

Well-being with food

• Decorating a cake •

Topic: Well-being with food

⇒ decorating a cake about ERASMUS and Europe or Well-being

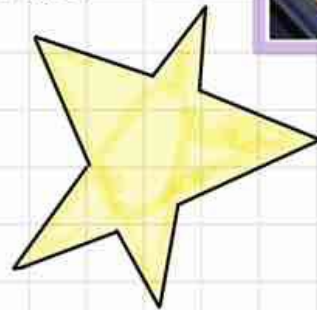
Why did you chose this topic, with has this topic got to do with Well-being?

↳ beacause we like food & decorating the cake

We chose the topic because we thought it would be fun to work with food.

Present the steps you made during the workshop!

1. The teacher made 2 cakes: chocolate and leamon
2. We collected our ideas for the decorations about Germany and France.
3. We searched for the particular decorations (sprinkles, chocolate, sugar script...).
4. We added stars for represented the twelve stars of unions Europe.
5. The flag of Germany and France are for representing of the ecange 2024 with the german and French people.
6. The 2 people are standing for the international friendship between the countries.
7. We added a text that says "Well-Being" to also show what the project is about.



We didn't find the activity difficult. We liked decorating with different things, especially with the sugar script and the sprinkles. Buying the chocolate was fun too, because we went to the shop together.

Something we didn't like was that we had too less white sugar script. ☺

WELLBEING WITH CAKES

The topic of our workshop was decorating cakes and our group decided to decorate the cake with representing the connection between France and Germany.



This was the whole cake.
The twelve stars should show the twelve stars of the European flag



We painted the flags to draw attention about the exchange.



The 2024 on the cake was there to represent the year of our exchange.



The two people, who are holding each others hands, and the lettering well-being should show the connection between the different people and that they belong together. They show that different cultures can work on the same project.

For us it was difficult to agree on ideas because everyone had had different ideas and opinions about the cake. First, we didn't really know how to show the ideas with the decoration of the cake. The best of decorating a cake was being creative because it was a lot more fun to present your own opinion on a cake than just telling it. The worst was we didn't have the material to do all our ideas on the cake so we had to improvise. It was a little difficult to communicate with each other.

STEPS

1. Searching for ideas and draw the decoration on a paper
2. Thinking of how we can bring it on the cake and which material we would need
3. Starting to decorate the cake

Our topics connection to wellbeing

You can feel better at school if there's delicious food because you can feel a little more than at home. You have a little break at school while eating so you can get new energy for learning.



WORKSHOP

CERATIVITY

WHY DID YOU CHOSE THIS TOPIC, WHAT HAS THIS TOPIC GOT TO DOWITH WELLBEING?

I chose it because in the Workshop were my friends and Wellbeing with friends is one of my favorit places at wellbeing. And I thought that it would make fun to create something. This topic is related to wellbeing because there was relaxing music and wie were all focused.



WAS THE ACTIVITY DIFFICULT? WHAT DID YOU LIKE THE BEST, WHAT DID YOU LIKE THE LEAST? WHY?

The Workshop was:
it was not difficult
it was just creativity



The best:
making the stamp and pull it down on the bag

The least:
to draw because it takes soooooo long

What was the topic of your workshop?

- to decorate the bags
- to feel good while painting



We are working

The steps we do during the workshop

- first we did a sketch on paper, which looked like a bag
- after that we did stamps and looked a video how to do that
- then we test the stamps with colour
- after that we improved them even more
- Next, we took a bag and drew on it
- we do the stamp on the bag

Why did you chose this topic, what has this topic got to do with wellbeing?

- to be creative in one group
- to do something together, which everyone like

Wellbeing
with
creativity



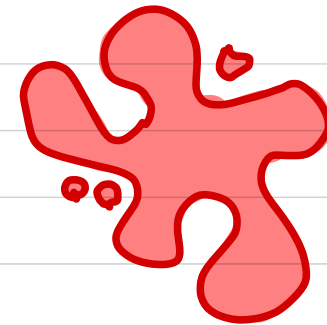
A few of our bags

Was the activity difficult? What did you like the best, what did you like the least? Why?

- draw on the bag, wasn't difficult because you can choose your own motive that is easy for you to draw
- the best was to make the stamps, because it was new
- we liked the least to cut the stamps



Well-being with Art



What was the topic of the workshop?
Quel était le sujet de l'atelier?

- Making own Stamps
⇒ Fabriquer ses propres timbres
- Paint / Print bags yourself
⇒ Peignez / imprimez des sacs vous-même
- be creative
⇒ Sois créatif

What has this topic to do with wellbeing?
Qu'est-ce que ce sujet a à voir avec le bien-être

- sharing your own ideas with others
⇒ Partager vos propres idées avec les autres
- to help the others how to draw or what to draw
⇒ Pour aider les autres à dessiner ou quoi dessiner

The steps during the workshop

Les étapes pendant l'atelier

- At first, we drew a Sketch for our bag
⇒ Au début, nous avons un croquis pour notre sac
- Step 2 was to make an own Stamp
⇒ L'étape 2 était de faire son propre timbre
- Finally, we painted the bags with acryl and the stamps.
⇒ Enfin, nous avons peinté les sacs avec de l'acrylique et les timbres

The best and the worst
le meilleur et le pire

• We liked to do the stamps
⇒ Nous avons aimé faire les stamps

• We liked all stations
⇒ Nous avons aimé toutes les stations

• It wasn't too difficult
⇒ Ce n'était pas trop difficile

• It was funny and interesting to do it with other students
⇒ C'était drôle et intéressant de le faire avec des autres élèves.

15.4.24

Wellbeing - present your workshop!

What was the topic of your workshop?
⇒ Wellbeing with food

Why did you choose this topic, what has this topic got to do with wellbeing?
⇒ I chose it because I like to cook. Because cooking can be relaxing.

Present the steps you made during the workshop:

- At first we talked about our favourite dish.
- After that we searched for the recipe.
- Then we wrote it in French and in German down.
- After the break we made a shopping list.
- Then we were in a supermarket.
- The last step was to take some photos of the ingredients and started to create a page on canva.

What did you like the best, what did you like the least?
⇒ we liked shopping in the supermarket the most.



Der Aufenthalt
auf dem Gelände
ist in der Zeit
von 23-6h
nicht gestattet.

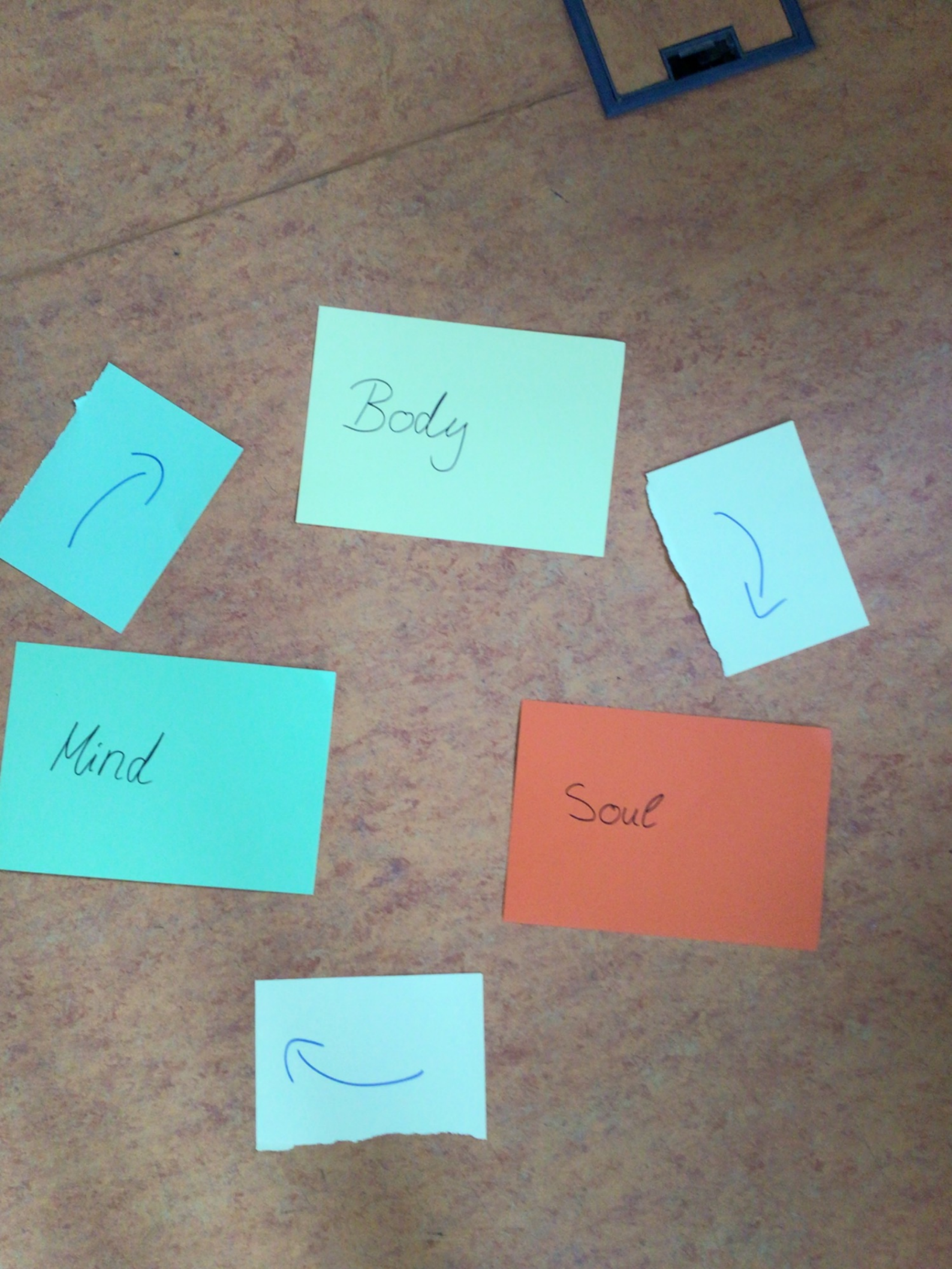
**Wichtige
Hinweise an den Weg!**
Sei kein Fremd!
Auf dem Gelände
ist das Verbot
von Feuer, Alkohol
und Drogen.



PRESENT THE STEPS YOU MADE DURING THE WORKSHOP!

- draw our designs on paper
- we cut out our own stamps
- we draw and stamp it on the bags





Body

Mind

Soul

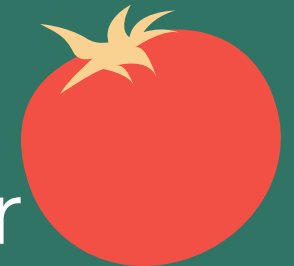


WELLBEING WITH FOOD



8:30h

- Think about your **favourite dish** – What makes you feel well?
- Search for the **recipe**! It should be short and precise!
- Present your choice to your small group! (two or four persons!)
- Write two versions of your recipe:
In **French** and in **German**



9:20h - 9:40h *BREAK*

- Choose a **day** when you want **to prepare** one of your dishes!

Today in the evening? Friday? Saturday? Sunday? (It should be before Monday morning)

- Make a **shopping list** with the ingredients you need!

(attention, if you need some fresh ingredients, you need to buy it later!)

10:00h – 10:45h

Shopping in the **German Supermarket**
– take what you need, but not too much :)

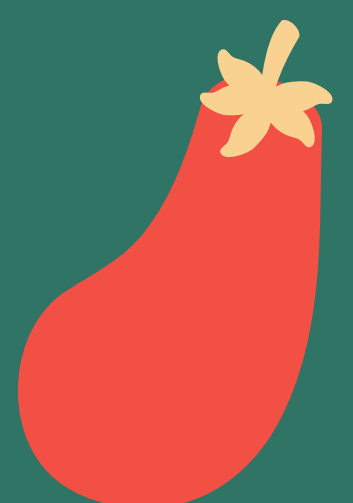
10:45h-11:10h

- Take some photos of the ingredients!
-

11:10h-11:25h *BREAK*

- Start to create your page for our “Wellbeing Cholet-Büren Recipe-Book”!
Ingredients
Steps you need to do
How to serve!

12:05h Get ready for **lunch**!



Bienvenue à la ville de Lippstadt!



C'est à vous de découvrir: trouvez les lieux dans l'ordre marqué sur votre carte et complétez les tâches sur cette feuille!



De quel bâtiment s'agit-il? Notez le nom!



Pourquoi est-ce qu'il y a un monument de cette forme? Regardez bien l'inscription!



Faites une selfie avec ce jardin au fond!



Voilà la "Lippe" - quelle est la fonction de la roue et pourquoi y-a-t-il des sacs dans l'eau?



De quoi s'agit-il de cette affiche? Notez un gros titre!



Trouvez cette porte! Comment s'appelle ce bâtiment en allemand?

Vous êtes super en forme! après toutes les stations, vous méritez bien une glace! Allez à la Gelateria la Luna!

“GUTEN TAG, ICH HÄTTE GERNE EINE KUGEL _____-EIS IM
• HÖRNCHEN
• BECHER

