



Nutrition education and cutting-edge cuisine in a workshop for little chefs

LOCATION: Granada

DURATION: 1'35"

SUMMARY: Summer school for little chefs. This is what Azahar Salud, from Granada, is offering, through which young children are learning how to cook, but from a healthy viewpoint. The teachers aren't cooks, but nutritionists. The children learn about international cooking in this campsite as well as cutting edge cuisine.

VTR:

Small servings of yoghurt with fruits, dried fruits and vanilla mousse. Those are the challenges that these little chefs, who are taking part in a special summer school, have ahead of them. This week it's their turn to get stuck into cutting-edge cuisine, but they're doing it from a nutritional point of view in this 'healthy room.'

Carlos García
Azahar Health Director

"Making nutritional education relevant, an interesting focus that parents could find attractive and could excite the children."

Ana María Ruiz
Nutritionist

"Hoping they learn a little that is doesn't all come from the supermarket, but at home too, we can make a mousse, we can make a yoghurt."

It's just that the teachers aren't cooks, they're nutritionists, because as well as teaching them how to prepare these dishes, they're also teaching them how to eat healthily. Today they've taken on molecular cooking, but they also have the opportunity to learn about international cuisine, as well as healthy confectionary.

Carlos García
Azahar Salud Director

"Whatever they touch, they can do something with it, it's going to spark an interest. And so, well that means, we have come a long way."

Ana María Ruiz
Nutritionist

"How to do molecular cooking, we're teaching them that cooking is chemistry."

What attracts the most attention from the participants are the gelatines and the modern designs.

Children

"How we make spheres, how we put them in this liquid... What was it called?" "Making the dots." "The alginate." "Chocolate, oats and cinnamon. And an apple."

And with all these ingredients in these dishes, who wouldn't want to try one of these.

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