

# Erasmus The Art of Food Reflection Sheet "Petru Rares" National College Suceava

Inquiry lines: 1. Which values do you think will influence the way the food of the future will be produced, distributed and consumed? 2. Write about: 3 things you have learnt, 2 fun facts, 1 question I still have .

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## Maria Gaitan

The main values which will influence the future of the food are: sustainability, time management, climate change.

I have learned many interesting facts about traditional foods from other countries and about healthy food diets and which products should be consumed. Lastly, I improved my public speaking skills and English skills, having to present so many presentations in front of my colleagues and communicate with them everyday.

2 of the most interesting facts i learned are:

Color codes from foods can be calculated and analyzed in order to figure out if the product has any chemicals or additives in it.

Stress levels in your body can interfere with the absorption of nutrients from food when eating.

## Irena Bilius

I believe that the way food of the future will be produced, distributed and consumed will be influenced by health measures, sustainability, climate management and time management, as we are supposed to evolve from an efficiency point of view.



Throughout this week I have learned so much new information, such as the importance of the sustainability in the food industry, how to cook some traditional recipes and how to communicate my thoughts as well as I can in English, sharing my thoughts with others despite the language barrier. I think it's extremely interesting that you can write each colour mathematically and that it is forbidden to take pictures in the Mopan Bread Factory of Suceava. I am still wondering what the food industry will look like throughout the years, but unfortunately there's no way we could find this out.

## Cezara Zaharia

1. From the workshops we did yesterday I discovered that in the future we will value more our time, our resources and the environment. All these values will reflect in our eating habits.
2. Three things I have learned this week:
  - we should be way more thoughtful about our resources and how we are using them (responsability);
  - our body cannot absorb properly the nutrients when being under stress;
  - when producing food, the people have to pay a great deal of attention to obtain the exact color as the original ingredient in order to be more appealing;

Two fun facts I've learned this week:

- each color can be represented through a mathematical equation;
- the zodiac signs from astrology are also present in astronomy (the stars configuration);

One question I still have:

Will we succeed in finding more sustainable solutions for our environmental problems?

## Mette

I think that the food of future will strongly be impacted by climate change, technology development and the time it takes to make the food. People are always on the go so a quick and easy food will be a great pick. Also with the constant changes and new discoveries in tech are making it possible to turn a whole meal in to an easy pill or grow meat in labs without hurting animals. These kinds of things are wonderful ideas because they can help us manage climate change. Food will probably be distributed more locally and evenly amongst people in the world.

Three things I've learned here in Romania are how differently people eat and think of food, the actual impact of a single purchase or choice in food and also that romanian people are absolutely wonderful and super kind. My two fun facts would be that I bought the coolest denim jacket here and that Irena loves the rain. The one question I still have is when can we find the atomic food in stores? 😊



## Selma

1. I think people will become more responsible about their food choices. I think people will start thinking about the environment more and how the food is produced. Maybe more people will stop eating meat or atleast eat less meat. There will be probably more vegan and vegetarian options. I think people will or atleast they should start thinking more about animals and their conditions in factories.

Because technology is developing all the time i think there will be new ways to distribute the food (vending machines and food pills etc..).

2. I have learned about how we all have different thoughts and opinions about food and what it should be and how it should be made. I have also learned that food is not just food and it's so much more than just energy for us. Also i learned how much problems we have in the food industry, for an example the conditions where animals are kept in in factories.

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## Denisa

1. I believe the main values that will influence the food of the future are: sustainability, climate change and time management. In my opinion, I think the food of the future will cover a wide range of dishes, more options for vegans & vegetarians, and be more sustainable. For people who follow diets or are allergic to aliments coming from animals, they would have substitutes based on plants. For example, right now there are eggs made from different cereals or plants. The future will contain more replacements that imitates the food, but with another taste. In terms of packaging, I think the people will become more aware of the problems caused by climate change. There will be more biodegradable packaging and recyclable ones. People will also learn how to recycle properly and trying to avoid making so much waste. Moreover, one of the idea discussed yesterday was meal preparation, a plan to avoid waste and to buy only the food people need in one week. They prepare a time-table for a whole week, with what they will eat for every meal. Not only I think but I hope in the future the whole process of making and eating food will be more simplified in order to avoid waste and to have a negative impact on environment and our bodies.

2. Three things I learnt this week:

- people aren't so aware of what they are eating, they don't know how is made that particular food nor what is put in it
- the way our emotions interferes with our eating habits
- the difference between countries in terms of eating behaviours and schedule

Two fun facts:

- each colour can be represented through a mathematical equation
- there is a difference when we eat while listening to music and when we're not listening to music

One question I still have:

Will we stop being ignorant about the problems of the food market in order to have a bright future?

## Daria Condurache

I personally think the values that will most influence food in the future are the ones regarding animal cruelty, nutrition, the time needed to make the food, etc. I think in the future humanity will try to simplify everything, making it easier for people to concentrate on more important things. When it comes to distribution, I think that it will be made in a way to reduce pollution and to make it as efficient as possible.

Three things that I learned are : how important preventing and fighting against waste is, because it slowly kills our planet; how to make the best \*poale in brau\* with Alina Țibu; about the influence astrology and astronomy hold in romanian traditions regarding food.

A fun fact about Finland is that they have a lot of fun and weird traditions for highschoolers.

A question i still have regarding the food industry is how they're able to calculate so exactly the nutrition facts, considering all the

chemical processes that happen during the processing of the food.

## Laia Mataró

1. Personally I think the climate change and the global hungry are the principal problems in our planet

2. 3 things you have learned

This week I have learned to live/share with people from 3 different countries, knowing their customs. I learned about the differences between Romania and Spain, and their traditions. For example, they have a lot of churches and I learned why. Here a lot of things have an origin, past... and I also learnt about the communism here and history.

2 fun facts

Talking about the fun facts, one is the cultural differences from each country or that it was sometimes difficult to have a conversation in English

1 question

will our traditions will be mixed one day?



## Meritxell Pica Vallès

1. Personally, I think that the global warming will be the principal cause of changing our food habits. First of all we saw that in the future the laboratory food will be very present in our diets and also other types of food such as insects. Furthermore we will have so many different ways to distribute it, we will have to think about other more eco friendly way to transport the products to help the environment, because every day it is getting worse. Finally we will have to change the way that the food will be cooked and eat, because probably it will be very different from the one that we are used to do it.

2. We have learned a lot of different things, but for me the ones that impressed me the most was when we were working on Thursday when we saw how the food would be on the future. Also when we discovered how to prepare **poale-n brâu**, we had so much fun and it all came delicious. Finally, and for me the most important thing was learning how to develop our ideas.



Talking about fun facts, we saw that on the future provably we will eat insects and we will eat meat produced in laboratory. All this days I had been having a question in my mind: in the future will our food traditions disappear?

## Popovici Andreia

1. From yesterday's activity, I learned that the amount of time you have impacts the quality of the food we eat, so we should start meal prepping. Furthermore climate change affects food distribution, because if we don't have the best environment to grow food in, than we don't have something to distribute. Last but not least, abattoirs influence the way food will be produced in the future. The best way to feed our body and offer it nutrients is to buy and eat meat/vegetables from a natural source, from a local business or farm for example, not from the market where they mass-produce animals and where you know that the food you're eating was obtained with the „help” of animal cruelty.

2. 3 things that stuck with me from this week were:

- how the bread i eat on a daily basis is produced and how important every step is: from the recipe to the packaging.
- how much responsibility we have when we consume a product. We need to reduce the waste we produce and to eat healthier meals, not only store-bought frozen dishes from the supermarket
- how to make two traditional Romanian meals with the help of miss Alina Țibu: „poale-n brâu” and „tochitura”

2 fun facts i learned are:

- how the human senses can interfere with emotions and the way food is absorbed in our body
- i found out about the tradition Austrian people have a day before St. Nicholas which is called Krampus day

1 question i still have is how can the devices in the laboratory of the faculty work.

## Iustina Bejinariu

1.The values of the future are, for sure, sustainability and recycling, and food companies are making improvements in this field to influence the production, distribution and consumption of the food in an environmentally-friendly way, with

biodegradable packaging, no animal cruelty, eco-friendly distribution (on bikes instead of cars, for instance) and responsible consumption, in terms of quantity and quality.

2. Three things I have learnt are: 1) The food we eat is influenced by factors like identity, responsibility and convenience.

2) Our senses are in connection with the way we perceive the food we eat.

3) No matter what culture do we have, we can be friends and have fun together!:)

Two fun facts are:

1) The Spanish people don't have eclairs in their country.

2) We can express every colour by a different mathematical expression.

## Mar Segalà

1. I think that in the future the food will be the same, but the process, it's going to be produced, distributed and consumed because of the climate change. Food like meat, maybe it's going to be 3D printed, so we can decrease the quantity of pollution that we have on the planet.

2. In this project I had learned a lot of things. Since learning how to think more about the food that we eat and how much the food that we eat contaminates, by knowing how it's going to be the food in the future. The things that I did and I find more interesting from this project are:

1. How many people I had the opportunity to meet and how nice is everyone in this project.

2. Also one really fun fact, it's that the day that we went to the university, we did a clean test on the screen of my phone and at that moment it said that was clean, but the other day I checked again and it was dark purple, that means that my screen it's really dirty.

Question: How is it going to be food distributed in the future?

## Johanna Sailer

1. I think the things that will influence our food the most are climate change, time management and sustainability.

2. 3 things I learned :

- Music influences the way experience our food.
- If we are stressed while eating our body can't absorb nutrients correctly.
- We learned how to prepare poale-n brâu

2 Funfacts:

There are no eclairs in Spain and you are not allowed to take pictures in the Mopan bread factory

One question I have is if there are gonna be food pills one day.