

WORLD'S HEALTHY FOOD: COOKING & FUN

INTRODUCTION

Healthy food is natural: vegetables, fruits, meat, spices and herbs. In some community's meat was less consumed than vegetables and grains, it is more expensive, but there are other communities still favouring meat. All food is necessary in healthy people's diet, especially children.

Today, most of urban people buy food in shops or markets and very little we grow. People in the cities are encouraged by their local authorities to get allotments and to cultivate some herbs and plants on their balconies or window seals or in communal grow green areas and allocated places. All we have to do is to search and find out which fruits, herbs or vegetables will be successful in our available environment.

Why we should do that?

1. If we have children and family, we can also make 'grow food' an educational and fun activity, It is REWARDING, by all means, to grow our own products, organic, cared for with love and pride. This would be an opportunity to engage the whole family in looking after our plants from seeds, buds and grown plant with fruit they bear.
2. This is also an opportunity to learn new, lifelong skills which may save their lives in future.
3. If unable to grow even herbs and some fruits and vegetables in your pots, then start exploring your nearest markets. This is not only for grown-up people or women, but men and children too, they will learn about healthy food and how to read labels to make sure they buy good stuff.
4. You cannot grow everything in your homes or allotment spaces, some food is determined by geographical places where they are native cultures, the elements such as climate, water or rain, temperature and other environmental conditions. When children are involved in this activity, it will be an interactive way of learning about plants and food, the environment and the importance of protecting it.
5. We all know that organic food is expensive and especially exotic fruits and vegetables, but if we manage to buy occasionally, it is not only money spending, but the new knowledge and to pass on the next generations.
6. Our native presenters will show you how to cook world food, you may have already known some of it, but this will be authentic, home based, fun and will involve the whole family in creating their own serving decorations. You will learn geography and new cooking methods and ingredients that people use to spice their food.
7. The new experiences and practices will be enjoyable addition to your knowledge. All what you need to do is to register FREE on Zoom and connect with our international Chefs. **Bon appétit!**

Liber Art on behalf of Pro Art & Co is inviting you to a Zoom meeting.

Friday 4 December 2020 at 11.00 am-12.00 pm - click the link below

<https://us02web.zoom.us/j/84065725240?pwd=UG9lMGNSWVVpODJHamVJakxvZm9Cdz09>

Meeting ID: 840 6572 5240 Passcode: **793322**