact with classmates.

Eat in the canteen, fast and convenient.

University campus has its own social circle,
its information is fast and targeted.



Italian single room

Live alone

Rarely communicate with others.

Cook yourself, time-consuming effort,
irregular diet.

Lack of collective life, no sense of belonging.



Chapter 2

Theoretical Background

After investigating existing local resources (local organizations and institutions, university campuses, and potential partners), as well as exploring the characteristics of Chinese students, we try to find an applicable and feasible theory. In this chapter, we will discuss the positive effects of gourmet diplomacy and community gardens on cross-cultural integration.



2.1

Theoretical support

Helping international students to integrate into the culture of the local community seems to be a very simple problem, but to solve this problem, we need a multifaceted theoretical basis. Not only need voluntary organization activities from the people, but also support from the local government.

The universality of difficulties in living in a foreign country and the need to solve the problem.

The difficulties of international students living in foreign countries have been discovered by many scholars and committed to solving them. There are many reasons for this problem. Different disciplines have their own interpretations and solutions.

For example, the University of Windsor has conducted in-depth research on this problem. Among the array of factors that are relevant to Chinese

international students' studying and living experiences at the University of Windsor, language barriers, previous learning and living experiences, and cultural backgrounds were among the most frequently mentioned.

English language proficiency and cultural differences caused barriers to their willingness and attempts to make friends with native English speaking friends, share residence rooms with them, and become fully involved in group work. Although language proficiency was mentioned by many participants as one factor that influenced their full engagement in the academic and social life on and off campus, it was often cultural differences that thwarted their efforts to be a part of the large community.

It is not surprising that international students feel more comfortable making friends and seeking help from students from their home country, but if the university can find ways for international students to communicate not only with their own cultural circle, but also with other international students and domestic students, more

useful and meaningful learning and living experiences will be offered to both international and domestic students.

This study provides a basis for the university studied and universities elsewhere to address the issues this research raises. It points to the need for future research to explore topics such as how language proficiency and cultural differences are intertwined with the process of Chinese international students' adjustments to Canadian campus life, and in what ways communication and friendship between domestic and international students can be facilitated so as to improve international students' academic and life experience in the new environment.

Feeling of loneliness is the most important social and psychological problem that newcomers may experience when they start to live in a foreign society.

In the immigration related literature, loneliness is a most explored topic among psychological conditions. As modern people who live in their home society feel lonely, newcomers (immigrants) who are far from their family, culture live this psychological problem strongly. Culturally isolated immigrants' health is under important risk .

Two factors are identified which determine the loneliness. The first one is internal factors that is personality characteristics such as ntroversion, shyness, low self-esteem; lack of social skills; negative valuation of interpersonal relationships; feelings of emptiness, wkwardness, and boredom. Second factor which determine the loneliness is external factors such as divorce, loss of a spouse, newly enrolled college students.

Psychological Experiences

Psychological experiences include phenomena such as homesickness, disorientation, depressive reactions, and feelings of isolation, alienation, and powerlessness. International students from collectivist cultural backgrounds may experience lower levels of life satisfaction and higher levels of anxiety than students from individualist cultures.

This disparity may be due to the fact that when greater levels of cultural dissimilarity exist between two cultures, international students experience higher levels of adjustment stress.

Asian students may have more adaptation problems than European students

Cross-cultural studies have shown that international students from a collectivist cultural background, such as East Asians, may have lower life satisfaction and anxiety levels than international students from individualist cultures. Studies indicate that the area of origin of an international student may affect the way the student adapts to campus life in the United States. Asian students may have more adaptation problems than European students, and due to language and cultural factors, they are under greater pressure than other international students.

International students face the challenge of making new friends, coping with loss of social support, and developing a new social support system. While students from a more individualistic culture may identify with the U.S. mainstream culture, others from a more collectivist culture may feel distant. Asian students express that their lack

of familiarity with American social norms and customs make it difficult to make American friends and establish a social support network. Redmond and Bunyi found that British, other European, and South American students were more able to initiate interactions and maintain interpersonal relations with U.S. host students than Korean, Taiwanese, and Southeast Asian students .

Sheila (studied at Botswana International University of Science and Technology) was interviewed in a paper. Sheila commented that she often felt discriminated against while shopping in the grocery store. She said that the store assistants would "throw products to me or talk sweet and friendly to the white person in front of me but when it's my turn they never say hi." Peter is Japanese and more than once had someone in a store or car, shout to him "go back to China". He attributed it to "maybe they have some hatred for Chinese." His experience also included "Often Americans make a frown face because of my English. They don't try to understand what we're saying."

Two of the seven participants sought the services of the on-campus Psychological and Counseling Center for help with their feelings of loneliness and alienation.

International students have positive economic and educational impacts on their host country. International students have positive economic and educational impacts on their host country. They contributed more than 35 billion U.S. dollars to the U.S. economy through tuition and living expenses, including board and lodging, books and supplies, transportation, health insurance, and supporting members of accompanying families. Foreign expert on American exports (Institute of International Education, 2016).

However, from the narratives of the East Asian graduate students in this study, adjustment to the new culture is not smooth and results in acculturative stress. One conclusion that can be drawn from study participants' experiences is that while it may be expected that cultural differences impact international

students' academic and social integration at the institutional-level, significant negative effects may exist at a department-level. This cultural effect suggests colleges and universities adopt micro-level strategies (e.g. faculty and staff workshops or seminars) to raise the sensitivity of departmental academic and administrative staff to the cultural differences and problems of international students originating from the same region and different regions.

A final conclusion that can be drawn from study participants' experiences is that institutional programming and services need to be intensified for international student sub-populations. At an institutional level, campus support offices need to be cognizant of findings in the research literature and be more effective in their outreach to these students. Obtaining regular feedback from these students will also help colleges and universities better serve its international clients and reduce the incidence of acculturative stress. Feedback might be obtained through online surveys or scheduled feedback sessions with students. Communication is

definitely key to addressing the problems faced by international students as they adjust to student life in the host country.

2.1.1

Culinary diplomacy

"Dining is the soul of diplomacy" – Lord Palmerston (Prime Minister of the United Kingdom 1859-1865)

Culinary diplomacy is a distinctive form of communication through food, and is occasionally used as a synonym for gastro diplomacy, although some authors make a distinction between the two concepts. In terms of activities, it can encompass not only consumption in the sense of tasting food of a specific origin, but also in the 'rituals' or practices of preparation, serving and eating, presenting a kind of performative act.

Another definition is that offered by Sam Chapple-Sokol, who defines culinary diplomacy as

the "use of food or a cuisine as a tool to create a cross-cultural understanding in the hopes of improving interactions and cooperation."

Eating behavior and the meaning behind it

Food symbolic culture is a cultural phenomenon with symbolic significance in human food life. It is an important medium for people to transmit various information and express thoughts and feelings.

The study of food symbolic culture regards the person as the subject and the food and eating activities as an object as an inseparable organic whole, and studies how the whole society and people of all ethnic groups give different dietary activities according to their own needs at different levels. Various specific cultural symbolic meanings include the classification system of various foods and eating utensils that people adopt certain ways of thinking and expressions in accordance with the requirements of cultural traditions, and the roles that different people play in various specific eating activities. And behaviors, the various internal concepts and mental states of people as groups and individuals, and the functions of culturally

symbolic dietary activities in social operations.

Food symbolic culture is a cultural phenomenon with symbolic significance in human food life. It regards food, the most basic life needs and life activities of people, as a cultural symbol. Through people in various ritual processes and daily life, using specific food, eating utensils and eating behaviors as media or carriers, and adopting intuitive and vivid thinking and expression methods such as analogies and associations, they will be hidden in the hearts of groups and individuals. The deep desires, desires, emotions, emotions, personalities and corresponding values are fully revealed. It has the function of transmitting information, communicating interpersonal relationships, regulating behavior activities and understanding natural and supernatural phenomena.

Symbolic food consisting of auspicious food, taboo food and divination food plays a special role in the overall structure of dietary symbols. Together with

symbolic eating utensils and symbolic eating behavior, it has become an important medium for people to convey various information and express their thoughts and feelings.

Food and strangers

In "Feast: Why Humans Share Food", Martin Jones, a professor in the Department of Archaeology at the University of Cambridge, combed through the history of "humans" sharing food for thousands of years by telling stories.

Why do humans like to organize dinner parties? How does sharing food bring about human evolution? Under what circumstances will people go beyond their families to gather together to share food in a larger group?

What to eat and what not to eat is not only a question of science and hygiene, but also a question of history and culture. Different civilizations and groups often have different eating habits and taboos. The ability to sit

together and share food has also become an important sign of distinguishing "inner groups" from "outer groups."

Sometimes we refuse to eat some very delicious food in order to claim that we belong to a specific group, rather than other groups. This is to distinguish ourselves from outside groups. We also despise other groups who like to eat those dirty with relish., The food we rejected. Sharing certain foods at banquets means that while building an "inner group", it excludes the "outer group".

In fact, we can speculate that between these different groups, whether it is gatherings, exchanges or intermarriages, both parties need to have a certain degree of consensus on the logic of holding banquets in marginal areas. That is, at these banquets, strangers will Become commonplace.

A way to understand culture

Food traditions often showcase distinct divergences throughout the world. Even among people who have comparable cultural backgrounds, eating habits are not the same. So it is possible for a person to understand a culture through a meaningful study of food habits of a cultural group. Food, then, enables a person to become familiar with a new culture, since food and beverages are intertwined with cultural traditions. Apart from its association with the place and its heritage, food plays a vital role as a tourist attraction.

Food and economy

Food plays an influential role in the economy of a country and helps in providing more job opportunities and rural developments and increase in produce. It gives more hope for the rural as well as the urban communities for a better future and brings in a lot of creativity in business as well of food production by creating and infusing spectacular fusions which end up being phenomenal

and as a geographical marker. The most interesting part of the whole food and travel experience is all about learning the culture and history of the particular place through its food and mingling with the locals and getting to know more about them. To make the travel experience more fun-filled, food-safaris, mysterious culinary tours can also be added along with tour packages.

The 17th-century writer François de Callières said: "The natural effect of good dining is the opening ceremony of friendship."

The founder of the Chef's Club of the Head of State and French businessman Gilles Bragar Give a higher evaluation: "There are no contradictions in the world that cannot be solved through the stomach."

If diplomacy is an art, then the moment when food appears is the warmest and most emotional moment of this art, if politics makes people Separate, then we hope that food can bring people together. for instance: Multilingual aperitivo, multilingual programs organized by the school, such as singing competitions, e-sports.

Summary

After investigating existing local resources (local organizations and institutions, university campuses, and potential partners), as well as exploring the characteristics of Chinese students, we tried to find an applicable and feasible theory. In this chapter, we will discuss the positive effects of food diplomacy and community gardens on cross-cultural integration.

When we are looking for a social method that can be applied to all people, food diplomacy is the fastest way for a foreigner to understand the local culture is nothing more than food and tourism. This method requires universality and strong enforceability.

2.1.2

Community Garden

What is a community garden?

What is a community garden?

Since its origins in Europe and England in the early 19th century, community gardens have always existed in various forms. After many centuries of evolution, the meaning behind the practice of community gardens has undergone certain changes, but the social, economic and environmental benefits brought by community gardens have always been affirmed.

For different people, community gardens have several different

definitions. For some, community gardens are places where food, flowers, and herbs are grown; for others, it's re-establishing contact with nature or doing things. A place for physical exercise; there is also a place where people think that the community garden is where they build friendship with their neighbors in the community.

All in all, a community garden is a place where people can organize together to grow fresh food, learn, relax and make new friends.

The term "community garden" is an inclusive term that encompasses various terms, involving practices such as food gardening, community participation, and government support and participation. The community garden is a multifunctional place with a variety of spaces, plants, environments and opportunities. They have attracted people from all walks of life in society and have met various interests and needs.

As we stated in the theory section, community gardens have received extensive support from the government and social service agencies. It provides a non-commercial place outside of work and home, where people can gather, meet and become friends and neighbors.

Community Garden History

The origins of community gardens can be traced back to 100 BC, when gardening was distributed on a small Celtic plot in Lands End, Cornwall (still in operation today). By the 1800s in the United Kingdom (UK) and Western Europe in the 1830s, city grants were allocated as places where people could supplement themselves. This way is considered to be a means of cost-effective living.

With the development of the second industrialization, the problem of food production and supply was gradually solved, resulting in the reduction of distribution and community gardening; the same as the development of the second industrialization brought environmental problems, urban abandonment and other problems and the establishment of community spirit Desire.

Faced with these problems, local residents rebuilt community gardens and expanded green spaces. Although food production, entertainment,

profitability, and beautification still provide strong reasons for gardening, it has established a new focus on rebuilding social networks and broken urban community infrastructure.

Advantages of community gardens

The community garden is not only a place to grow vegetables, but also an important part of the urban landscape, providing a place where individuals, friends and families can gather.

The advantages of community gardens are many. For example: access to healthy organic food, maximum use of waste and a sustainable lifestyle education, physical exercise, entertainment, crime reduction and public space reclamation, community gardens have made great contributions to the community. Community residents break cultural barriers through friendship, social activities, and social skills development. With community participation, they build a sense of belonging and community spirit, interact with strangers, and ultimately help reshape the social structure.

Research on happiness of community participants

Among the many successful cases, we can find that the community garden helps to improve the social network, enabling residents to meet, socialize and learn about other organizations and activities/issues. This concept is once again interpreted through the community garden, which encourages neighbors in the community to work and socialize together.

in conclusion

The current community garden model has been formed in the last century, and has been put into practical use since 100BC. In so many years of evolution, its purpose has changed somewhat, but it still has a positive and outstanding impact on the progress of the community. Because community gardens can promote friendship by enhancing people's social activities and skills. It can also break cultural barriers and enhance the sense of belonging and community spirit among strangers.

THEORETICAL
SUPPORT

Aquaponics



Local River by Mathieu Lehanneur
home storage unit for fish and greens

French designer Mathieu Lehanneur has created Local River, a concept for a domestic "refrigerator-aquarium" that breeds freshwater fish for eating and grows vegetables at the same time.

The plants extract nutrients from the nitrate-rich dejecta of the fish. In doing so they act as a natural filter that purifies the water and maintains a vital balance for the eco-system in which the fish live.

By doing so they aim to reduce impact on the environment inherent to the transport of foodstuffs, while ensuring their traceability.

Local River aims to replace the decorative 'TV aquarium' by an equally decorative but also functional 'refrigerator-aquarium'. In this scenario, fish and greens cohabit for a short time in a home storage unit before being eaten by their keepers, the end-players in an exchange cycle within a controlled ecosystem.

Materials: glass: blown & thermoformed, water pump, joints.
Dimensions : Large : 64 x 29 x 39 inches, Small : 29 x 18 x 36 inches.



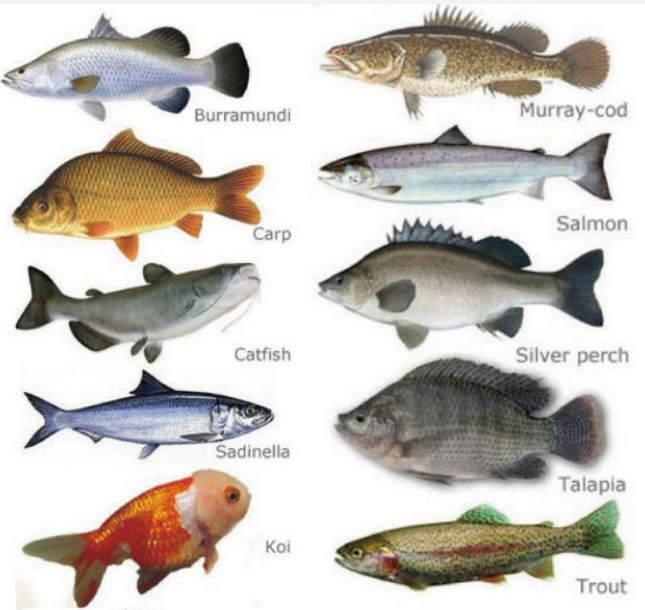
A Rotary hydroponic cultivation demonstration at the Belgian Pavilion Expo in 2015.

Plants that will do well in any aquaponic system:

- any leafy lettuce
- pak choi
- kale
- swiss chard
- arugula
- basil
- mint
- watercress
- chives
- most common house plants

Fish that we have raised in aquaponics with good results:

- tilapia
- blue gill/brim
- sunfish
- crappie
- koi
- fancy goldfish
- pacu
- various ornamental fish such as angelfish, guppies, tetras, swordfish, mollies



THEORETICAL SUPPORT

Urban horticulture & Urban agriculture

Urban agriculture can reflect varying levels of economic and social development. In the global north, it often takes the form of a social movement for sustainable communities, where organic growers, 'foodies,' and 'locavores' form social networks founded on a shared ethos of nature and community holism. These networks can evolve when receiving formal institutional support, becoming integrated into local town planning as a 'transition town' movement for sustainable urban development. In the developing south, food security, nutrition, and income generation are key motivations for the practice. In either case, more direct access to fresh vegetables, fruits, and meat products through urban agriculture can improve food security and food safety.



The Prinzessinnengarten Berlin
urban vegetable garden

The Prinzessinnengarten is an urban vegetable garden. Here in the city center, on a plot that lay disused for decades, vegetables are grown. The garden owes its existence to the commitment of countless neighbors, friends and interested people.

The garden as a whole is mobile. The bar, kitchen, workshop and storage facilities are located in disused and converted shipping containers. Crops are planted in raised beds made from stacked crates or in rice sacks. A method of cultivation that is independent from the ground below, combined with the use of food-grade materials, allows for organic farming in a city where the lands available are usually either paved or contaminated. In addition, a mobile garden allows for the possibility of temporary use. The possible privatization of this land could lead to the relocation of the garden to a different site.

Income is generated through the garden's restaurant and the sale of vegetables, from funds that we acquire for the implementation of various educational projects, from the construction of other gardens, consulting services, fees for images, presentations and guided tours, as well as donations in form of planter and garden sponsorships.

The Prinzessinnengarten is more than just a place to grow vegetables in the city. It is a space for diverse activities. Through the opportunity to contribute and to participate in open workshops, through the garden café and a variety of cultural events, the Prinzessinnengarten has become a lively meeting place with appeal far beyond the neighborhood.

The alternative use of urban land, self-sufficiency and community work are also generally associated with wider societal issues. Through practical activity, this new garden movement takes up issues like biodiversity, healthy eating, recycling, environmental justice, climate change and food sovereignty.



THEORETICAL SUPPORT

Vertical farming

Pasona Urban Farm by Kono Designs

A Vertical Farm Inside and Out



New York firm Kono Designs created the urban farm in 2010, in a nine-storey office building in Tokyo to allow employees to grow and harvest their own food at work.



Plants hang in bags surrounding meeting desks and there are vines growing within vertical cages and wooden plant boxes around the building.



Using both hydroponic and soil based farming, crops and office workers share a common space.



All of the food is harvested, prepared and served on-site in the cafeterias. Pasona employees are encouraged to maintain and harvest the crops and are supported by a team of agricultural specialists.

Besides future sustainability of farmers, Pasona HQ's urban farm is beyond **visual and aesthetic improvement**. It exposes city workers to growing crops and **interaction** with farmland on a daily basis and provides improvement in **mental health**, productivity and relaxation in the workplace. Studies show that most people in urbanised societies spend over 80% of their time indoors. Plants are also known to improve the **air quality** we breathe by carbon sequestration and removing volatile organic compound. A sampling on the air at Pasona HQ have shown reduction of carbon dioxide where plants are abundant. Such improvement on the air quality can increase productivity at work by 12%, **improves** common symptoms of discomfort and **ailments** at work by 23%, reduce absenteeism and staff turnover cost.



Employees of Pasona HQ are asked to participate in the maintenance and harvesting of crops with the help of agricultural specialists. Such activity encourages **social interaction** among employees leading to better teamwork on the job. It also provides them with a sense of **responsibility** and **accomplishment** in growing and maintaining the crops that are ultimately prepared and served to their fellow co-workers at the building's cafeterias.

Pasona Urban Farm is a unique workplace environment that promotes higher **work efficiency**, social interaction, **future sustainability** and engages the **wider community** of Tokyo by showcasing the benefits and technology of urban agriculture.

2.2

Policy Support

Turin Food Policy

the Milan Charter - to which the Milan Center has collaborated for the part relating to the law - and the Milan Urban Food Policy Pact, which contextualizes the commitments of the local authorities, will not remain a dead letter: an objective for which the Milan Center which has set up an international network that today has over fifty agreements with international organizations, institutions, NGOs, research institutes and local bodies. Among these is the

Municipality of Turin, deployed at the forefront to guarantee the rights of those who are hungry and to make food an element of social, environmental and economic development of the area.

The first "nonviolent weapon" that the Municipality of Turin has put in place seems to be precisely that of the law. Turin thus affirms itself as the first large Italian municipality to have recognized the right to adequate food in its Statute, understood as: "the right to have regular, permanent

and free access to quality, sufficient, nutritious, healthy food acceptable to a cultural and religious point of view, which guarantees the mental and physical satisfaction, individual and collective, necessary to lead a worthy life "(art. 2 Turin Statute letter O).

The second weapon consists in the multilevel approach to the food governance policy of the territory in which the Turin institutions are working: the fact that among the co-authors of this publication there are representatives of the municipalities, of the metropolitan city, of the municipalities of the metropolitan area adhering to International Turin, the University and civil society testifies to an interinstitutional collaboration which, in Turin, is a concrete reality before being a political objective, as well as a factor of strategic development.

It is also interesting to note how the visions of the various players in the Turin area involved in the process of building a Turin Food

Policy manage to contribute, each for its part, in outlining the strategic and political perspective of a territory.

The synergy that, on the subject of Food Policies, can mature between the Turin and Milan areas, equally committed to a strong process of building a Milan Food Policy. Turin and Milan are in fact 45 minutes away by train and seem to be destined to become a large megalopolis with a green and agricultural heart that unites them. Furthermore, the collaboration between the two cities - started within the framework of the European Food smart cities for development project and in the process that led to the drafting of the Milan Urban Food Policy Pact - can only be implemented and legitimized by an institutional and permanent character.

The meaning that an experience such as that of the Municipality of Turin can have compared to other Italian Municipalities in their path of construction of a

Food Policy right to food oriented: because it is precisely from the bottom, from the experience of the municipalities, that the first concrete responses on the many ways available to public, local, national and international institutions to fulfill the duty of adequate food. That is to say the right of every human being "to have regular, permanent, free access, both directly and through monetary purchases, to food that is quantitatively and qualitatively adequate and sufficient, corresponding to the cultural traditions of the population of which the consumer belongs and in able to ensure a psychic and physical life, individual and collective, devoid of anxiety, satisfying and worthy "(Ziegler).

In conclusion, Turin will effectively be the forerunner when every other Italian city begins to review its activities aimed at guaranteeing the different aspects of access to food and will be able to build a right to food oriented strategic thinking on them thanks to the

inclusion of specific provisions to introduce the right to food in the respective Statutes.

Slow Food

Terra Madre and Salone del Gusto is organised by Slow Food, the City of Turin, the Piedmont Region, Terra Madre Foundation and MIPAAF (Ministry of Agricultural, Food and Forestry Policies) .

The Salone del Gusto is one of the most globally important cultural and international trade fairs about food. The main goal of the exhibition is to promote and sustain artisan, sustainable food and small-scale producers who safeguard local traditions and high-quality products, coherently with the principles that move Slow Food activities.

One of the most important themes of the exhibition is agricultural and cultural biodiversity, dealt with by the Ark of Taste project, which strives

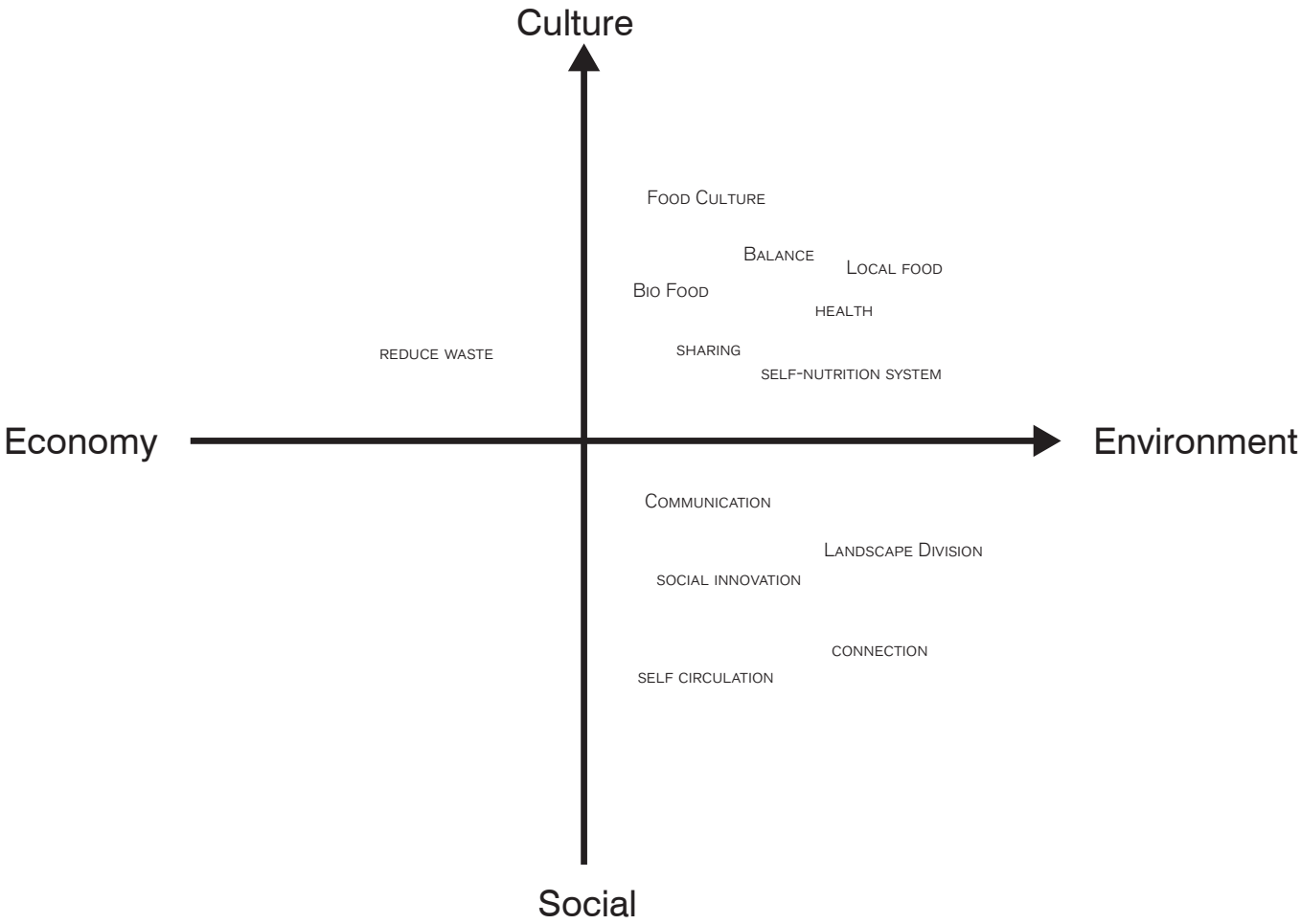
to document products that are quickly dwindling into extinction.

Since 2004, the Salone del Gusto has been organised jointly with the biennial meeting of Terra Madre, a network launched by Slow Food in order to support small-scale producers, give them a voice and visibility, raise awareness about the true value of their work and provide them with the necessary tools to be able to work in better conditions.

The Terra Madre network currently includes more than 2000 food communities all over the world, gathering those players in the food chain who support sustainable agriculture, fishing, and breeding with the goal of preserving taste and biodiversity.

The network brings them together with academics, chefs, consumers and youth associations so that they can join forces in working towards a more sustainable food system.

CASI STUDIO:



1.IL MENU L’ HO FATTO IO-Turin Food Policy

Inspire: This approach allows us to create menus that can bring healthy and ecology, at the same time representing an educational opportunity for teachers, families and canteen commission.

Key Word: Bio Food , FOOD CULTURE, HEALTH

Help: Guide us to innovate Chinese and Western food culture, create a new menu of healthy ecology, and integrate into local life.

Cooperation: With local farmers to guide students on how to grow local vegetables.



4.FRAICH’ATTITUDE-Parigi, Francia, 2004

Inspire: Sharing the kitchen, you can try to learn the nutritional value of fruits and vegetables and different cooking fun.

Key Word: LOCAL FOOD,SOCIAL INNOVATION, COMMUNICATION , CONNECTION

Help: Students can be guided to recognize and understand local vegetables, through exchanging to understand how to cook and find cooking pleasure,at the same time understand the importance of nutritional balance.

Cooperation:Learn with local chefs, learn how local vegetables cook, and have some knowledge of your dietary health issues.



2.ORTI SCOLASTICI-Turin Food Policy

Inspire: The program aims to become an educational tool to change the role of people by transforming them from consumers to co-producers: in particular, giving children the opportunity to try and be "farmers".

Key Word: FOOD CULTURE, HEALTH, ECOLOGY

Help: Students change their thinking of consumption, so that they can think from the perspective of consumers to the co-producers and pay attention to the health of food and environmental issues.

Cooperation: With local farmers to guide students on how to grow local vegetables.



5.THE APPLE ORCHARD--Ton Matton

Inspire: Peach Trees Planted In Colorful Pots And Fed Through A Special Eco-sustainable Self-nutrition System, All Designed By The Dutch Designer Ton Matton.

Key Word: LOCAL FOOD, SELF CIRCULATION, LANDSCAPE DIVISION

Help: You can use the space outside the school to grow vegetables and let students know how this vegetable is grown.

Cooperation:



3.RECIPEASE--Brighton a londra.inghilterra.2009

Inspire: Created a new formula specifically for the preparation, sale, purchase and consumption of food. Find how to cook a healthy and relaxed way to rediscover the fun at the table .

Key Word: LOCAL FOOD, SOCIAL INNOVATION, COMMUNICATION, CONNECTION

Help: Design different menus according to the season of vegetables and perform interactions, tests and assembly tests to meet people's needs and tendencies; to provide ingredients for basic dishes.

Cooperation: Learn with local chefs, learn how local vegetables cook, and have some knowledge of your dietary health issues.



5.The Edible Schoolyard

Inspire: In the kitchen classroom, our chef is a guide to exploring the ways in which culture and our personal relationships and food are obtained. Cultivating students appreciation of diversity and their ability to learn from differences.

Key Word: LOCAL FOOD, SOCIAL INNOVATION, COMMUNICATION, CONNECTION, ECOLOGY

Help: Understanding how we interact with the food we eat can teach us to clarify the connection between anyone and anything, foster relationships, and make our family and community resilient. .

Cooperation: Learn with local chefs, learn how local vegetables cook, and have some knowledge of your dietary health issues.

FOOD INNOVATION AND ACTIVITIES



Torino

The local Piedmontese cuisine is some of the most varied and celebrated in Italy. Piedmont is the region where the Slow Food movement was born, just a few kilometres away in Bra, with many eateries inspired by the Slow Food concept focusing on local, fresh, top quality produce. Salone del Gusto e Terra Madre, a biennial international food fair and convention, is hosted in Turin in the autumn to highlight the importance of producing locally, eating healthily and savouring socially.



Food policy

NUTRIRE TORINO METROPOLITANA Verso una Città metropolitana del cibo

In the year of the launch of the theme "Nutrire il pianeta" at the Milan Expo, Turin launched the Food Policy Declaration, which provides the best strategy for food supply, education and food security. NUTRIRE TORINO METROPOLITANA is a process that wants the participants of the food system to take on collective consciousness and has an "irreversible" relationship with each other.

Food innovation initiatives

On the territory of Turin various policies have been activated, public and producer organizations and consumers, among which we remember:

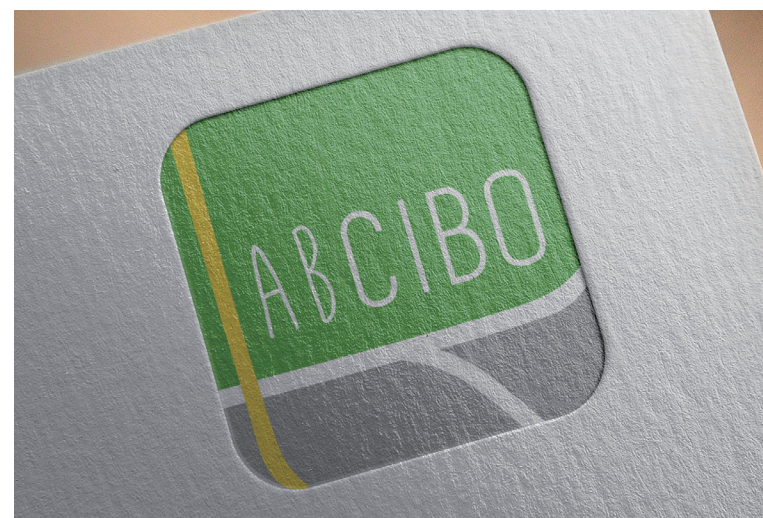
- TOCC-Turin city to be cultivated
- Four Cities for Development or Rururbal
- Urban Food Planning



It involves adults and children presenting food with all its cultural, social and naturally organoleptic values. With the Gardens in Conduct pupils and families approach food culture, learn the value of seeds and fruits, protect the earth's resources, and then choose what we eat according to our needs and not according to those of the market.



There are other important case studies: Cibogramma and ABCIBO, which aim to link food to different ethnic groups and set up courses in schools to teach production, processing, consumption and disposal, and help other ethnic groups to connect with Turin. Local life.



In 2007, Eataly Torino Lingotto was completed in the Turin Industrial Zone in the former winery of Carpano. EATALY's mission is to create a harmonious place where the public can spend the time to taste the same high quality products, and you can also buy and learn through educational activities.

Chapter 3

Design - Solutions

In order to ensure the executable of the workshop, we borrow the resources provided by the university to the greatest extent, modify and add new content on the basis of the existing and successfully implemented innovative activities. The participants in the event and the brands and companies involved should all come from the local area.



3.1

Mode - workshop

What is a Workshop?

A workshop is organized to do research, to hypothesize new visions and strategies, to brainstorm, to search together for answers to interesting questions, sharing all, organizers and participants, not only the design experience, but also the final conclusions.

The Benefits of Workshops

MAKE FRIENDS

Finding someone with the same

passion as you is always a treat. Workshops are a terrific way to meet other people with shared interests in your area. Granted, it's not a guarantee that a friendship will blossom, but it never hurts to try. At the very least, everyone will be able to find a colleague.

NEW WAYS OF THINKING

Nobody shares the same world view, and their interpretation of something could be drastically different from yours. Fellow workshopppers may offer a startling unique view on your piece than what you see it as.

Being exposed to new points of view can offer new insight and ideas.

NEW SKILLS

If the workshop is recurring or follows more of a class-type layout, it's entirely possible to learn something new. Even if it's not designed for teaching, it does not make an educational experience impossible. For example, a pottery course may have you using a type of clay you've never experimented with before. A choir could introduce you to new keys you haven't sung in yet. It ties in with the different points of view, to some extent, as others may have more experience with the skill or topic in question.

NEW OPPORTUNITIES

It can be difficult to get your work out there without an agent of some kind. Workshops can help you gain exposure by introducing new ways to publish or otherwise showcase your work.

HAVING FUN

Most importantly, workshops

are meant for growth and enjoyment. Even if you find your work not improving drastically, you may still have a valuable time attending. When you're happy, your productivity and creativity increase. Admittedly, some creative types work better when they're depressed, but it's not true for everyone.

MOTIVATION TO WORK

When you have an audience, you're more driven to complete your project. Being part of a workshop is great for providing such motivation as it's a promise someone else will view your work. Again, if the meetup is held multiple times and additional content is expected each time, it's all the more incentive to create more. It's not a surefire way to fight creative block, but it can certainly help.

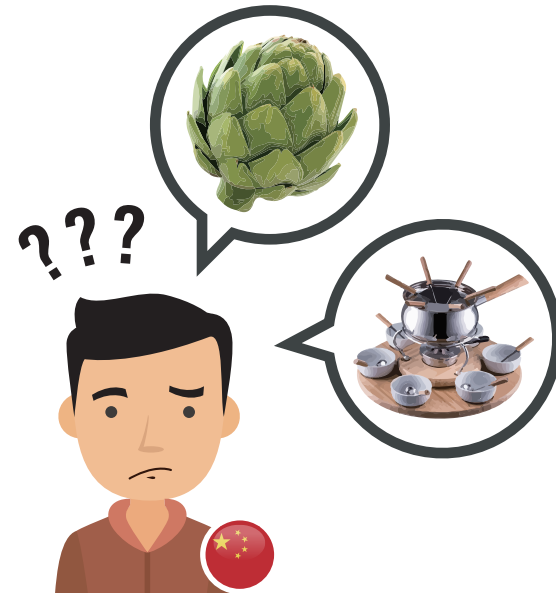
WORKSHOP CONTENT

1 course Local cuisine courses

?

Why

- Most Chinese students living in Italy do not know how to cook Italian dishes.
- They do not fully understand how to use fresh vegetables and various goods sold in Italian supermarkets.
- However, cooking Chinese cuisine in Italy is very inconvenient. Students need to go specially to a Chinese supermarket to buy ingredients and seasonings.
- Students usually buy a lot of ingredients and non-fresh foods such as instant noodles. These foods have a long shelf life, but they are neither nutritious nor healthy.



!

Who

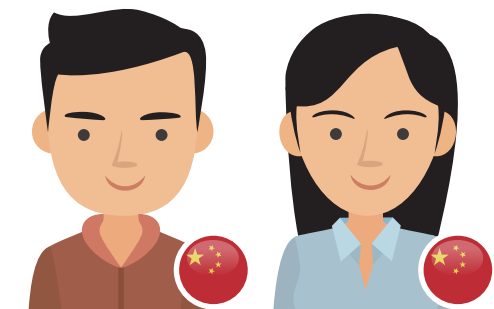
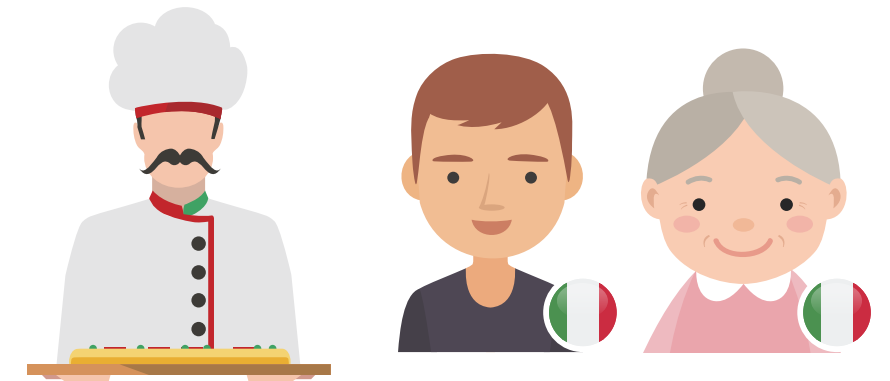
- Italian chef
- Senior housewife
- Experienced Italian student & Chinese student

Do

- Teaching Chinese students Italian traditional dishes.
- Introduce the history and nutritional value of dishes.

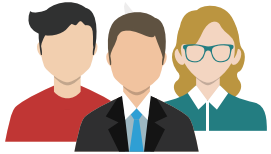
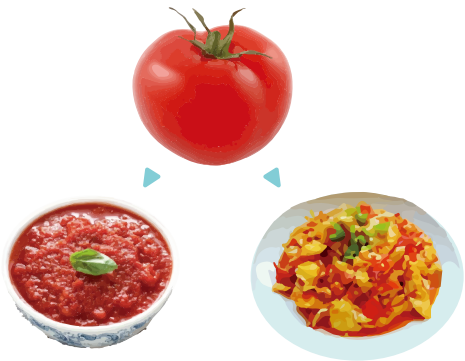
To

- Promote Chinese students to adapt to the Italian living environment.
- Improve monotonous diet structure.
- Enhance understanding of local culture.
- Create an opportunity to contact and make friends with local people.

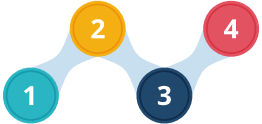


WORKSHOP ACTIVITY 1

Local cuisine courses



18 Members



Steps



1 Guide
1 Translator
Organizer

1

The guides explain the process and purpose of the activities and introduce each other.



2 Local farmers
(1 Chinese & 1 Italian)
Collaborators

2

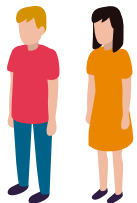
Farmers bring fresh ingredients and explain to students how to pick and store.



2 Chef or Senior housewife
(1 Chinese & 1 Italian)
Expert

3

The chef teaches students how to cook and explain the nutrients of the ingredients.



12 Student
(6 Chinese & 6 Italian)
Participants

4

Students learn an Italian dish and a Chinese dish. Then everyone tastes and exchanges together.



Location

Chinese Restaurant
(Hot Pot. Induction cooker can be provided. Supply enough voltage.)



Time

19:30
-
21:30

WORKSHOP CONTENT

2 course Explore recipes

?

Why

- In general, Chinese students are not used to Italian food because of the flavor of the dishes. But the flavor of the dishes usually depends on the seasonings and cooking methods. The choice of ingredients can be very flexible.
- Students do not need to cling to well-known Chinese vegetables, but should try to cook fresh local vegetables.

Also

"il pasto come attivatore di relazioni, momento di condivisione, scambio e interazione, ambito privilegiato per l'indagine sociale."

- When Chinese students first came to Italy, they needed an opportunity to make friends and to contact Italian culture. Nothing is better than creating dishes and tasting food together.



!

Who

- Italian student &
- Chinese student

Do

- Exchange cooking experience and experiment with new recipes.
- Try to present common dishes with ingredients that have never been tried.
(Chinese dumplings made of fennel bulbs & Italian food made of fennel leaves)

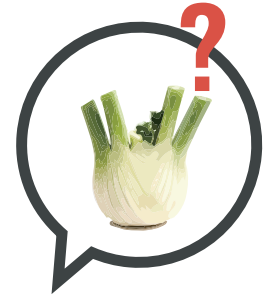
To

- Create a platform for Italian students and Chinese students to exchange culinary experiences and learn about each other's culture.
- Change the social patterns of Chinese students, integrate them with local communities, and make new friends.

Chinese lettuce



Fennel?

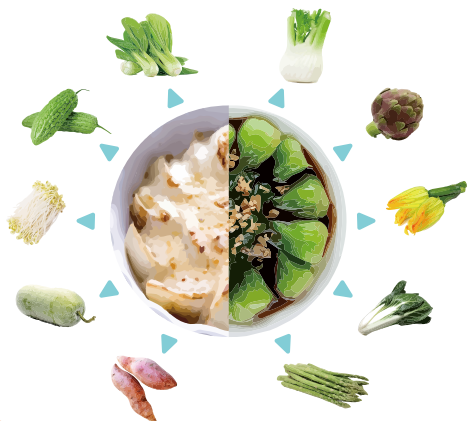


Stir-Fried Celtuce



WORKSHOP ACTIVITY 2

Explore recipes



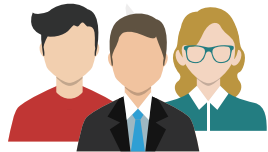
Location

Chinese Restaurant
(Hot Pot. Induction
cooker can be provid-
ed. Supply enough
voltage.)

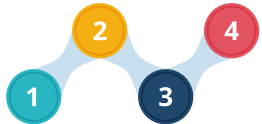


Time

19:30
-
21:30



18 Members



Steps



1 Guide
1 Translator
Organizer

1

The guides explain the
process and purpose of
the activities and intro-
duce each other.



2 Local farmers
(1 Chinese & 1 Italian)
Collaborators

2

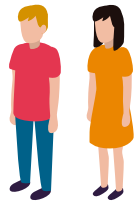
Farmers bring fresh
ingredients and explain
to students how to pick
and store.



2 Chef or Senior housewife
(1 Chinese & 1 Italian)
Expert

3

The chef teaches
students how to cook
and explain the nutrients
of the ingredients.



12 Student
(6 Chinese & 6 Italian)
Participants

4

Each group uses an
Italian cooking method
and a Chinese cooking
method to cook a variety
of ingredients and finally
tasted and evaluated
together.

WORKSHOP CONTENT

?

Why

- Most Chinese students living in Italy

There is no experience in buying vegetables, and for the local

Little is known about vegetables.

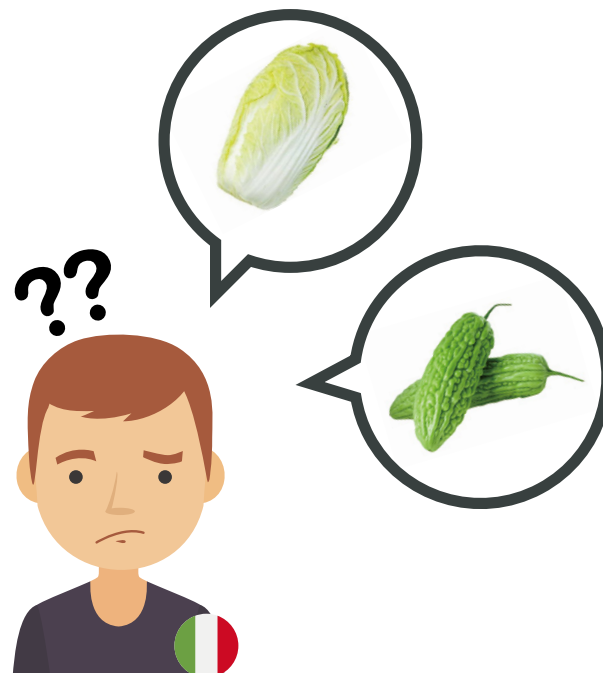
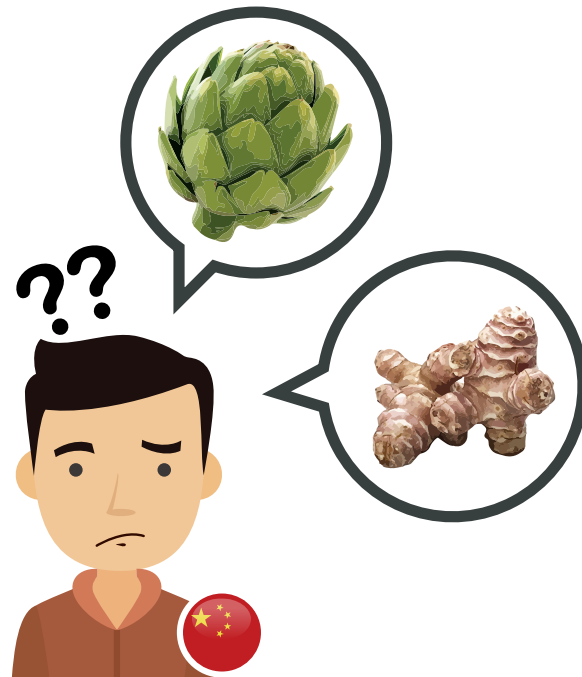
- Most Chinese students do not understand that the vegetables they eat everyday are from
Where did it come from?

- Chinese students know little about local vegetables, leading to diet

Single, unbalanced health.

- Chinese vegetables are sold at PORTA PALAZZO, leading to Italy

The students do not know or understand the nutritional value of Chinese vegetables and their cooking methods.



3 course Local farm experience

!

Who

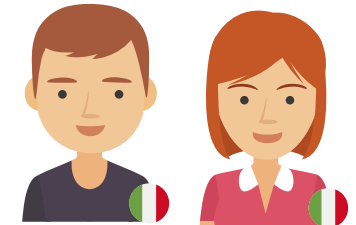
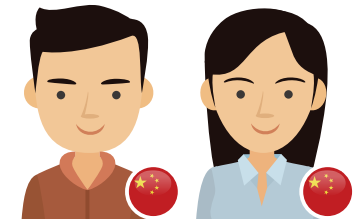
- Italian farmer
- Chinese farmer
- Experienced Italian student &
- Chinese student

Do

- Italian farmers teach Chinese students about local vegetables.
- Introduce the cultivation process and nutritional value of local vegetables.
- Chinese peasants taught Italian students to recognize Chinese vegetables; to understand the process of planting vegetables and nutritional value in China.

To

- Promote Chinese students to adapt to the Italian living environment.
- Improve monotonous diet structure.
- Improve understanding of local vegetables.



WORKSHOP ACTIVITY 3

Local farm experience



Location

Around Turin Farm



Time

9:00

-

15:00



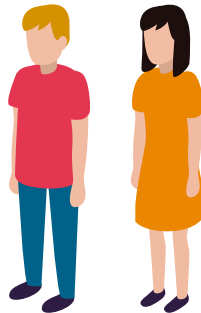
20 Members



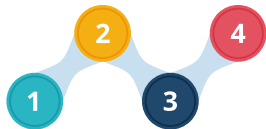
Translator
Organizer



Local farmers
Collaborators



Student
(10 Chinese & 10 Italian)
Participants



Steps

1

-Register for a farm growing experience on MIX UP.
Assemble enrollees to experience the local vegetables at the farm near the university.

2

-After arriving at the farm, the local farmer introduced the current situation of the vegetable garden, such as: what kind of vegetables are grown in the summer, how to plant, and planting techniques.

3

-Grouping: group of 4, two Chinese students, two Italian students; learning how to grow vegetables, experiencing how to grow vegetables, composting, picking, washing, packing.

4

-After the event is over, share the experience of the farm planting on the website of the query stock price and experience the planting experience.

WORKSHOP CONTENT

?

Why

- At present, most Chinese students study abroad language problems and cultural differences lead to monotonous life and narrow social circles.
- It is difficult to change the daily life habits in China, and it is difficult to integrate into the local environment. It is not known about the local social model, and little is known about the local food culture.
- For local fresh foods, famous products are not known, cooking methods are not known.



4 course

Schoolyard planting culture

!

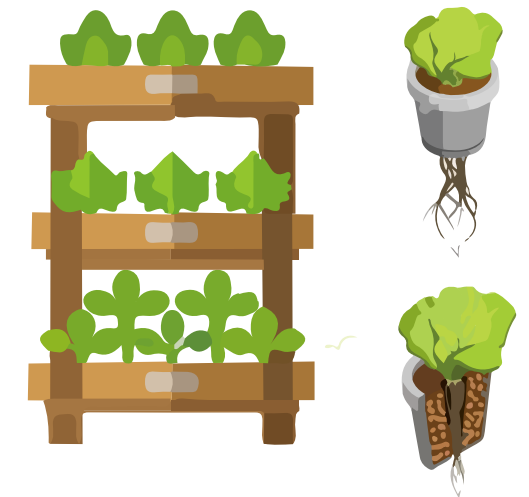
Who

- Italian farmers

- Italian students
&
- Chinese student

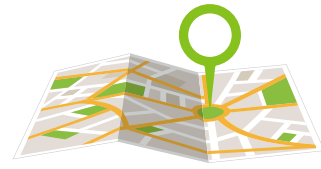
do

- Teach Chinese students Italy knows local vegetables.
- Introduce vegetable growing techniques and planting process.
- to
- Promote Chinese students to adapt to the Italian living environment.
- Improve understanding of local vegetables.
- Create opportunities to connect with local people and make friends.
- Building a Harmonious Campus CultureChinese food culture.



WORKSHOP ACTIVITY 4

Schoolyard planting culture



Location

Around schoolyard



Time

14:00

-

16:00



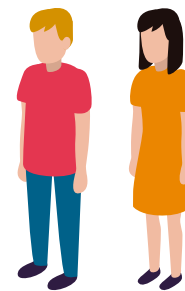
16 Members



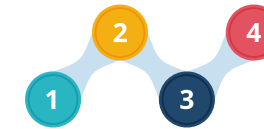
Translator Organizer



Local farmers Collaborators



Student (8 Chinese & 8 Italian) Participants



Steps

1

-Announce the activity notification on the MIX UP website and organize Italian and international Chinese students to participate in campus vegetable activities. The duration of the project is 3 months.

2

- Plan reusable green areas in schools, select vegetables with fast growth cycles and easy growing, and understand planting techniques.

3

-A total of 16 people, a group of 2 (Chinese students and Italian students), each group take care of and record the cultivation of vegetables.

4

-Vegetables can be picked, and Italian students and Chinese students can be picked to cook together and enjoy their own labor.



3.2

Process

Step 1: Attract participants to sign up

We hope that participants will be able to understand all the information about this workshop before they come to the site, from how to sign up, who will be there, what they will do and what they will get. Most of the event posters that appeared on the bulletin boards of the university seemed puzzling to international students like magic spells. No one wants to behave like a fool

when participating in a group event. It is necessary to get some information in advance. Therefore, an online platform is the best solution.

Step 2: Find a group for each participant

The biggest purpose of this workshop is to open up the hearts of international students and give them the opportunity to get in touch with and get to know local students, so as to

overcome social fears caused by differences in language and culture. Therefore, the number of international students and local students in each group should be handled.

Step 3: Divide the difficulty level for the workshop

We hope to build a sustainable community through this workshop. Setting up workshops with multiple levels of difficulty will increase its fun and innovation. Participants will accumulate experience in the elementary courses and develop their creativity in the advanced courses.

Step 4: Collect feedback information

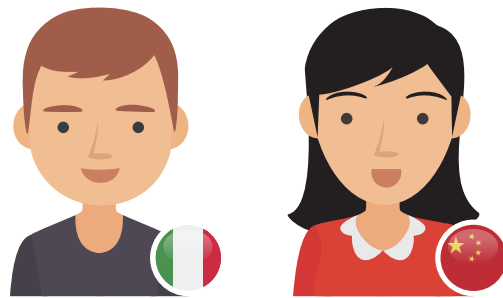
The purpose of each participant is to show and improve themselves, so getting feedback is very important. International

students can not only learn from other international students who also participate in this workshop, but also learn about each other's social habits from local students in the same group. Organizers get feedback from international students to improve the content of the course. Experts and food manufacturers can find business opportunities through feedback from international students.

WORKSHOP PROCESS

Users

- Italian students
- &
- Chinese student



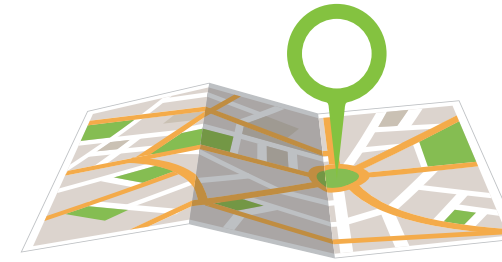
Online application

- Website
- Facebook events
- University Portal E-mail



Location

- University outdoor



Source of material

- Campus vegetable garden
- &
- City Garden
- Local farm



Workshop content

- **Local cuisine courses**
The story of the dishes.
(Festive dishes & Famous traditional dishes)
- **Studying ingredients**
Introduce cooking methods in different countries for certain ingredients.
- **Explore recipes**
Try to present common dishes with ingredients that have never been tried.
(Chinese dumplings made of fennel bulbs & Italian food made of fennel leaves)
- **Nutrition**
Quick nutrition recipes for students.

Further understanding & Online discussion

- **Recipes**
Teaching video
- **Studying ingredients**
The nutritional value of ingredients.
Food storage method.
Seasonality of ingredients.

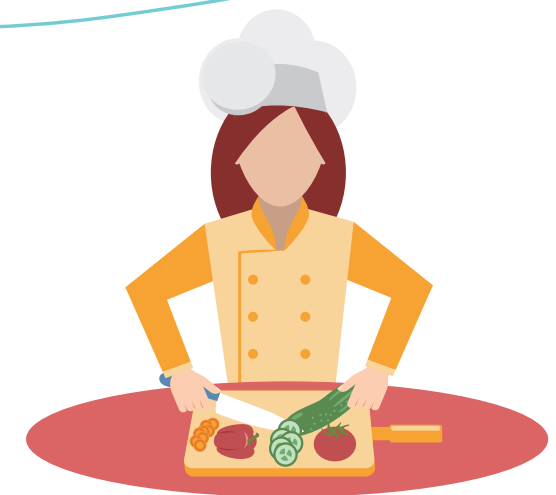


- App
- Website
- Facebook group

- **Interest group**
Exchange experiences and share your cooking dishes.
- **Social platforms**
Meet new friends and cultivate social confidence.
- **Q & A**
Answer questions about daily life.

Feedback

- Evaluation of this event.
- Commenting on the culinary dishes
- Present topics of interest for the next event.



3.3

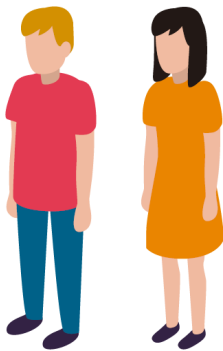
Participants

The development of the workshop requires members from various fields. The organizer is a researcher from the school, the students include half of the local students and half of the Chinese students (of course, it also applies to international students from other countries), and experts vary according to the content of the event, including but not limited to chefs, local farmers, and food manufacturers.



Participants

Who are they and What they do?

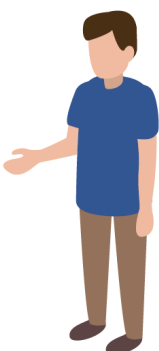


Students

Students are our main service users. The main purpose of this activity is to create a platform for students to communicate with local people, help students understand local culture, learn local cooking, meet new people, and integrate into society.

What they do

- Registration
- Pay
- Online Communication
- Participate in Events
- Feedback and Q&A
- Online Follow-up Learning



Organizer

The designers and organizers of the event are the bridges linking the roles of all parties, making overall plans, formulating economic models, and continuously optimizing the flow of activities.

What they do

- Develop an activity process
- Negotiate with partners
- Promotion and enrollment
- Organize activities
- Improve activities based on feedback



Translator

The translation has saved the dilemma of communication difficulties between Chinese and Italian, ensured that both sides did indeed benefit.

What they do

- Understand the process of the event
- Help Sino-Italian exchanges during the event
- Online platform supervision and proofreading Automatic translation
- Offline assisted business cooperation



Chef or Housewife

Chefs and housewives know how to make full use of local food resources and have full experience in identifying food quality.

They can teach students how to eat healthily and enrich the dietary structure of foreign students so that they can better integrate into the local community through the diet culture.

What they do

- Negotiate with organizers
- Help students identify and select ingredients
- teach students to cook local dishes
- Get feedback
- Improve their visibility



Local Farmers

Local farmers are providers of ingredients, have close contact with the natural environment, build a sustainable ecology, and produce organic, environmentally friendly green food.

They can provide students with the most intuitive suburban blueprints for students to recognize the impact of green planting on the environment.

What they do

- Negotiate with organizers
- Provide and introduce local quality ingredients
- Teaching students planting techniques
- Improve their visibility



Food manufacturers

Provide essential items for cooking and promote local food culture and history. (territorio)

Establish long-term relationships with chefs and farmers. (opportunity)

What they do

- Understand the process of the event
- Help Sino-Italian exchanges during the event
- Online platform supervision and proofreading Automatic translation
- Offline assisted business cooperation

WORKSHOP STORYBOARD



First

- Students can see promotional messages on bulletin boards in universities and Chinese restaurants. They also receive workshop invitations in facebook events and campus portal emails.



Second

- Students can learn more about the event and register for the event on Facebook events or MIX up's website.



Third

- All participants in the event will be invited to a group where participants can meet each other and ask questions to the organizer.

WORKSHOP STORYBOARD



Fourth

- When participating in the event, follow the guidance of the organizer and communicate with the experience person through translation.



Fifth

- After the event, on the platform online, participants can share experiences and show their own achievements, ask the experts their questions., and submit feedback and suggestions for this event.



Sixth

- Participants can find other relevant knowledge on the app and website for further understanding. include. . .

3.4

Location

The main participants of this activity are students. Conducting workshops in a familiar environment will help them increase their confidence. The university can provide cooking places, and we conducted the following survey on the areas in the university where community gardens can be deployed.



3.4

Location

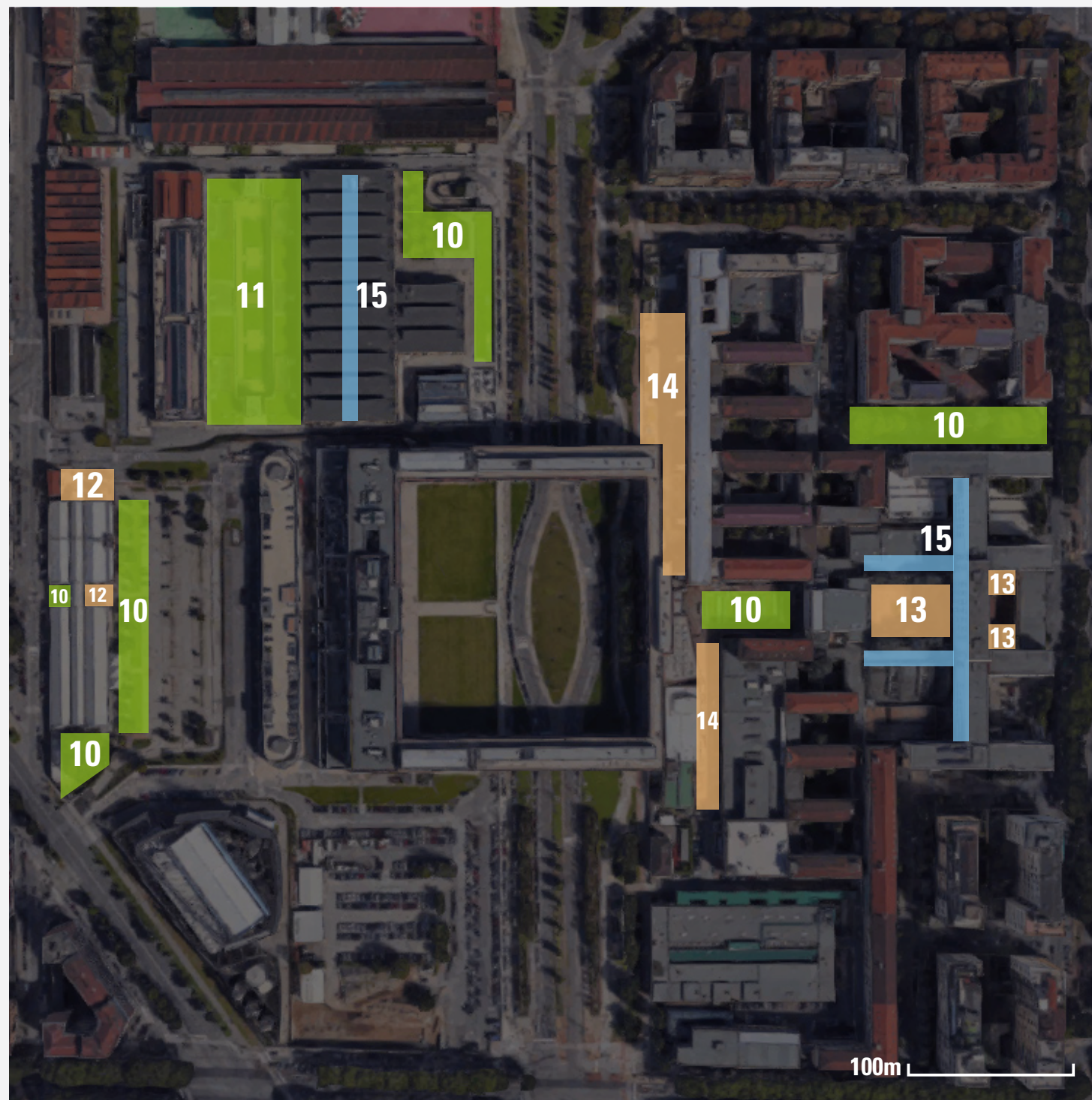
An area available for cooking in the university campus.

Polito-Mirafiori



RESEARCH OF PLANTING AREAS

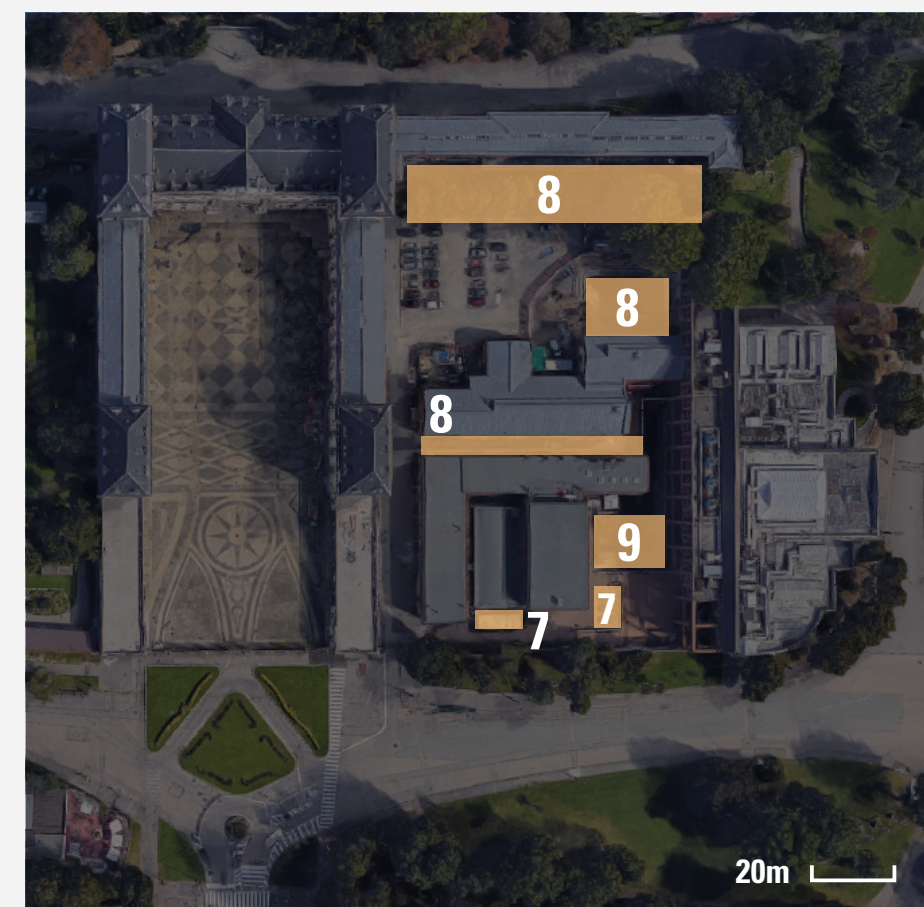
- Open area with soil
- Open area without soil
- Indoor area



Polito-Cittadella



Polito-Mirafiori



Polito-Valentino

RESEARCH OF PLANTING AREAS

1 Mirafiori outdoor



Large areas of green land can be used to grow vegetables.

2 Mirafiori outdoor



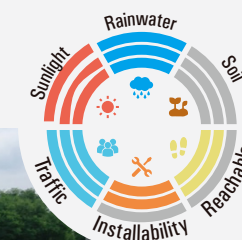
There are already other plants that are used to beautify the environment.

3 Mirafiori outdoor



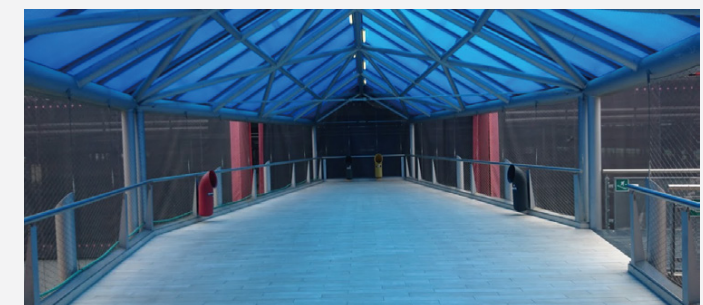
Small areas can be used to place small pots.

4 Mirafiori outdoor



No soil, outdoor areas with low traffic can be used to house vertical farms.

5 Mirafiori semi-outdoor



Semi-outdoor lounge area where potted plants can be placed.

6 Mirafiori indoor



Indoor small area where potted plants can be placed.

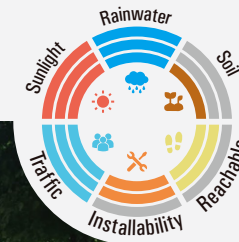
RESEARCH OF PLANTING AREAS

7 Valentino outdoor



Rest area, moderate traffic, can be placed in small pots.

8 Valentino outdoor



No soil, outdoor areas with low traffic can be used to house vertical farms.

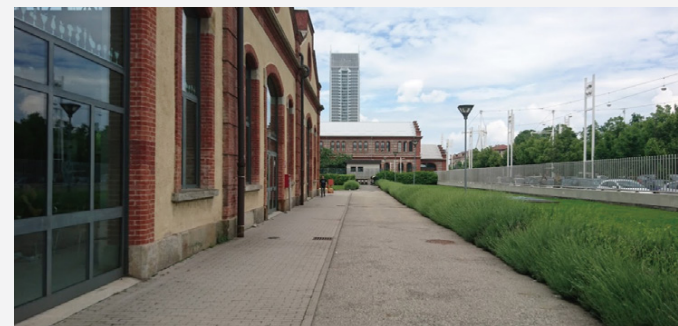
9 Valentino outdoor



Due to topography, it is impossible to reach.

RESEARCH OF PLANTING AREAS

10 Cittadella outdoor



The green area can be used for growing vegetables or moving potted plants.



11 Cittadella outdoor

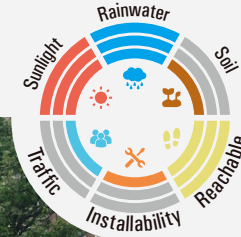


Large green areas are used for student rest.



RESEARCH OF PLANTING AREAS

12 Cittadella outdoor



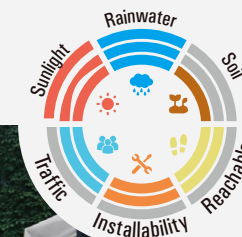
Outdoor plazas, with large people flow, can be placed in potted plants.

13 Cittadella outdoor



Small green space for decoration of squares. Can not be transformed.

14 Cittadella outdoor



Rest area where potted plants can be placed.

15 Cittadella indoor



Indoor corridors, with high traffic, are not suitable for placing any devices.

Summary

Except for some areas with frequent movement of people, other areas can be used as community gardens. Some natural conditions are sufficient, and some require additional facilities.

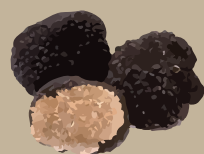
3.5

Workshop content combined with local characteristics

The content of the workshop must be closely related to the local culture. The materials used in all activities shall give priority to local products. The content of this chapter provides a research and guidance method for the design of the course content, so that the course content can adapt to changes in seasons and locations.



PIEMONTE TYPICAL DISHES



Tajarin Al Burro Di Cacao E Tartufo
Name: Tartufo
Season: SEP.--DEC.



Cavolfiore Alla Cavour
Name: Cavolfiore
Season: SEP.--NOV.



Asparagi Al Burro
Name: Asparagi
Season: MAY--JUN.



Funghi Trifolati
Name: Trifolati
Season: MAY--JUN.

Turin local cuisine

PIATTI TIPICI



Agnolotti

Ingredienti	Prodotto locale	Prodotto non locale
- carne bovina	●	
- carne di suino	●	
- uova	●	
- parmigiano		●
- farina	●	
- burro	●	
- noce moscata		●



Baci di dama

Ingredienti	Prodotto locale	Prodotto non locale
- uova	●	
- farina	●	
- mandorle		●
- zucchero	●	
- cioccolato		●
- burro	●	



Paste di meliga

Ingredienti	Prodotto locale	Prodotto non locale
- farina di mais	●	
- farina 00	●	
- zucchero	●	
- uova	●	
- burro	●	
- limoni		●



Pesche ripiene al forno

Ingredienti	Prodotto locale	Prodotto non locale
- pesche	●	
- cioccolato		●
- amaretti	●	



Bagna cauda

Ingredienti	Prodotto locale	Prodotto non locale
- acciughe		●
- aglio	●	
- vino	●	
- olio di oliva		●



Vitello tonnato

Ingredienti	Prodotto locale	Prodotto non locale
- uova	●	
- tonno		●
- carne bovina	●	
- acciughe		●
- carote	●	
- sedano	●	
- pepe		●



Bollito

Ingredienti	Prodotto locale	Prodotto non locale
- carne bovina	●	
- cipolle	●	
- carote	●	
- sedano	●	
- prezzemolo	●	



Bunet

Ingredienti	Prodotto locale	Prodotto non locale
- amaretti	●	
- cacao amaro		●
- uova	●	
- latte	●	
- zucchero	●	

PRODOTTI TIPICI



Tomino del Talucco



Miele di Cuneo


















































































Pane di Giaveno




























































































Toma piemontese

CHINESE SUPERMARKET: OFTEN BUY

SEASON VEGETABLE	Gen	Feb	Mar	Apr	Mag	Giu	Lun	Ago	Set	Otto	Nov	Dic
Brassica Pekinensis												
Leaf Mustard												
Crown Daisy												
White Radish												
Asparagus Lettuce												
Fragrant-flowered Garlic												
Garlic Bolt												
Chinese Yam												
Lotus Root												
White Gourd												
Sweet Potato												
Bean Sprout												
Bitter Gourd												
Eggplant												
Bamboo Shoot												
Lagenaria Siceria												
Water Spinach												
Pakchoi												





































































































LOCAL VEGETABLE
IMPORT (CHINA O EU COUNTRIES)
LOCAL VEGETABLE
IMPORT

ITALIAN SUPERMARKET: OFTEN BUY

SEASON VEGETABLE	Gen	Feb	Mar	Apr	Mag	Giu	Lun	Ago	Set	Otto	Nov	Dic
Cetriolo												
Asparagi												
Cavolo												
Cipolla												
Carota												
Patate												
Pomodoro												
Sedano												
Peperone												
Zucca												
Zucchini												
Cavoli Broccolo												
Spinaci												
Cavolfiori												
Rucola												
Fiori Di Zucca												

LOCAL VEGETABLE
IMPORT (CHINA O EU COUNTRIES)
LOCAL VEGETABLE
IMPORT

ITALIAN SUPERMARKET: NEVER BUY

SEASON VEGETABLE	Gen	Feb	Mar	Apr	Mag	Giu	Lun	Ago	Set	Otto	Nov	Dic
<div><div></div><div>Il Carciofo</div><div>LOCAL</div></div>												
Il Ravanello												
Il Radicchio												
Il Finocchio												
<div><div></div><div>Il Topinambur</div></div>												
La Cicoria												
L'indivia												
La Bietola												
Cardo												
Fave Fresche												
Fagioli Freschi												
Lattuga												
Cime Di Rapa												
Fave												

LOCAL VEGETABLE

IMPORT (CHINA O EU COUNTRIES)

LOCAL VEGETABLE
IMPORT

In fact, there are many kinds of vegetables that can be bought in Turin, but international students rarely buy vegetables that have not been seen in China. On the contrary, locals rarely buy vegetables commonly found in Asia. Some vegetable parts are not eaten by the Chinese, and some are not eaten by the locals. Through this workshop, we hope to reduce the resulting waste and add new dishes to people's tables.

RECIPES SELECTED
FOR COURSE 1



SPINACIO



Ravioli del plin con ricotta e spinaci

Instructions

- 1 - Sieve and mix the flours, the lines in the bowl. Use a basic "0" flour with an addition of stone-ground durum wheat semolina to give roughness and porosity to the pastry. Then add the egg and egg yolk and start to lick.
- 2 - Knead the dough repeatedly and place the dough in the refrigerator for one hour.
- 3 - After washing the spinach, boil the spinach in brine for one to two minutes, drain and mash.
- 4 - PPut the spinach in a bowl and sprinkle with pepper, grind the cheese and add to the bowl and mix well. Then add the ricotta cheese, stir it evenly and then put it into the food bag and let it stand. At this point, the dough can be removed and thinned.
- 5 - Place the spinach stuffing evenly on the dough at a distance of 1-2 cm; then trim the surrounding dough with a wheel, taking care to cut only the overlap and adhesion of the flaps.
- 6 - The dough is cut vertically so that the folds form a unique "pocket".

Ingredients

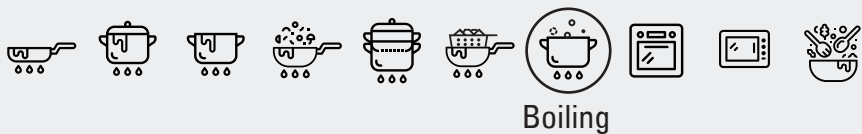
Fresh spinach 1/2 kg	Durum wheat flour 40g	Salt	Butter
Egg 3	Flour"0" 300g	Pepper	water
Yolk 1	Ricotta 100g	Ursino garlic	
	Grain 100g	Grated parmesan	

	Prep time 1H 30 mins	Cook time 5 mins	Total time 95 mins
--	-------------------------	---------------------	-----------------------

Conservation:

1 Month (Vacuum Package).

Cooking method



Boiling

Difficulty:

Serves:

Cuisine: Italian

Cost: €€€

Nuts spinach

Instructions

- 1 - Wash the spinach and cut into pieces; boil the water, add the spinach and scald, remove it immediately, and soak in cold water.
- 2 - Add a small amount of soy sauce, white vinegar, sugar, salt, garlic and sesame oil to the small bowl, adjust the vegetable juice and set aside.
- 3 - Put a little more oil in the wok than the stir-fry. After the heat, fry the peanuts in the middle of the fire (fry, don't blow up the fire).
- 4 - Squeeze the hot spinach and add the prepared vegetable juice.
- 5 - Add chili oil and fried peanuts, mix well and serve.

Ingredients

Peanut kernel 50g	Sesame oil 1/2 teaspoon
Peanut butter 30g	Light soy sauce 1 teaspoon
Salt 3g	Table vinegar 2 teaspoon
Sugar 3g	mashed garlic 2 teaspoon

	Prep time 10 mins	Cook time 10-15mins	Total time 20-25mins
--	----------------------	------------------------	-------------------------

Conservation:

This dish can be kept in the refrigerator in an airtight container for 1 days at most.

Cooking method



Deep frying

Boiling

Dressing



Difficulty:

Serves:

Cuisine: Chinese

Cost: €€€

Per person: 6 €

RECIPES SELECTED
FOR COURSE 1



Asparagi al burro

Instructions

- 1 - Peel the asparagus by removing the woody part of the stalk and steam it for 12 minutes.;Boil the asparagus scraps in a little salt water for about 20 minutes.
- 2 - Strain the liquid, put it in a pan, place on the fire and reduce to two tablespoons. In this hot ground add the cold butter and emulsify with a small whisk.
- 3 -Brush the asparagus with beaten egg whites and roll them into grated parmesan flavored with freshly ground pepper.
- 4 - Align them in a pan, cover them and let them heat over medium heat for a few minutes. Discover, sprinkle the asparagus with the emulsion of butter and continue cooking for a few minutes.

Ingredients

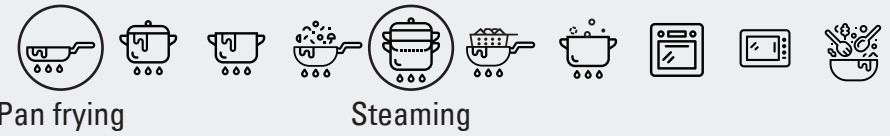
Asparagus 1 kg	Grated parmesan cheese 60g
Egg white 1	Butter
	Salt
	Pepper

	Prep time 45mins	Cook time 40mins	Total time 95 mins
--	---------------------	---------------------	-----------------------

Conservation:

This dish can be kept in the refrigerator in an airtight container for 1 days at most.

Cooking method



Difficulty:

Serves:

Cuisine: Italian

Cost: €€€

Stir Fried Asparagus with Shrimp

Instructions

- 1 -Marinate the stripped shrimp with a pinch of salt, cooking wine and starch, and store in the refrigerator for ten minutes.
- 2 - After the asparagus is soaked and washed, the old skin is cut off, cut into sections, ginger shredded, and green onions cut into sections.
- 3 - Heat the wok, put the oil, stir-fry the ginger and shallots to the scent, and throw the ginger onion and throw it away.
- 4 - Put the shrimp into the oil pan and stir-fry until it is discolored. Add the asparagus and stir-fry for a while, add a little salt to season the pan.

Ingredients

Shrimp 100g	Oil 3 teaspoon
Asparagu 500g	Cooking wine 2 teaspoon
Salt 30g	
Starch 20g	
Welsh onion 40g	
Ginger 50g	

	Prep time 10 mins	Cook time 10-20 mins	Total time 20-30mins
--	----------------------	-------------------------	-------------------------

Conservation:

This dish can be kept in the refrigerator in an airtight container for 1 days at most.

Cooking method



Difficulty:

Serves:

Cuisine: Chinese

Cost: €€€

Per person: 6 €

RECIPES SELECTED

FOR COURSE 1



Uova alla piemontese

Instructions

- 1 - Roast the peppers in a hot oven at 200 degrees for forty-five minutes, remove, peel and cut into small pieces.
- 2 - In a pan, heat two tablespoons of oil, allow the finely chopped onion to dry and when it has become transparent add the diced bacon, stir and after five minutes add the chopped peppers and the tomato sauce, salt and pepper and thicken.
- 3 - Prepare four single-portion baking pans, butter them, arrange a teaspoon of the prepared sauce, shell the eggs, salt the egg whites. Put immediately in the hot oven at 180 ° and withdraw when the egg whites are slightly congealed.

Ingredients

Eggs 8	Onion 1
Pancetta 30 g	Butter
Tomato sauce 200 g	Oil
Green peppers 2	Salt & Pepper

	Prep time 20 mins	Cook time 60 mins	Total time 80 mins
-------------------------------------------------------------------------------------	----------------------	----------------------	-----------------------

Conservation:

This dish can be kept in the refrigerator in an airtight container for 1 days at most.

Cooking method



Pan frying

Roasting

Difficulty:   

Serves:    

Cuisine: Italian 

Cost: €€€

Stir-Fry Pork With Peppers

Instructions


- 1 - Transfer the pork shreds to a larger bowl, add sugar, salt, white pepper, light soy sauce, cooking wine and water. Combine well and make sure the pork absorbing all the liquid and marinating for at least 15 minutes. Then add around ½ tablespoon of cornstarch and mix well. Then mix in 2 teaspoons of vegetable cooking oil.
- 2 - Heat the wok firstly until really hot and then add oil and continue heating for 30 seconds. Add the pork shreds in and fry quickly for no more than 10 seconds or until the sheds changes turns pale.
- 3 - Transfer out the pork shreds immediately and remove extra oil. Leave only 1 tablespoon of oil inside and fry garlic until aromatic. Place shredded pepper in, fry for 10 to 20 seconds until slightly softened. Sprinkle a small amount of salt. Return pork shreds and cornstarch water. Mix well and serve with steamed rice.

Ingredients

Pork tenderloin 200g
Pepper 3
Oil 1/4Cup
Garlic cloves 2
Cornstarch 1/2 tbsp.

Marinating ingredients

Soy sauce 1 tbsp
Salt 1/2 tbs
White pepper 1/4 tbs
Sugar 1/2 tbs
Cooking wine 1/2 tbsp
Water 3 tbsp
Cornstarch 2 tsp
Oil 2 tsp

	Prep time 20 mins	Cook time 10 mins	Total time 30 mins
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Conservation:

This dish can be kept in the refrigerator in an airtight container for 1 days at most.

Cooking method



Stir frying

Difficulty:   

Serves:  

Cuisine: Chinese 

Cost: €€€€

Per person: 4 €

RECIPES SELECTED

FOR COURSE 1



Gratinated green beans

Instructions

- 1 - Preheat your oven to 200°C. Cook green beans in plenty boiling water for 5-10 minutes, until cooked but still crisp.
- 2 - In a large bowl, combine minced garlic, heavy cream with 1/4 cup water, crumbled bouillon cube, chives and Italian seasoning. Mix well.
- 3 - Lightly oil a baking dish or cast iron skillet and arrange the drained green beans. Spread the cream mixture on top of the beans.
- 4 - Roast in the oven for 15 to 20 minutes, or until tender but crisp. Top with cheese and bake for an additional 3-4 minutes, or until bubbly and slightly golden. Remove from oven and serve immediately, garnished with chives or green onion.

Ingredients

Green beans 450g	Cream 1/2 cup
Garlic cloves 3	Four-Cheese 1/2 cup
Water 1/4 cup	Italian seasoning 1/2 teaspoon
Chicken bouillon cube 1/2	Green onions 1



Prep time
20 mins

Cook time
20 mins

Total time
40 mins

Conservation:

This dish can be kept in the refrigerator in an airtight container for 1 days at most.

Cooking method



Boiling Roasting

Difficulty:



Serves:



Cuisine: Italian



Cost: €€€

Sesame Green Bean Salad

Instructions

- 1 - Place beans in a large saucepan and cover with water. Bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender. Drain and rinse in cold water; pat dry. Place in a serving bowl.
- 2 - In a small bowl, whisk the soy sauce, canola oil, sugar, vinegar, sesame oil and salt. Pour over beans and toss to coat. Sprinkle with sesame seeds; toss again. Serve at room temperature.

Ingredients

Green beans 450g	Cider vinegar 1 tsp
Soy sauce 1 tbsp	Sesame oil 1 tsp
Canola oil 2 tsp	Salt 1/4 tsp
Sugar 1 tsp	Sesame seeds, toasted 2 tsp



Prep time
10 mins

Cook time
10 mins

Total time
20 mins

Conservation:

This dish can be kept in the refrigerator in an airtight container for 1 days at most.

Cooking method



Boiling

Dressing

Difficulty:



Serves:



Cuisine: Chinese



Cost: €€€

Per person: 3 €

RECIPES SELECTED
FOR COURSE 1




Cavolfiore Alla Cavour

Instructions

- 1 - Divide the cauliflower hours into small pieces and boil them in salted water for 10 minutes, drain them well.
- 2 - S In a pan let melt 50 grams of butter, quickly pass the tops, then roll them in grated Grana Padano, arrange them in a slightly buttered pyrotec and bake in a hot oven for 10 minutes.
- 3 -Meanwhile, shell the hard-boiled eggs, chop them, pick them up in a bowl and mix them with the desalted and chopped anchovies and the parsley.
- 4 - In a pan let melt the remaining butter, season with a few drops of lemon juice and pour into the bowl of chopped eggs, stir.
- 5-Withdraw from the oven the baking dish, distributed on the lasalsina cimette and serve immediately.

Ingredients

Boiled eggs 2	Butter 80g
Anchovies 2	Grated grana padano 60g
Lemon juice	Chopped parsley 1 tablespoon
Salt	Medium Cauliflower 1

	Prep time 15mins	Cook time 25mins	Total time 40 mins
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Conservation:

This dish can be kept in the refrigerator in an airtight container for 1 days at most.

Cooking method



Pan frying

Boiling

Roasting



CAULIFLOWER




Dry pot cauliflower

Instructions

- 1 -The cauliflower is cut into small pieces along the handle with a knife, soaked in light salt water for 10 minutes, rinse thoroughly and dry thoroughly.
- 2 - Cut the pork belly, cut the dried pepper, cut the small pieces after the garlic is scattered, and cut the onions.
- 3 - Put a little oil in the pot, stir-fry the pepper with a medium-to-small fire and spit it out. The pork belly is slowly simmered in a small fire and the meat is pushed to the side.
- 4 - Dry red pepper with green onion, garlic seasoning, stir-fry, sizzle, open fire, pour the cauliflower stir fry.
- 5-Put salt, sugar, a spoonful of oyster sauce, soy sauce and stir-fry evenly. You can also continue to heat it on low heat and the taste will be more intense.

Ingredients

Cauliflower	400g	Pepper	2
Pork Belly	100g	Dried Chili	3
Oil	2 Tablespoon		
Salt			
Ginger	10g		

	Prep time 10 mins	Cook time 10mins	Total time 20mins
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Conservation:

This dish can be kept in the refrigerator in an airtight container for 1 days at most.

Cooking method



Stir frying

Difficulty:   

Serves:  

Cuisine: Chinese 

Cost: €€€

Per person: 4 €

RECIPES SELECTED
FOR COURSE 1



Turnip and barley soup

Instructions

- 1 - Peel the turnips and cut them into cubes. In a saucepan heat a tablespoon of oil with two of water and let the stewed leeks cut into very thin slices. When they have become transparent, add the turnip cubes, sprinkle with the wine and let it evaporate.
- 2 - Add the flour, stir, pour the vegetable stock into the container, add the bay leaf and, as soon as the soup is boiling, add the diced carrot and the barley. Continue cooking for about 40 minutes on low heat and covered pot.
- 3 - At the end of cooking remove the bay leaf, add the saffron diluted in a little stock, adjust the salt. Pass the soup in the soup tureen, sprinkle with chopped parsley. Serve the grated Grana Padano separately.

Ingredients



Turnips 4	Saffron 1 bag	Grana Padano grattugiato
Pearl barley 4 tbsp	Leeks 2	Brodo vegetale
Wholemeal flour 2 tbsp	Carrot 1	Olio
Vegetable broth 1/2 liter	Bay leaf 1	Sale
White wine 1/2 glass	Parsley 1 tbsp	

	Prep time 15 mins	Cook time 60 mins	Total time 75 mins
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Conservation:

This dish can be kept in the refrigerator in an airtight container for 1 days at most.

Cooking method



Stewing

Difficulty: 

Serves: 

Cuisine: Italian 

Cost: €€€

Turnip Cakes (dim sum style)

Instructions

- 1 - Cook the grated turnips for about 10 minutes or until soft and fully cooked.
- 2 - Sauté the Chinese sausage, shrimp and shallots (about 5 minutes)
- 3 - Cook the turnips and flour mixture, add in the above sauté mixture as well (about 5 minutes)
- 4 - Steam the mixture for 25 - 35 minutes or until done.
- 5 - Let cook completely for at least 1 hour before cutting and pan frying.
- 6 - Pan fry the squares for 5 - 8 minutes on each side or until golden brown.

Ingredients




Rice flour 450g	Dried shallots 1 tbsp
Turnips 900g	Soy sauce 1 tsp
Water 4 cups	Sugar 1 tsp
Dried shrimp 3 tbsp	Salt 1 tsp
Chinese Sausage 3 links	White pepper 1/2 tsp

	Prep time 40 mins	Cook time 70 mins	Total time 110 mins
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Conservation:

This dish can be kept in the refrigerator in an airtight container for 7 days at most.

Cooking method



Pan frying Steaming Boiling

Difficulty: 

Serves: 

Cuisine: Chinese 

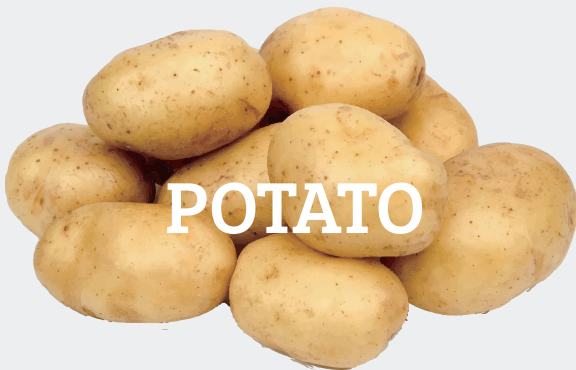
Cost: €€€€

Per person: 7 €

RECIPES SELECTED
FOR COURSE 1



POTATO




Gnocchi delle valli di Lanzo

Instructions

- 1 - Boil the potatoes with the peel in slightly salted water, about 45 minutes, peel them, mash them, mix the walnut with butter and leave to cool.
- 2 - Then add the egg, a pinch of salt, the two flours and knead the dough until it is well blended.
- 3 -PPack the gnocchi: take a little 'dough at a time, stretch it into small cylinders about two-three centi-meters thick and cut into pieces of two centimeters, rigateli with the tines of a fork, so following until you run out of dough . Boil the gnocchi in abundant salted water to a boil, withdraw as they rise to the surface, arrange them.
- 4 - Boil the gnocchi in abundant salted water to a boil, remove them as they rise to the surface, lay them in layers in a pan and season each layer with the sliced cheeses and the warmed cream.
- 5-Bake in a hot oven at 180 degrees for about 20 minutes. Withdraw, leave to rest for 5 minutes and serve.

Ingredients

Potatoes 1kg	Buckwheat flour 150g	Crema 150g
Flour 150g	Butter 1knob	
Egg 1	Fontina 150g	
salt	Toma 150g	
	Prep time 40mins	Cook time 1H15mins
		Total time 115mins

Conservation:

This dish can be kept in the refrigerator in an airtight container for 1 days at most.

Cooking method



Difficulty:   

Serves:    

Cuisine: Italian 

Cost: €€€


Stewed Beef Brisket with Tomato

Instructions

- 1 -Wash the sirloin and drain the water. After cutting into cubes, place the sirloin in a skillet. After boiling, continue to boil for 5-8 minutes. Remove the sirloin and remove the impurities with hot water.
- 2 - Put the tomatoes in boiling water, simmer them, peel off the epidermis and stalk them, and cut them into square pieces. Peel the potatoes, cut into small pieces, and soak in water. The onion is peeled off and cut into small pieces.
- 3 - Heat the oil in the wok with high heat, add the aroma of scallion, ginger and onion; then add the toma-toes and stir-fry.
- 4 - Add the sirloin cubes and stir until the surface is tight. Add the chopped potato pieces.
- 5-Transfer to the soy sauce, pour the hot water that can be used without the ingredients in the pot, trans-fer the salt and rock sugar, and then boil over low heat for 2 hours.
- 6-Sprinkle white pepper before the pan, and boil for 2 minutes until the meat is thick.

Ingredients

Tomatoes 2	Salt 5g
Potatoes 3	White Pepper 3g
Onion 1/2	Pumping 15 MI
Burdock Meat 500g	Oil 15ml
Scallion 6	Ginger 2 Pieces
Rock Sugar 10g	Chives 5g

	Prep time 10 -20mins	Cook time 30 mins-1H	Total time 20-30mins
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Conservation:

This dish can be kept in the refrigerator in an airtight container for 1 days at most.

Cooking method



Difficulty:   

Serves:    

Cuisine: Chinese 

Cost: €€€

Per person: 6 €

RECIPES SELECTED

FOR COURSE 1



Tomato

Passata di pomodoro

Instructions

- 1 - Remove the rosette tomatoes, cut in half, then squeeze to remove the seeds.
- 2 - Transfer the tomatoes into a pot with high sides together with the peeled and sliced onion, basil leaves and salt. Place everything on a low heat and cook for 30 minutes, covered, stirring occasionally.
- 3 - Pass the tomatoes with the vegetable mill to remove the skin, collecting what is obtained in a saucepan smaller than the previous one.
- 4 - Place on the heat and reduce by a quarter, it will take about 30-40 minutes. Arrange the tomato paste in the jars, which you will have previously sterilized, using a ladle and a funnel.
- 5 - Seal the jars tightly and sterilize them by placing them in a large saucepan, which must be at least 8 cm higher.

Ingredients

Tomatoes 2 kg
Onion 200 g
Basil 3 Tufts



Prep time
40 mins

Cook time
70 mins

Total time
110 mins

Conservation:

1 Year (Vacuum Package).

Cooking method



Stewing

Boiling

Difficulty:



Serves:



Cuisine: Italian



Cost: €€€

Scrambled eggs with tomatoes

Instructions

- 1 - In a small bowl, crack and add a small pinch of salt and pepper. Whisk until there is a small layer of fine bubbles and the mixture becomes slightly white.
- 2 - Cut tomato in halves and remove the core and then further cut into small wedges.
- 3 - Heat up oil in wok until really hot, stir egg mixture in. Wait for seconds until the egg liquid firms. Turn off the fire immediately and then break the egg into small pieces. Transfer the egg out and leave the oil in.
- 4 - Add tomato wedges in, fry until juicy. Return egg pieces, add salt, sugar and scallion. Do a quick stir fry to combine everything well. Serve immediately.

Ingredients

Tomatoes 2
Eggs 2
Scallion 1
Sugar 1/8 Teaspoon
Salt 1/2 Teaspoon
Pepper 1/8 Teaspoon
Oil 1/4 Cup



Prep time
10 mins

Cook time
5 mins

Total time
15 mins

Conservation:

This dish can be kept in the refrigerator in an airtight container for 1 days at most.

Cooking method



Stir frying

Difficulty:



Serves:























Cuisine: Chinese



Cost: €€€

Per person: 3 €

RECIPES SELECTED
FOR COURSE 2

Classic dishes	Original ingredient	Replaceable ingredient		
 <p>Steamed winter melon with minced pork</p>	 <p>Winter melon 50g</p>	 <p>Beetroot</p>	 <p>Capsicum</p>	 <p>Cabbage</p>
 <p>Stir-fried pakchoi</p>	 <p>Baby pakchoi 300 g</p>	 <p>Broccoli</p>	 <p>Chard</p>	 <p>chicory</p>
 <p>Finocchi gratinati Fennel gratin</p>	 <p>Fennels 1 kg</p>	 <p>Zizania latifolia</p>	 <p>lotus root</p>	 <p>celtuce</p>
 <p>Barba Di Frate Saporita</p>	 <p>Brother's beard 2 Bunches</p>	 <p>Ipomoea aquatica</p>	 <p>Glebionis coronaria</p>	 <p>Allium tuberosum</p>

RECIPES SELECTED

FOR COURSE 2



Steamed winter melon with minced pork

Overcooking or burning food is easily avoided when steaming it. Individuals preferring to avoid additional fat intake may prefer steaming to methods which require cooking oil.

Instructions

- 1 - Wash the melon and peel it.
- 2 - Cut the winter melon into slices about 2 mm thick, and chop the garlic and shallot separately.
- 3 - Add a pinch of minced garlic and marinate for 5 minutes.
- 4 - Place the melon slices in the pan and pour them. Place the marinated minced meat on the melon and put them in a steamer. Steam over medium heat for 8 minutes until the melon is ripe. Dip a few drops of sesame oil and sprinkle with chopped green onion.

Ingredients

Ground pork 60g
Winter melon 300g
Garlic 3 grain
Shallot 6
Salt
Sesame oil



Prep time
10 mins

Cook time
10 mins

Total time
20 mins

Difficulty:   

Serves:    

Cuisine: Chinese 

Cost: €€€

Per person: 2 €

Conservation:

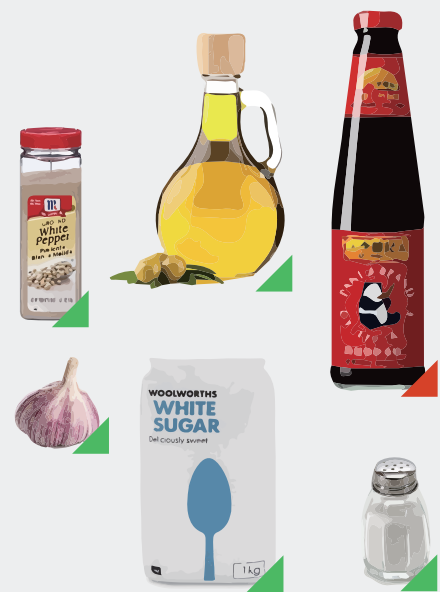
This dish can be kept in the refrigerator in an airtight container for 1 days at most.

Cooking method



Steaming

RECIPES SELECTED FOR COURSE 2



Replaceable ingredient



Stir-fried pakchoi

Pakchoi Stir Fry with Oyster Sauce and Garlic Oil. it is a really tasty vegetarian dish that's savory, tangy, and very satisfying. this dish is cheap and quick to prepare.

Instructions

1 - Wash and drain the pakchoi to remove grit and dirt. Drain and set aside. Bring a pot of water to a rolling boil. Salt generously, and add the pakchoi. Once the water boils again and the pakchoi turns a brighter shade of green. Start testing to see if it is crispy and tender to your liking. Once you like the texture, drain and place on a serving plate. Set aside.

2 - Oyster sauce

Heat oil in a frying pan. Add oyster sauce, water, sugar, and ground white pepper. Stir until the sauce bubbles. Turn off heat and pour the sauce on the pakchoi.

3 - Garlic oil

Give the frying pan a quick clean. Heat the oil and stir fry the garlic until fragrant and garlic turns golden brown. Turn off heat and pour the garlic oil onto the pakchoi. Serve immediately.

Ingredients

300 gram baby pakchoi
salt

- Oyster sauce -
- ½ teaspoon oil
- 2 tablespoon oyster sauce
- 2 tablespoon water
- 1 teaspoon sugar
- 3 dash ground white pepper

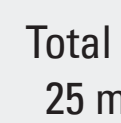
- Garlic oil -
2 tablespoon oil
4 cloves garlic, minced



Prep time
15 mins



Cook time
10 mins



Total time
25 mins

Difficulty:   

Serves: 

Cuisine: Chinese 

Cost: €€€ Per person: 2 €

Conservation:

The Stir-fried pakchoi can be kept in the refrigerator in an airtight container for 2 days at most.

Cooking method



Stir frying

Boiling

RECIPES SELECTED

FOR COURSE 2



Finocchi gratinati - Fennel gratin

Instructions

1 - Clean the fennel by cutting the tops and the base, then reduce them to fairly large slices. Dip the fennel in plenty of boiling salted water in which they should be blanched for 5-6 minutes. In a large pan, melt 35 g of butter over low heat, drain the fennel well and when the butter is melted pour it directly into the pan to brown for another 5 minutes.

2 - Bechamel

in another saucepan melt 30 g of butter and add the flour sifted to the rain, stirring with a continuous whisk to avoid the formation of lumps, then pour the milk you have heated and continue stirring until the thickening of the sauce; then salted and flavored with nutmeg.

3 - Take back the fennels you have made to fry in a pan, spread them on the bottom of a round baking dish. Pour over the béchamel sauce, sprinkle with grated Parmigiano Reggiano and bake in the preheated 200 ° oven for about 20-25 minutes until a golden crust has formed on the surface. Then extract the fennel au gratin from the oven, let it cool and serve.

Ingredients

Fennels 1 kg
Butter 35 g
Grated Parmigiano 35 g

- Bechamel -
Whole milk 300 g
Butter 30 g
Flour 00 30 g
Salt up q.b.
Nutmeg q.b.



Prep time
15 mins

Cook time
35 mins

Total time
50 mins

Difficulty:

Serves:

Cuisine: Italian

Cost: €€€

Per person: 3 €

Conservation:

The Fennel gratin can be kept in the refrigerator in an airtight container for 2 days at most.

Cooking method



Pan frying

Boiling Roasting

RECIPES SELECTED

FOR COURSE 2



Barba Di Frate Saporita

The tasty friar beard is a simple but very appetizing side dish, perfect to accompany a lunch or dinner with taste and lightness.

Instructions

- 1 - To make a tasty friar's beard, clean the vegetables very well, removing the final fibrous part of the stem with a small knife.
- 2 - Rinse it several times under running water to remove all the earthy residues and then cook for 5 minutes in boiling water, lightly salted, or better still steamed. Drain it very well to remove excess water.
- 3 - Clove of garlic
Meanwhile, heat in a pan 4 tablespoons of oil and the clove of garlic, then remove it as soon as it is golden.
- 4-Anchovies in salt
Add the anchovies desalted, deliscate and cut into small pieces and when they begin to melt, add the vegetables.
- 5-Black pepper
Season the vegetables over a low heat for about 15 minutes, then season with salt and fresh pepper and serve a tasty friar's beard.

Ingredients

Bunches of brother's beard	2	Extra virgin olive oil	4 tbsp
Anchovies in salt	4	Salt	
Clove of garlic	1	Black pepper	



Prep time
15 mins

Cook time
20 mins

Total time
35 mins

Difficulty:   

Serves: 

Cuisine: Italian 

Cost: €€€

Per person: 3 €

Conservation:

This dish can be kept in the refrigerator in an airtight container for 1 days at most.

Cooking method



Stir frying



Boiling

3.6

Commercial

MENNEW

The LOGO consists of the words 'me' and 'new', which means 'new me'. At the same time, its pronunciation is the same as 'menu', which means the content of this workshop.

Food Explorer

Exploration of new recipes
Food Design Workshop

Il corso sarà insegnato da uno chef italiano come cucinare gli ingredienti cinesi usando i metodi di cottura italiani. Allo stesso tempo, uno chef cinese insegna come cucinare gli ingredienti italiani con i metodi di cottura cinesi. Ci saranno due casalinghe dai due paesi per insegnare le abilità della vita quotidiana, e un interprete simultaneo aiuta a comunicare.

00 / 04 / 2019

10 : 30 - 13 : 30

Mirafiori
TORINO

I partecipanti

6 × studenti cinesi, 6 × studenti italiani

1 × cuoco cinese, 1 × cuoco italiano

1 × casalinga cinese, 1 × casalinga italiana

1 × Traduzione cinese, N × organizer

Sei stanco di mangiare lo stesso cibo ogni giorno?

Hai dei dubbi sulla nutrizione dei fast food?

Vuoi cucinare da te piatti esotici?

Vieni al nostro evento,

Ci sono chef professionisti che ti insegnano a cucinare, i residenti locali ti raccontano la vita locale e l'interpretazione simultanea professionale per risolvere i problemi linguistici.

Cuoca con i membri del team. Fai nuove amicizie mentre assaggi i piatti. Cambia la tua percezione del cibo. D'ora in poi, preoccupati della tua salute e della terra che ti circonda.

MENNEW

INNOVATION
DESIGN
LAB

帝都大酒店



POLITECNICO
DI TORINO
Dipartimento di
Architettura e Design



美食 探险家

2019-4-5

都灵 Mirafiori

食物与食物之间的“碰撞”

你是否对每天吃同样的食物感到厌倦？
你是否对快餐的营养产生怀疑？
你是否想要自己烹饪异国菜肴？

来参加我们的活动吧！！
我们将手把手的教会你如何烹饪一道美食！！
我们有专业的厨师教你如何挑选食材、如何加工及烹饪成一道美食！
你还能在异国他乡结交到新朋友！！

什么是食物设计？

食物行为的设计或人们与食物互动的任何情况。

2019年4月5日 10:30-13:30 我们为你准备一个美食试验室！

选择参加我们的美食实验室，我们将教会你如何认识挑选蔬菜，如何烹饪出一道美食！还学习到异国饮食文化，不仅能丰富你的日常饮食“菜单”，还能交到新朋友。



| summary

In this workshop, we hope that international students can learn to cook local cuisine and use locally produced food as much as possible.

In course 1
International students should learn to use ingredients that are common in Italian supermarkets but they have never tried before.

In course 2
Both international students and local students should have a certain ability to use exotic seasonings. On this basis, the two sides boldly exchanged opinions and tried new cooking methods.

In course 3
Overseas students and local students visit local suburban plantations to understand the growth cycle and growth environment of food, cultivate and harvest them by themselves, and strengthen their environmental awareness.

In course 4
Students and local residents open up community gardens, build friendship and public awareness in joint work, and deeply understand how important green plants are in our lives.

Chapter 4

Conclusion

This workshop not only helps solve the problems of international students, but also makes all participants gain something.



| Summary and outlook

Purpose

1. For foreign students living in the local area, this activity provides a fun course in multi-person collaboration mode, which helps them to make new friends and at the same time make them understand the local food culture. This method should be very effective and practical.

2. For local students, this activity can be a good opportunity for them to learn more about their homeland and enhance their environmental protection

awareness and sense of community honor. And to provide them with a platform for close contact with foreign cultures and enhance their international vision.

3. For local food companies, this event provides a platform to promote products to customers at close range, showing the origin and advantages of the products, local planting culture and history.

4. For local restaurant companies, this event provides a platform for

two-way exchanges and learning. Local and foreign food cultures collide with each other, sparking sparks of inspiration, finding new cooking methods, and promoting the reuse of organic food waste.

5. All participants form a circle, locals and non-locals, consumers and businesses, customers and suppliers, researchers and operators. Let everyone have the opportunity to show themselves, learn new knowledge, understand the land they live in, and improve their lives bit by bit. From strangers to friends, from theory to practical operation, from junk food to green life, from food waste to recycling system.

Problems to face

Language: Participants have different language proficiency, and the organizer needs to undertake communication responsibilities, otherwise it needs to hire translators.

Funding: The money paid by student participants should not exceed the price of a meal. The collected fees may not be able to afford cooking materials.

Scale: To ensure the social accessibility of this event, it should always be small, local, open, and connected. The total number of participating students should not exceed 20.

Tools

APP: Provide an online social platform for participants, introduce the activity process, publish activity notifications, and provide registration windows. Update and summarize the content of each offline activity in time, provide various auxiliary information, and provide purchase links for the products involved in the activity.

Prospective

If this workshop is effective, it can be carried out in universities in any country, which will help international students on the move.

The result is a multiplicity of programs that are both global and local at the same time – global because it is reproduced internationally but local because each version of the service is particularly tailored to the nationality and end users culture

If this model is feasible, it can be further expanded to more fields in the future, such as travel, entertainment, and dating.

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SUMMER - PEPPER

Uova alla piemontese		
ITEM (4P)	UNIT PRICE	TOTAL (8P)
Green peppers 2	1.95 € / kg	1.4
Eggs 8	2.29 € / 10	4.58
Pancetta 30 g	1.67 € / 150g	1.67
Tomato sauce 200 g	1.29 € / 400g	1.29
Onion 1	1.10 € / kg	0.3
Butter	1.19 € / 125g	1.19
Oil	3.99 € / l	3.99
Salt	0.49 € / kg	0.49
Pepper	1.60 € / 28g	1.6
TOTAL		16.51

Stir-Fry Pork With Peppers		
ITEM (2P)	UNIT PRICE	TOTAL (8P)
Pepper 3	1.95 € / kg	3.9
Pork tenderloin 200g	8.89 € / kg	7.2
Garlic cloves 2	1.28 € / 150g	1.28
Water 3 tbsp		
Soy sauce 1 tbsp	2.98 € / 150ml	2.98
Salt 1/2 tbs		
White pepper 1/4 tbs	2.92 € / 40g	2.92
Sugar 1/2 tbs	0.84 € / kg	0.84
Cooking wine 1/2 tbsp	1 € / kg	1
Cornstarch 1/2 tbsp	0.69 € / 250g	0.69
Cornstarch 2 tsp		
Oil 1/4Cup		
Oil 2 tsp		
TOTAL		20.81

TOTAL	37.32
Per person	3.11

SUMMER - Green Bean

Gratinated green beans		
ITEM (2P)	UNIT PRICE	TOTAL (8P)
Green beans 450g	2.64 € / kg	5.28
Garlic cloves 3	1.28 € / 150g	1.28
Water 1/4 cup		
Chicken bouillon cube 1/2	1.49 € / 4piece	0.75
Cream 1/2 cup	3.75 € / l	1.9
Four-Cheese 1/2 cup	15 € / kg	7.5
Italian seasoning 1/2 tsp	2.45 € / kg	2.45
Green onions 1	1.85 € / kg	0.9
TOTAL		20.06

Sesame Green Bean Salad		
ITEM (4P)	UNIT PRICE	TOTAL (8P)
Green beans 450g	2.64 € / kg	2.64
Soy sauce 1 tbsp	2.98 € / 150ml	2.98
Canola oil 2 tsp	1.85 € / l	1.85
Sugar 1 tsp	0.84 € / kg	0.84
Cider vinegar 1 tsp	1.99 € / 750l	1.99
Sesame oil 1 tsp	2.50 € / 200ml	2.5
Salt 1/4 tsp	0.49 € / kg	0.49
Sesame seeds 2 tsp	1.60 € / 230g	1.6
TOTAL		14.89

TOTAL	34.95
Per person	2.91

COST BUDGET
COURSE 1

SPRING - Spinach		
Ravioli del plin con ricotta e spinaci		
ITEM (4P)	UNIT PRICE	TOTAL (8P)
Fresh spinach 1/2 kg	2.36 € / kg	2.36
Egg 3	2.29 € / 10	2.29
Yolk 1		
Durum wheat flour 40g	1.84 € / 500g	1.84
Flour”0” 300g	2.56 € / 500g	2.56
Ricotta 100g	7.9 € / kg	7.9
Grain 100g	2.5 € / 100g	5
Salt Butter	1.89 € / 250g	1.89
Ursino garlic	5.78 € / 100g	5.78
Grated parmesan	2.8 € / 100g	2.8
TOTAL		32.42
Nuts spinach		
ITEM (2P)	UNIT PRICE	TOTAL (8P)
Spinach 500g	2.36 € / kg	4.72
Peanut kernel 50g	2.88 € / 300g	2.88
Peanut butter 30g	2.94 € / 350g	2.94
Salt 3g	0.45 € / kg	0.45
Sugar 3g	1.56 € / kg	1.56
Sesame oil 1/2 teaspoon	13 € / 1900ml	13
Light soy sauce 1 teaspoon	9.5 € / kg	9.5
Table vinegar 2 teaspoon	1.9 € / 500ml	1.9
mashed garlic 2 teaspoon	1.39 € / 125g	1.39
TOTAL		38.34
TOTAL		70.76
Per person		5.90

COST BUDGET
COURSE 1

SPRING - Asparagus		
Asparagus with butter		
ITEM (4P)	UNIT PRICE	TOTAL (8P)
Asparagus 1 kg	10.95 € / kg	22
Egg white 1	2.29 € / 10	0.5
Grated parmesan cheese 60g	1.49 € / 100g	3
Butter	1.19 € / 125g	1.19
Salt	0.49 € / kg	0.49
Pepper	1.60 € / 28g	1.6
TOTAL		28.78
Stir Fried Asparagus with Shrimp		
ITEM (2P)	UNIT PRICE	TOTAL (8P)
Shrimp 100g	11.23 € / kg	4.5
Asparagu 500g	10.95 € / kg	22
Salt 30g		
Starch 20g	0.69 € / 250g	0.69
Welsh onion 40g	1.23 € / kg	0.3
Ginger 50g	1.06 € / 180g	1.06
Oil 3 teaspoon	3.99 € / l	3.99
Cooking wine 2 tsp	1 € / kg	1
TOTAL		33.54
TOTAL		62.32
Per person		5.19

COST BUDGET
COURSE 1

AUTUMN - Cauliflower		
Cavolfiore Alla Cavour		
ITEM (4P)	UNIT PRICE	TOTAL (8P)
Medium Cauliflower 1	1.65 € / kg	1.65
Boiled eggs 2	2.29 € / 10	2.29
Anchovies 2	6.99 € / 150g	6.99
Lemon juice	2.09 € / 150ML	2.09
Salt	0.45 € / kg	0.45
Butter 80g	1.89 € / 250g	1.89
Grated grana padano 60g	2.80 € / 100g	2.8
Chopped parsley 1 tbsp	2.89 € / kg	2.89
TOTAL		21.05
Dry pot cauliflower		
ITEM (2P)	UNIT PRICE	TOTAL (8P)
Cauliflower 400g	1.65 € / kg	2
Pork Belly 100g	6.98 € / kg	2.79
Oil 2 Tablespoon	1.79 € / l	1.79
Salt	0.45 € / kg	0.45
Ginger 10g	2.24 € / 150g	0.6
Pepper 2	4.00 € / 500g	4
Dried Chili 3	4.50 € / 500g	4.5
TOTAL		16.13
TOTAL		37.18
Per person		3.10

COST BUDGET
COURSE 1

AUTUMN - Turnip		
Turnip and barley soup		
ITEM (4P)	UNIT PRICE	TOTAL (8P)
Turnips 4	4.58 € / kg	9.16
Leeks 2	1.68 € / kg	1.8
Carrot 1	1.10 € / kg	0.3
Pearl barley 4 tbsp	2.84 € / kg	2.84
Wholemeal flour 2 tbsp	1.98 € / kg	1.98
Vegetable broth 1/2 liter	9.56 € / kg	9.56
Bay leaf 1	4.40 € / kg	4.4
White wine 1/2 glass	1.69 € / l	1.69
Saffron 1 bag	5.94 / 0.3g	12
Parsley 1 tbsp	1.81 € / piece	1.81
Grana Padano grattugiato	4.29 € / piece	4.29
Oil	3.99 € / l	3.99
salt	0.49 € / kg	0.49
TOTAL		54.31
Turnip Cakes (dim sum style)		
ITEM (4P)	UNIT PRICE	TOTAL (8P)
Rice flour 450g	1.69 € / 500g	3.38
Turnips 900g	4.58 € / kg	9.16
Water 4 cups		
Dried shrimp 3 tbsp	2.5 € / 150g	2.5
Chinese Sausage 3 links	3.5 € / 250g	3.5
Dried shallots 1 tbsp	3.02 € / piece	3.02
Soy sauce 1 tsp	2.98 € / 150ml	2.98
Sugar 1 tsp	0.84 € / kg	0.84
Salt 1 tsp	0.49 € / kg	0.49
White pepper 1/2 tsp	2.92 € / 40g	2.92
TOTAL		28.79
TOTAL		83.1
Per person		6.93

COST BUDGET
COURSE 1

COST BUDGET
COURSE 1

WINTER - Tomato		
Tomato sauce		
ITEM (4P)	UNIT PRICE	TOTAL (8P)
Tomatoes 2 kg	1.65 € / kg	3.3
Onion 200 g	0.78 € / 500g	0.78
Basil 3 Tufts	9.99 € / kg	9.99
TOTAL		14.07
Scrambled eggs with tomatoes		
ITEM (2P)	UNIT PRICE	TOTAL (8P)
Tomatoes 2	1.65 € / kg	2
Eggs 2	2.29 € / 10	2.29
Scallion 1	2.59 € / kg	2.59
Sugar 1/8 tsp	1.56 € / kg	1.56
Salt 1/2 tsp	0.45 € / kg	0.45
Pepper 1/8 tsp	1.6 € / 28g	1.6
Oil 1/4 Cup	1.79 € / L	1.79
TOTAL		12.28
TOTAL		26.35
Per person		2.20

WINTER - Potato		
Gnocchi from the Lanzo valleys		
ITEM (4P)	UNIT PRICE	TOTAL (8P)
Potatoes 1kg	2.7 € / kg	5.4
Flour 150g	1.49 € / kg	1.49
Egg 1	2.29 € / 10	2.29
salt	0.45 € / kg	0.45
Buckwheat flour 150g	2.3 € / 300g	2.3
Butter 1 knob	1.89 € / 250g	1.89
Fontina 150g	16.9 € / kg	8.45
Toma 150g	14.9 € / kg	7.45
Crema 150g	4.9 € / 500ml	4.9
TOTAL		34.62
Stewed Beef Brisket with Tomato		
ITEM (4P)	UNIT PRICE	TOTAL (8P)
Tomatoes 2	1.65 € / kg	1.65
Potatoes 3	2.7 € / kg	2.7
Onion 1/2	0.78 € / 500g	0.78
Burdock Meat 500g	6.9 € / kg	6.9
Scallion 6	2.59 € / kg	2.59
Rock Sugar 10g	1.3 € / 300g	1.3
Salt 5g	0.45 € / kg	0.45
White Pepper 3g	2.92 € / 40g	2.92
Pumping 15 Ml	9.5 € / 550ml	9.5
Oil 15ml	1.79 € / 1L	1.79
Ginger 2 Pieces	2.24 € / 150g	2.24
Chives 5g	0.73 € / 380g	1.43
TOTAL		34.25
TOTAL		68.87
Per person		5.74

COST BUDGET COURSE 2

Steamed winter melon with minced pork

ITEM (2P)	UNIT PRICE	TOTAL
Replaceable ingredient		(4P)
300 g Winter melon	1.30 € / kg	1.3
300 g Beetroot	2.80 € / kg	2.8
300 g Capsicum	1.99 € / kg	1.99
300 g Cabbage	1.75 € / kg	1.75
Other ingredient		(16P)
60g Ground pork	7.30 € / kg	3
Garlic 3 grain	1.39 € / 100g	2.78
Shallot 1	0.73 € / 380g	0.73
Salt	0.45 € / kg	0.45
Sesame oil	13.0 € / 2l	5
TOTAL		19.8
Per person		1.65

Barba Di Frate Saporita

ITEM (2P)	UNIT PRICE	TOTAL
Replaceable ingredient		(4P)
300 g Brother's beard	23.0 € / kg	13.8
300 g Ipomoea aquatica	1.00 € / kg	0.6
300 g Glebionis coronaria	4.00 € / kg	2.4
300 g Allium tuberosum	5.00 € / kg	3
Other ingredient		(16P)
Anchovies in salt 4		
Clove of garlic 1	3.99 € / l	3.99
Extra virgin olive oil 4 tablespoons	2.60 € / 510ml	2.6
Salt	0.45 € / kg	0.45
Black pepper	2.23 € / 45g	2.23
TOTAL		29.07
Per person		2.42

COST BUDGET COURSE 2

Stir-fried pakchoi

ITEM (2P)	UNIT PRICE	TOTAL
Replaceable ingredient		(4P)
300 g Baby pakchoi	1.50 € / kg	1.2
300 g Broccoli / broccolo	2.58 € / kg	1.4
300 g Chard / Bietola	3.00 € / kg	1.8
300 g Chicory / Cicoria	2.50 € / kg	1.5
Other ingredient		(16P)
salt	0.49 € / kg	0.49
- Oyster sauce -		
½ teaspoon oil	3.99 € / l	3.99
2 tablespoon oyster sauce	2.60 € / 510ml	2.6
2 tablespoon water		
1 teaspoon sugar	0.84 € / kg	0.84
3 dash ground white pepper	2.92 € / 40g	2.92
- Garlic oil -		
2 tablespoon oil		
4 cloves garlic, minced	1.28 € / 150g	1.28
TOTAL		18.02
Per person		1.50

Finocchi gratinati - Fennel gratin

ITEM (4P)	UNIT PRICE	TOTAL
Replaceable ingredient		(4P)
1000 g Fennels	1.55 € / kg	1.55
1000 g Zizania latifolia	5 € / kg	5
1000 g Lotus root	4 € / kg	4
1000 g Celtuce	3 € / kg	3
Other ingredient		(16P)
Butter 35 g	1.19 € / 125g	1.19
Grated Parmigiano 35 g	1.49 € / 100g	2.98
- Bechamel -		
Whole milk 300 g	1.19 € / l	2.38
Butter 30 g	1.19 € / 125g	1.19
Flour 00 30 g	1.98 € / kg	1.98
Salt up q.b.	0.49 € / kg	0.49
Nutmeg q.b.	1.45 € / 25g	1.45
TOTAL		25.21
Per person		2.10