

Dear Parents,

In this month's newsletter, you can read all about our children's activities, projects, and events that have peppered the month of October.

Third Week of Italian Cuisine in China

The topic of Healthy and Healthy Nutrition is a main aspect of the Italian Embassy School's educational project. Choosing to have a kitchen internal to school proves how much the school values this space and its educational importance.

The kitchen is for our school a special place. A place where ingredients and materials are carefully selected and matched to the appropriate nutritional needs of the children, and where our fabulous "Atelier del Gusto" takes place. These Atelier moments are aimed not only to offer unforgettable cooking and tasting experiences but are also effective in educating children and parents in culinary culture from Italy, China and all the children's countries of origin.

To honour the third week of Italian cuisine in China, our Chef and Atelierista Roberta invited all the boys and girls at school onto a journey of discovery through tastes and smells of the most characteristic herbs and spices from the Mediterranean.

Children explored the "Herbarium" in an interdisciplinary and multisensory project that follows plants and herbs from the sowing of seeds, to their initial growth, up to their preparation of tasty and fragrant recipes on supervision of the Chef.

Every recipe was tasted and shared amongst friends during lunchtimes, in a learning process that encapsulates conviviality, peer to peer relations, and that perfectly fits into our project "Citizenship and Constitution".



"Talk to me" Michellin-starred Chef Cristina Bowerman

One cabbage, one onion, white vinegar, potato flour, water, plus the experience and the passion of Chef Cristina Bowerman: this was the recipe for the signature "Talk with me" dedicated to the Third Week of the Italian Cuisine in the World.

On November 21st, children of the Accredited Italian Embassy School in Beijing welcomed Chef Cristina who, together with the School Chef Roberta, organized a lab activity about the transformation of cooking ingredients, natural food colours, and Newtonian fluids.

"Carotene is stronger than chlorophyll."

"Potatoes don't love the fridge, but the dark."

"Asparagus is white because they did not shine under the sun and the chlorophyll."

Through experiments, Chef Cristina explained to children why different food natural pigments are more or less resistant to jump in temperature and acidity.

Chased by kids' questions, she revealed she did not invent the custard cream, but she inherited the passion for making it from her father, who also unveiled her the secret that lays in the lemon peel.

This "Talk with me" event closes the "Herbarium" project. An educational path, interdisciplinary and about all the five senses, conceived by the School Chef and Atelierista that had children exploring new flavours and fragrances as well as learning the properties of food and herbs.



Galateo project at school!

The word "Galateo" comes from the surname of a famous Neapolitan medic who wrote a "pledge" on education. The text inspired Monsignor della Casa to describe the meaning of "good manners": greeting, enjoying time together around the table and how to value this experience.

The galateo project involves all children of the primary and is inspired by these very values. It aims to develop a positively strong sense of wellbeing and good habits when living together. This takes place through the teaching of rules, codes and correct behaviour, which allows us to live happily together. It is thanks to these relationships that children grow, develop, and form a personal conscience of their citizenship.

One of the school's main educational goals is to develop young citizens with positive values. The Galateo project fits perfectly within the "Citizenship and Constitution" topic, as well as being part of the Italian National Curriculum.

The project was started during another episode of "Parla con Me," during which Chef Roberta shared her "birthday ideas" with our boys and girls.

Roberta then went on to talk about the importance of eating and sharing meals together. Of laying the table correctly, and the use of all senses when enjoying a special meal.

We strongly believe that this is an opportunity to strengthen the educational "co-responsibility" between school and home, and we will keep you up to date with the project in its various phases.

This Christmas, on occasion of our School's party, you will find that the children will have set up the banquet with plenty of care and love. See you on Sunday!



Events and initiatives

December 2nd

School Christmas Party, Auditorium of Italian Institute of Culture