



Cordovan salmorejo gets to schools to teach gastronomy and healthy habits to students

LOCATION: Cordova

DURATION: 1'36"

SUMMARY: Tomato, garlic, extra virgin olive oil and a pinch of salt are the ingredients of Cordovan salmorejo. More than 3.000 students from 87 schools in Cordova are learning how to prepare this traditional dish as well as its nutritional values thanks to an initiative promoted by the Gastronomy Guild of Cordovan salmorejo. Its objective is spreading the gastronomical, cultural and touristic value of the products of the province and raising awareness about the importance of a healthy lifestyle, starting by nutrition.

VTR:

Ambience: "I come to teach you a course on how to make Cordovan salmorejo"

These students have changed books and pens for aprons, knives and mortars. The lesson today is how to prepare Cordovan salmorejo. This activity is part of the educational program 'Cordovan salmorejo at school' promoted by the Gastronomy Guild of Cordovan salmorejo.

Pablo Pombo
Gastronomy Guild of
Cordovan salmorejo

"We considered that a way to preserve this dish was spreading it among a generation of youngsters."

Students receive a pedagogic notebook which apart from explaining how this typical dish is prepared, teaches them its nutritional values or the meaning of designations of origin.

Silvia Rivas
Nutritionist and monitor

"Most of the contents of the activity intend to raise awareness among students about the importance of a healthy diet."

More than three thousand students from eighty-seven schools in Cordova have participated in this educational initiative during this course 2014-2015.

Francisco Castro
Student

"We have done it like in the old times, without a food processor or current technological instruments."

Lucía Albaida
Student

"I have liked the result because it was the first time that I did it by myself and I think it has turned up right."

This way, students learn culture and values such as partnership or working in teams in a fun way while they also learn how to cook. The initiative counts on the support of the Andalusian Department of Education, Culture and Sports and of the Provincial Council of Cordova.

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