Dear Teacher Modesta Canale,

I viewed the activities produced by the Italian students. I can only express enthusiasm and admiration for the pleasant, interesting and multidisciplinary approach to the subject.

The e-book is truly a valuable work that combines perfectly the science and communication skills through various means. An excellent result that denotes passion and diligence.

The part of the project that I do not agree is the section devoted to recipes that while expressing the history and culinary tradition typical of every participating country, does not seem to me exactly balanced or in any case in line with the principles of the research guide.

By this consideration I do not want to take up credit to the great effort but that is intended as a further incentive for reflection: the cooking is a set of chemical and physical processes that we put in place causing substantial changes on the characteristics and properties of a food, so we should try to make ensure that a Super food does not become simply "something good to eat" but that its wonderful properties remain so at the table.

Thank you again for your appreciation and I cordially greet you

Laura Ravaioli

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