



Poland – Extra activities

Cooking workshops in Bataty

We all like to eat well, because food gives us great pleasure. But what a pleasure it is to eat something healthy and, what's more, prepared by yourself. How much joy does the smell of a dish, in which we put so much of our own work, but one that was at the same time great fun, give us? We had such a pleasure. On Monday, June 18, 2018, as part of the MOVING2HEALTH project financed by Erasmus+, we visited the Szczecin Culinary Studio Bataty.

The fact that we knew how to make a pizza is one thing, and the fact that during the workshops I learned how to cut the peppers properly so that as much juice as possible would remain in them is another. Personally, I like cooking very much and I consider myself to be not the worst cook, but through such a meeting I understood how much heart you can approach food. Cooking is art, just like everything else we associate with the word art - it is painting or singing. Cooking is a great therapy, the possibility to get away from other things for a while, to focus on the equal chopping up of, for example, the above mentioned pepper. From all this concentration very tasty things come out, and in Batthians even healthy things came out, because the non-traditional pizza came out - because on the bottom of the wholemeal flour and already known to me (to me yes, but not to everyone) phalafeels. A very pleasant part was also the fact that we actually cooperated. The resulting dishes were our common achievement, which probably made them even better. I think that following the instructions given by the leader, or even helping each other significantly improved our interpersonal skills, or even contributed to deepening our acquaintances.

It's good that people are doing something. It doesn't matter if they're just cooking, painting or doing anything else. Doing things like that is good for our health and our psyche. And if we do something healthy - like in Battles - it's even better! Let's not be afraid and do everything we want. After all, in life you have to try every taste.

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