

EUROPEAN PARLIAMENT REPORT

ON THE

EUROPEAN GASTRONOMIC HERITAGE:

CULTURAL AND
EDUCATIONAL ASPECTS



WITH THE COLLABORATION OF



AND ITS COLLABORATING COMPANIES



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PRESENTATION BY ÍÑIGO MÉNDEZ DE VIGO

Secretary of State for the European Union

I am certainly thrilled to preface this edition of this “European Parliament Own-initiative report on the European Gastronomic Heritage: cultural and educational aspects”. I also take the opportunity to congratulate its author, who is my dear friend and ex colleague Santi Frisas for the success that his report has obtained. I have supported this project from the outset because I have always believed that it is a brilliant initiative. I was convinced that this was an issue which deserved to acquire a political dimension not only because it was a current topic but also because it was becoming increasingly important in many different fields such as science, public health, society and culture. Additionally, I do not think that politics and gastronomy are that unrelated, since I have always taken very seriously what Talleyrand said: “Things can be planned much better around a white tablecloth than at a negotiating table”.

The first issue raised by the report is: do we eat well? And above all, do our children eat well? In a globalised world, we tend to import many trends, sometimes rejecting ours, when ours are of the highest quality. Either because of economic reasons or because these foreign trends are more convenient or attractive for kids (and I may also add they are more addictive), we are replacing our delicious Mediterranean diet for other diets which are much more unbalanced. Besides, we are doing so not only at

school but in our homes. As a result, many children are morbidly obese, a risk which did not exist in my childhood. The reason why it did not exist is that in Spain, we used to enjoy one of the world's healthiest diets: the Mediterranean diet. It is necessary to recover our culinary traditions, to reintroduce them at schools and to teach our children healthy and balanced eating habits. What is certain is that, in the future, our own children will be the most grateful for this.

Although it is true that the scientific point of view is a key element, the cultural approach is equally important. In Europe, we have always given gastronomy a prominent place, elevating it to an art form and even some kind of erudition. No wonder the Spanish word "sabiduría" (wisdom) etymologically means "sabor" (flavour), "saber apreciar" (appreciate) and "retener y entender" (retain and understand). Europeans do not conceive eating as a mere way of feeding themselves. Eating is also perceived as a pleasure. The combination of ingredients, food handling, mixing and researching new flavours are the basis of the culinary art. Europe has now a rich culinary variety which draws from different sources and traditions: the Mediterranean, the Central European, the Nordic... Each one has its own interpretation of the raw materials within its reach. In the South, we cook with more oil while in the North they use butter more often... In this regard, we honour the European motto "united in diversity".

Within this variety, it is fair to recognise that Spanish cuisine, for many years now, is in the forefront of international cuisine. No other country has put in so much effort to improve its gastronomy lately; nobody has innovated as much as Spain has. Spain is the only place where so many original restaurants have been set up and, what can be stated is that, nowadays, Spain's greatest chefs are as well-known as the best football players of our league. Additionally, this year we have managed to get the first position back among the World's 50 Best Restaurants thanks to "Celler de Can Roca". Other Spanish restaurants such as "Mugaritz" and

“Arzak” are among the world’s top ten and eight out of these top ten are European.

Therefore, it seems to me absolutely essential to spread, preserve and promote the variety and quality of European gastronomy as an essential part of our cultural heritage. For a country like Spain where tourism represents 10.2% of the gross national product and 11.5% of the employment rate, gastronomy is a crucial asset. And it is not only about haute cuisine, I am also talking about “tapas culture”, which is highly appreciated by the tourists who visit our country.

The immense support which this report has received in the European Parliament proves that Spain has come back to Europe stronger than ever and now our country is ready to offer smart initiatives to improve the lives of European citizens. Since we should lead by example, in Spain we are going to implement the measures contained in this report and we hope that the other countries follow suit. After all, our citizens will acknowledge it and our stomachs will be thankful.

ÍÑIGO MÉNDEZ DE VIGO

Secretary of State for the European Union

INTRODUCTION BY RAFAEL ANSÓN

President of the Royal Spanish Academy of Gastronomy

This own-initiative report does not aim at covering every aspect of what Valentín Fuster calls Integral Health. This report rather covers everything in respect of nutrition regarding health as well as its effects on social relationships, the economic and cultural field and, obviously, the pleasure of eating. Physical Exercise is also worth mentioning.

In order to achieve an Integral Health, apart from nutrition and physical exercise, other factors need to be addressed. Valentín Fuster has defined these factors flawlessly in many of his lectures, speeches and books.

What has been made clear by the own-initiative report is that nutrition must be understood in a broad sense and that our main goal is to end hunger, to make sure everyone has something to eat and to ensure that we all enjoy eating in a healthy way and from a gastronomic approach.

THE HISTORY OF AN REPORT

I believe that my words must serve to introduce the rest of the content, because they will be helpful to better understand the history of this own-initiative report. A report which, from my point of view represents a substantial change not only in the history of gastronomy, but also in other issues such as health, culture and social relationships.

Some years ago, some Spaniards (including myself) had a dream. We dreamt of the possibility of nutrition and food assuming its rightful role in modern societies in the 21st Century. Obviously, we meant nutrition understood in the widest sense, with a global vision which covers not only health issues but also cultural aspects, social relationships and a pleasurable eating experience. And, undoubtedly, we wanted nutrition to have its own space within economy, healthcare and tourism.

In the framework of this dream, three years ago I got in touch with Jaime Mayor Oreja, Vice-President of the Popular Group in Europe, which is the main European Parliamentary group. At that time, Mayor was responsible for making proposals and suggestions to be later approved by the European Parliament.

INCORPORATION INTO THE EDUCATION SYSTEM

I told him to propose a resolution which would urge every Government of the European Union to incorporate all the relevant knowledge about nutrition, diet and educating the palate and experiences into the education system.

Jaime and I talked about the way experiences and values had been conveyed through family traditions and how the education system was now responsible for transferring this knowledge.

At the present time, families are not fulfilling this function and, consequently, it is vital that schools and colleges teach children good eating habits, from a healthy approach and taking into account the sensory experience of food.

Jaime Mayor organised a meeting in Brussels in which, apart from many MEP, greatly encouraged by the former MEP Iñigo Méndez de Vigo (current Secretary of State for the European Union), the Presidents of the Education and Culture Committee and the President of the Health Care Committee also participated.

Gregorio Varela attended that meeting as President of the Spanish Nutrition Foundation and so did I, as President of the Royal Academy of Gastronomy. The two of us were endorsed by all the work and studies which Doctor Valentín Fuster had carried out for many years.

OBESITY AND CARDIO-VASCULAR DISEASES

At that meeting, it was emphasized that illnesses resulting from poor eating habits were becoming an increasingly serious problem and that they represented expenses and a huge effort that health care systems could not assume. Different reports were presented and one of them, produced by the World Health Organization (WHO), underlined that obesity was the most severe epidemic in human history. In other words, according to the WHO report, bad eating habits were causing almost as many deaths as starvation was. This report also emphasized that cardio-vascular diseases, which are partly motivated by a poor diet, were the main cause of death in economically advanced societies.

From that moment on, consideration was also given to the European Parliament adopting a resolution in order to advise the different European Governments to take into consideration the possibility of asking the education system to teach students about nutrition, dietary habits and gastronomy. Equally, the increasing impact that nutritional education has on the economy and tourism should also be taken into account.

SANTIAGO FISAS, RAPPOREUR

Shortly after, Jaime Mayor contacted Santiago Fisas (European Popular Party Member of Parliament) to ask him to be appointed rapporteur of the initiative, which would be discussed in the European Parliament. Fisas immediately accepted the appointment and started working on it. From that moment on, we exchanged multiple e-mails, notes and reports for the purpose

of shaping the text which would eventually be approved by the European Parliament.

While tackling this task, the Spanish Nutrition Foundation and its President Gregorio Varela got involved and they made a valuable contribution to the project. Likewise, the Foundation for Science Health and Education (SHE) along with its President Valentin Fuster also joined the team. What happened next will be later explained by Santiago Fisas.

Yet the truth is that the Committee on Culture and Education unanimously endorsed the own-initiative report and, shortly after that, the report was adopted by the European Parliament.

The dream which began in the twentieth century became a reality in the twenty-first century. The European Parliament had adopted an own-initiative report by 530 votes in favour, 74 against and 14 abstentions. The European Parliament had adopted an own-initiative report which, as I mentioned before, was going to (and I still hope it will) change European's quality of life. Its main goal was to make sure everyone had enough food and that they learn how to make better eating choices and how to eat healthily while enjoying it.

In addition to that, the report also sought recognition for the extraordinary effort made by the human being regarding cultural heritage in fields like cuisine, nutrition and gastronomy. It also made clear that nutrition belongs to a remarkably important economic space which has a decisive impact on tourism, trips and people's happiness.

RAFAEL ANSÓN

President of the Royal Spanish Academy of Gastronomy.
President of the Foundation of Sociological Studies (FUNDES).
Secretary-General of the Spanish Nutrition Foundation (FEN).
Associate Professor at Instituto de Empresa (IE). Honorary President and
Founder of the International Academy of Gastronomy

COMMENTS BY JAIME MAYOR

Vice-President of the EPP Group

We are currently living new times, rather than times of crisis.

A great cultural debate is going to be a key element during the next decade, and that always means new times are coming.

New times always mean new opportunities, beyond the undeniable risks they may involve.

In short, we have a great opportunity ahead in the field of education, healthcare, nutrition and gastronomy. Now is the time for us to be able to unite, to add up, to integrate and to conjugate new accents and priorities in every important aspect of people's lives.

The aim of this parliamentary report, which has been admirably defended by Santiago Fisas and has been supported by Rafael Ansón, is precisely to prove that education should never be irrelevant to food knowledge. This report also aims at showing that healthcare requires education and good habits regarding both nutrition and physical activity. Likewise, learning from the crisis we are undergoing may involve learning how to live differently.

This own-initiative report can and must be the base for an alternative way of living, which is not only about making more and more money.

Less is more when it comes to better education, with less money a good nutrition can be achieved and with fewer resources we can become better, happier people.

The ambition of this cultural change is up to us, it depends on the depth of the reforms we dare to implement in the healthcare-educational-cultural field.

The moment has come for all European Union governments and the European Commission to support this project, once the European Parliament provides a solid base for such an enormous challenge ahead of us.

The ambition of this project knows no limits because it may result in an effort which will change people, European citizens, in the right direction. It constitutes a real and concrete project which requires increasing doses of humanism.

If the crisis is in the person, so is the solution and it is all about a widespread personal attitude change.

We shall seek new approaches which can make a difference and inspire people; we should look for proposals which can offer people new perspectives.

This proposal itself, which is genuinely humanist because it focuses on a personal attitude change, is the kind of approach I have just suggested.

JAIME MAYOR

Vice-President of the EPP Group (EPP-ED) and Head of the Spanish Delegation to the EPP-ED Group. President of the European Ideas Network (EIN). Member of the Committee on Constitutional Affairs

COMMENTS BY GREGORIO VARELA

President of the Spanish Foundation of Nutrition

March 12th 2014 is going to be an unforgettable day for those who, like me, try to improve nutrition in all its facets. It is a date which marks a point of no return after the own-initiative report was adopted by the European Parliament. Thus, it is an event everyone working in the field of gastronomy should be pleased about and we must keep in mind it also represents a present and future challenge. In that respect, I am as happy as my much admired friend Rafael Ansón and I am feeling this way for a number of reasons.

In the first place, I am glad because both the own-initiative report and the roadmap before its adoption have a multidisciplinary nature, which was essential to better understand the reality of diet, nutrition and gastronomy. And this would have not been possible not so long ago, maybe ten years before. Therefore, I believe this is a reason for all of us to be proud, because it is a dream come true and we got it right.

If I may say so, I am equally proud at a personal level because I work in education and this is an initiative (which was launched and which I am sure will be extremely successful), which allows me to strongly believe in education as an essential pillar for people, citizens and, of course Europeans. I am also extremely pleased because this is an initiative which was launched jointly by the Royal Academy of Gastronomy and the Spanish Nutrition Foundation

(FEN). The latter is celebrating its 30th anniversary this year and I cannot think of a better gift than this report, because according to its articles of association, FEN is a foundation which aims at improving Spaniards' nutrition through education.

Over the last thirty years there have been many initiatives which were launched by FEN jointly with other administrations. However, this particular initiative is remarkably important because of the broad support it has received. Now, I would like to summarize some of the milestones which have enabled us to come this far. It is fair to say that many people and institutions have taken part in this process. Back in 2010, just 3 years ago, an important initiative was already launched here in Madrid, within the framework of a seminar entitled "Nutritional Health Education", which laid the foundations for this moment and for this initiative.

But I personally think that a really important event was the seminar which, thanks to the interest shown and the support given by Jaime Mayor Oreja, took place at the headquarters of the European Parliament in Brussels on 9 November 2011. During that seminar, entitled "A New Health Issue for the Union, Nutrition & Education", we managed to bring together experts from a multitude of branches of knowledge and at that time, we had a great institutional support. That seminar was a key element when finding our way, not only because it awakened the interest of Members of Parliament but also because it was made clear that it was a Spanish initiative.

Additionally, I would like to look back at some workshops which turned out to play a significant role to reach the current stage. In 2010, in the headquarters of the Spanish Agency for Food Safety and Nutrition (AESAN) we organised a workshop called "Nutrition in schools across Europe". It had the power to unite different European nutrition foundations and it enabled the constitution of the European Nutrition Foundations Network (ENF), which is still active today and promotes specific actions to achieve a better

diet through nutrition education. The results of this first workshop in 2010 were published in the prestigious journal Nutrition Bulletin, which has served, among other documents, as a reference for drafting the final report.

Afterwards, the Spanish Nutrition Foundation (FEN) organised another important workshop called “Physical Activity Across Europe”. This workshop took place in 2011 and its results were also published in Nutrition Bulletin. Most recently (June 2012), the workshop held in London and entitled “Behaviour change to promote a healthy diet and physical activity in Europe” addressed behavioural aspects in connection with diet, nutrition and education. Likewise, the results of this last workshop were featured in Nutrition Bulletin.

As can be inferred from my earlier remarks, we have always wanted the report to have a multidisciplinary approach, since we strongly believe that this is how education should be regarded. Our goal is to educate through a new concept of nutrition, based on health and pleasure, physical activity and behaviour changes. Otherwise, we will fail altogether and that is the idea we would like to convey through this own-initiative report. I will end by saying that this is a crucial moment for our very own Spanish Nutrition Foundation. In the same way, I would like to say a great big thank you to the Foundation for the work it has carried out during its 30-year existence.

In short, thank you all for today’s healthy and inspiring menu: the European Parliament report on the European Gastronomic Heritage: Cultural and Educational Aspects. It is a report which deserves a toasting, so cheers to that! And long live gastronomy!

GREGORIO VARELA

President of the Spanish Foundation of Nutrition (FEN). Lecturer in Nutrition and Bromatology at CEU San Pablo University and Head of Pharmaceutical and Health Sciences Department at CEU San Pablo University (Madrid)

PROLOGUE BY SANTIAGO FISAS

Member of the EPP Group in the European Parliament

One evening, my dear, much admired friend Jaime Mayor Oreja (the President of my Political Delegation in the European Parliament) invited me to his office and he asked me to note down the rapporteurs' speeches during a seminar chaired by him and which would be held at the European Parliament in Brussels. The seminar was titled "Rebuilding the European Social Market Economy: A New Health Issue for the Union: Nutrition & Education", and both the President of the Royal Academy of Gastronomy and the President of the Spanish Nutrition Foundation participated in it. And that is exactly how this fascinating adventure began. Then I asked myself: why don't you turn these notes into a future draft report?

It should be made clear that, in parliamentary jargon, a report is a draft bill. I sent this draft to Jaime, to my colleague Iñigo Méndez de Vigo (current Secretary of State for the European Union) and to Rafael Ansón, who is now the President of the Royal Academy of Gastronomy. Both Iñigo and Rafael are naturally great experts in gastronomy, such a crucial matter.

EXCELLENT RECEPTION

I was pleasantly surprised not only by the excellent reception obtained by the report but also by all the support I received, since it encouraged me to work further on this issue in order to turn it

into a Parliamentary own-initiative report. If I am not mistaken, I was working on the very first Report on Gastronomy and Nutrition to be presented in the European Parliament.

The report consists of two parts; the first one discusses how to instil healthy eating habits into children from an early stage in schools. Now is the time for schools to take over when it comes to conveying knowledge to their students (preferably from an early age) about nutrition and gastronomy. Schools should also be responsible for organizing practical workshops which show children how to cook food, how to educate their sensory experience of food and how to enjoy eating healthily. In short, the main goal is to promote healthy eating habits which, along with physical activity will allow young people to grow up in a healthy way. This will result in greater well-being in later life and in public savings for the Healthcare System.

The other part of the report, which is also highly remarkable, highlights the immense gastronomic heritage of our peoples, which represents a valuable European heritage that deserves to be preserved and treasured. The Mediterranean Diet, the French Cuisine as well as the making of traditional gingerbread in Northern Croatia are included on the Representative List of Intangible Cultural Heritage of Humanity set up by UNESCO and, combined with the know-how of our chefs; they constitute a source of inestimable richness, job creation and tourism development.

But before I go any further, let me return to the prosaic parliamentary activity. After several meetings and an active participation of all the political groups present in the European Parliament's Committee on Culture and Education (which is responsible for cultural and educational affairs), the report was adopted by unanimous vote, which is something quite unusual. And, finally, the report received more than 85 percent of the votes and it was adopted in a plenary session of the European Parliament in Strasbourg on March 12th 2014.

I would like to take this opportunity to warmly thank Jaime Mayor, Iñigo Méndez de Vigo, Rafael Ansón, Doctor Valentín Fuster and Professor Gregorio Varela, along with my colleagues and collaborators for their support, enthusiasm, and commitment to successfully put forward this pioneering initiative in the European Union. Now the most important task lies ahead of us: making these proposals a reality.

SANTIAGO FISAS

Member of the EPP Group in the European Parliament.
Member of the Committee on Culture and the Committee on Development
Cooperation. Vice-President of the EP Delegation to the EU-Mexico Joint
Parliamentary Committee

SUMMARY OF THE REPORT

On 12th March 2014, the “European Parliament Own-initiative report on the European Gastronomic Heritage: cultural and educational aspects” was finally adopted. With 530 votes in favour, 74 against and 14 abstentions, it represents an essential step in incorporating experiences and knowledge about gastronomy, diet and nutrition into the European education system and its culture.

This report, whose Rapporteur was Santiago Fisas Aixelà (MEP), was drafted on the initiative of the EPP Group (EPP-ED) and the absolutely pioneer idea was suggested by Rafael Ansón (President of the Royal Spanish Academy of Gastronomy) and by Gregorio Varela (President of the Spanish Foundation of Nutrition-FEN). This idea has emerged from the commitment to incorporate knowledge on gastronomy and healthy eating habits into the European education system. This entails considering gastronomy as “the combination of knowledge, experience, art and craft, which provides a healthy and pleasurable eating experience”, as well as a “part of our identity and is an essential component of the European cultural heritage”.

Poor eating habits are the main cause of many illnesses. That is why it is absolutely essential to incorporate learning about diet and nutrition, taste workshops and a knowledge and culture of food and gastronomy into the various national education systems.

On the other hand, it is evident that gastronomy has become a form of artistic and cultural expression, that food and good cooking are one of the fundamental pillars of family and social relationships.

Finally, it has to be pointed out that gastronomy has also become a key element in terms of promoting tourism and it is a source of both cultural and economic wealth for the different regions which make up the European Union.

We must bear in mind that “Mediterranean diet offers a balanced and healthy combination of eating habits and lifestyle that is directly related to the prevention of chronic illnesses and to health promotion in both the school and the family environment”.

All the previous reasons make it vitally important for the European Union to develop food and gastronomy education policies.

GASTRONOMY AND CULTURE

The report highlights the importance of identifying, cataloguing, transmitting and disseminating the cultural richness of European gastronomy and it “advocates the establishment of a European observatory for gastronomy” and it recommends to the Commission that it “include European gastronomy in its cultural initiatives and programmes”.

The report equally urges the Member States and the Commission “to develop the cultural aspects of gastronomy and to foster eating habits which maintain consumer health, further the exchange and sharing of cultures and promote the regions”.

It supports “initiatives as may be developed by Member States and their regions to promote and preserve all the territories, landscapes and products that make up their local gastronomic heritage”.

GASTRONOMY AND HEALTH

The present and future health and wellbeing of the population is determined by diet. Besides, the report claims that the problem of malnutrition in Europe has worsened since the start of the crisis and it “expresses alarm and urges the Member States to do everything they can to make a healthy diet a feasible option for everyone”.

Eating habits are the main causes of conditions including -obesity, cardiovascular diseases, diabetes- which generate extraordinary expenditure in health systems. Therefore, it highlights “the importance of implementing the WHO’s recommendations on tackling obesity and poor diets”.

The report underlines that “programmes should be offered with a view to providing education about, and raising awareness of, the consequences of inappropriate alcohol consumption, and encouraging proper and intelligent consumption patterns”, preserving the richness of European wine culture.

Healthy dietary patterns, together with the regular practice of moderate exercise, can create the basis for a healthy lifestyle.

GASTRONOMY AND SOCIAL RELATIONSHIPS

The report considers that “culinary arts are an important aspect of social life and help to bring people together” and it also “has a positive influence on social and family relations”.

Eating habits of the European peoples “offer a rich sociocultural heritage which we have an obligation to hand down to future generations and schools, together with family homes, are the ideal places in which to acquire this knowledge”.

Therefore, the report urges to foster healthy eating habits “while at the same time retaining the pleasure associated with eating, conviviality and sociability”.

GASTRONOMY IN AGRI-FOOD INDUSTRY, ECONOMY AND TOURISM

The present and future health and wellbeing of the population is determined by diet and, therefore, by farming, fishing and livestock breeding methods.

For all the previous reasons, the report “encourages the Commission, the Council and the Member States, as an integral part of their deliberations on food policy, to make the importance of supporting sustainable and varied European food production of high quality and in sufficient quantity”.

Additionally, the report urges “to strengthen measures for the recognition and labelling of European food production in order to enhance the value of those products, provide better information to consumers and protect the diversity of European gastronomy”.

It also encourages to study “the impact of the laws they adopt on the capacity, diversity and quality of food production in the EU and to take measures to combat the counterfeiting of products”.

Likewise, the report recalls that “the boost given by recognition of the Mediterranean diet and the gastronomic meal of the French as part of UNESCO’s Intangible Cultural Heritage of Humanity has led to the creation of institutions and bodies promoting knowledge, practice and education in relation to the values and habits of a healthy and balanced diet”.

Similarly, the report recognises that gastronomy is becoming a leading element in attracting tourism and the interaction between tourism, gastronomy and nutrition is having an extremely positive effect in terms of promoting tourism.

Equally, the report encourages to “draw up and implement policies to qualitatively and quantitatively improve the gastronomic industry—both intrinsically and in terms of its contribution to tourism—within the framework of the cultural and economic development of the regions”.

GASTRONOMY AND CUISINE

More specifically, the report outlines that “gastronomy is one of the most important cultural expressions of human beings and the term should be understood as referring not only to what is known as ‘haute cuisine’, but

to all culinary forms from the various regions and social strata, including those deriving from traditional local cuisine”.

This report acknowledges “the role played by our skilled and talented chefs in preserving and exporting our gastronomic heritage and the importance of maintaining our culinary expertise”.

For all the previous reasons, the report calls “to study programmes for training gastronomy professionals”. These training programmes are meant to “cover local and European gastronomy, the diversity of products, and processes for the preparation, production, conservation and distribution of food”.

Furthermore, it calls on “the Member States to exchange knowledge and best practices concerning gastronomy-related activities in education and to promote gastronomic awareness”.

GASTRONOMY, ENVIRONMENT AND SUSTAINABILITY

The report notes “that gastronomy can also develop a keen sense for the protection of nature and the environment, which ensures that food, has a more authentic taste and is less processed with additives or preservatives”.

Additionally, the report welcomes initiatives to promote Europe’s gastronomic heritage because they “reinforce the concept of proximity as an element in respect for the environment and our surroundings and guarantee greater consumer confidence” and the report also encourages these initiatives “to include a European dimension”.

The report strongly believes that education in nutritional matters ensures public awareness of matters such as the correlation between foods, food sustainability and the health of the planet. Consequently, it underlines that this education in nutrition “should include the participation of families, teachers, the educational community, information channels and all education professionals”.

GASTRONOMY AND EDUCATION

The report considers that childhood “is a decisive period in terms of providing education in healthy behaviour, and knowledge leading to the adoption of a healthy lifestyle” and school “is an area in which effective action can be taken to shape healthy long-term behaviour in future generations”.

The report asks the Member States “to include in education programmes, from early childhood, of the study and sensory experience of food, nutritional health and dietary habits, including historical, geographical, cultural and experiential aspects”.

And it points out that sport and physical exercise should be stepped up in primary and secondary schools throughout the European Union”.

In order to achieve all this, the report urges the Member States “to ensure that teachers are properly trained, in collaboration with nutritionists and doctors, to teach << food sciences >> correctly in schools and universities”.

The report also highlights “the need also to enhance the school curriculum with information about gastronomic culture (in particular at local level), food preparation, production, conservation and distribution processes, the social and cultural influence of foodstuffs, and consumer rights”. To do this, it suggests “to incorporate into their school curricula workshops on the development of the senses, in particular taste, which combine instruction on the nutritional benefits of foodstuffs with the provision of information on the regional and national gastronomic heritage”.

All this just goes to show that “good nutrition enhances children’s wellbeing and improves their capacity to learn, as well as making them more resistant to disease and helping them to develop healthily”.

It asks the Commission “to encourage projects which involve exchanges of information and practices in the area of nutrition, food and gastronomies,

for example as part of the Comenius (school education) strand of the Erasmus+ programme". And it highlights "the usefulness of information and communication technologies (ICT) as an educational tool to assist learning".

The European Parliament resolution constitutes, in short, a decisive step towards a European regulation which may provide students with an education about gastronomy and nutrition. This regulation should equally protect and promote the richness of European gastronomic heritage.



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REPORT

on the European gastronomic heritage: cultural and educational aspects
(2013/2181(INI))

Committee on Culture and Education

Rapporteur: Santiago Fisas Ayxela

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United in diversity

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MOTION FOR A EUROPEAN PARLIAMENT RESOLUTION

on the European gastronomic heritage: cultural and educational aspects (2013/2181(INI))

The European Parliament,

- having regard to its position adopted at second reading on 6 July 2011 on the proposal for a regulation of the European Parliament and of the Council on the provision of food information to consumers (COM(2008)0040)¹,
- having regard to the 2002 United Nations Educational, Scientific and Cultural Organisation (UNESCO) report on nutrition,
- having regard to the World Health Organisation (WHO) Report on Food and Nutrition Policy for Schools,
- having regard to the Commission White Paper of 30 May 2007 on ‘A Strategy for Europe on nutrition, overweight and obesity related health issues’ (COM(2007)0279),
- having regard to the conclusions of the WHO European Ministerial Conference on Nutrition and Non-communicable Diseases in the Context of Health 2020, held on 4 and 5 July 2013 in Vienna,
- having regard to the UNESCO Convention for the Safeguarding of the Intangible Cultural Heritage of 17 October 2003,
- having regard to the inclusion of the Mediterranean diet in the UNESCO Representative List of the Intangible Cultural Heritage of Humanity of 16 November 2010 and of 4 December 2013,
- having regard to the inclusion of the gastronomic meal of the French in the UNESCO Representative List of the Intangible Cultural Heritage of Humanity (Decision 5.COM 6.14),
- having regard to Rule 48 of its Rules of Procedure,
- having regard to the report of the Committee on Culture and Education (A7-0127/2014),

Educational aspects

- A. whereas the present and future health and wellbeing of the population is determined by diet and the environment and hence by farming, fishing and livestock breeding methods;
- B. whereas the WHO’s Global School Health Initiative sees educational centres as important spaces for the acquisition of theoretical and practical knowledge about health, nutrition, food and gastronomy;

¹ OJ C 33 E, 5.2.2013, p. 360.

- C. whereas a poor diet may have disastrous consequences; whereas, at the WHO European Ministerial Conference in July 2013, European health ministers called for coordinated action 'to tackle obesity and poor diets', which are the causes of an epidemic of non-communicable diseases, such as heart complaints, diabetes and cancer;
- D. whereas the stereotypical ideas about body image and food which are prevalent in society can cause serious eating and psychological disorders, such as anorexia and bulimia; whereas it is important to talk openly about these issues, in particular with adolescents;
- E. whereas, according to the European Food Information Council, in 2006 some 33 million people in Europe were at risk of malnutrition; whereas the situation has worsened since the start of the crisis;
- F. whereas childhood is a decisive period in terms of providing education in healthy behaviour, and knowledge leading to the adoption of a healthy lifestyle, and whereas school is an area in which effective action can be taken to shape healthy long-term behaviour in future generations;
- G. whereas educational centres offer spaces and instruments that can promote the knowledge and preparation of foodstuffs and help to establish dietary patterns which, together with the regular practice of moderate exercise, can create the basis for a healthy lifestyle;
- H. whereas information, education and awareness-raising form part of the EU strategy to support Member States in reducing alcohol-related harm (COM(2006)0625), and whereas this strategy recognises appropriate consumption patterns; whereas the Council issued a recommendation on 5 June 2001 on the drinking of alcohol by young people, in particular children and adolescents, which envisaged fostering a multisectoral approach to education;
- I. whereas the need to include food in school curricula, in terms of both nutritional aspects and gastronomy, was recognised by the European Nutrition Foundations (ENF) network at its meeting on 'Nutrition in schools across Europe and the role of foundations', which unanimously agreed to convey this concern to bodies such as the European Parliament and the Commission;
- J. whereas different countries have, through various domestic bodies, pushed through recognition of the Mediterranean diet as part of UNESCO's Intangible Cultural Heritage of Humanity, resulting in the promotion and establishment of patterns of behaviour that ensure a healthy lifestyle thanks to a holistic approach that takes into account aspects relating to education, food, school, family life, nutrition, territory, landscape, etc.;
- K. whereas the Mediterranean diet offers a balanced and healthy combination of eating habits and lifestyle that is directly related to the prevention of chronic illnesses and to health promotion in both the school and the family environment;
- L. whereas European 'food at school' programmes seek to ensure that the food served in school canteens includes all the necessary elements of a high-quality, balanced diet; whereas education in the broadest sense of the term, including in the area of food, consolidates the concept of a healthy lifestyle based on a balanced diet among

schoolchildren;

- M. whereas serious education in nutritional matters ensures public awareness of matters such as the correlation between foods, food sustainability and the health of the planet;
- N. whereas increases in the prices charged in school canteens and for food in general are denying many households, and in particular children, access to a balanced, high-quality diet;
- O. whereas media reporting and advertising have a bearing on consumption patterns;
- P. whereas if people are to have the chance to acquire a detailed knowledge of the products used and their intrinsic quality and taste, it is essential to develop suitable labelling schemes which provide all consumers with clear information about the composition and origin of products;
- Q. whereas the training given to gastronomy-sector workers contributes to the process of passing on knowledge about, raising the profile of, safeguarding and developing European gastronomy;

Cultural aspects

- R. whereas gastronomy is the combination of knowledge, experience, art and craft, which provides a healthy and pleasurable eating experience;
- S. whereas gastronomy forms part of our identity and is an essential component of the European cultural heritage and of the cultural heritage of the Member States;
- T. whereas the EU has encouraged the identification, defence and international protection of geographical indications, designations of origin and traditional specialities in respect of agri-food products;
- U. whereas gastronomy is not only an elite art form based on the careful preparation of food, but also reflects an acknowledgement of the value of the raw materials it uses, of their quality and of the need for excellence at all stages in the processing of foodstuffs, a concept which incorporates respect for animals and nature;
- V. whereas gastronomy is closely bound up with farming practices in European regions and with their local products;
- W. whereas it is important to preserve the rites and customs linked to local and regional gastronomy, for example, and to foster the development of European gastronomy;
- X. whereas gastronomy is one of the most important cultural expressions of human beings and the term should be understood as referring not only to what is known as 'haute cuisine', but to all culinary forms from the various regions and social strata, including those deriving from traditional local cuisine;
- Y. whereas the survival of typical cuisine forming part of our culinary and cultural heritage is very frequently jeopardised by the invasion of standardised foods;

- Z. whereas the quality, reputation and diversity of European gastronomy make it essential that sufficient food of sufficient quality be produced in Europe;
- Aa. whereas gastronomy is identified with the various aspects of diet, and whereas its three primary pillars are health, eating habits and pleasure; whereas in many countries the culinary arts are an important aspect of social life and help to bring people together; whereas experiencing different gastronomic cultures is one form of cultural exchange and sharing; whereas it also has a positive influence on social and family relations;
- Ab. whereas UNESCO's recognition of the Mediterranean diet as an intangible cultural heritage is important because it considers this diet to comprise a set of knowledge, skills, practices, rituals, traditions and symbols that are related to agricultural crops, fisheries and livestock farming, and to methods of conserving, processing, cooking, sharing and eating food;
- Ac. whereas the eating habits of the European peoples offer a rich sociocultural heritage which we have an obligation to hand down to future generations; whereas schools, together with family homes, are the ideal places in which to acquire this knowledge;
- Ad. whereas gastronomy is becoming a leading element in attracting tourism and the interaction between tourism, gastronomy and nutrition is having an extremely positive effect in terms of promoting tourism;
- Ae. whereas it is important to pass on to future generations an awareness of the gastronomic riches of their regions and of European gastronomy in general;
- Af. whereas gastronomy helps to promote the regional heritage;
- Ag. whereas it is essential to promote local and regional products in order to preserve our gastronomic heritage, on the one hand, and guarantee fair remuneration for producers and the widest possible availability of the products in question, on the other;
- Ah. whereas gastronomy is a source of both cultural and economic wealth for the regions which make up the EU;
- Ai. whereas the European heritage is made up of a set of tangible and intangible elements and, in the case of gastronomy and food, is also formed by the locality and landscape from which the products for consumption originate;
- Aj. whereas the longevity, diversity and cultural richness of European gastronomy are founded on the availability of high-quality local produce;

Educational aspects

1. Asks the Member States to include the study and sensory experience of food, nutritional health and dietary habits, including historical, geographical, cultural and experiential aspects, in school education from early childhood as a means of improving the health and wellbeing of the population, the quality of food and respect for the environment; welcomes the gastronomic education programmes being conducted in schools in a number

- of Member States, some in cooperation with leading chefs; emphasises the importance of combining education in healthy eating habits with measures to combat the stereotypes which can cause serious eating and psychological disorders, such as anorexia or bulimia;
2. Stresses, by the same token, the importance of implementing the WHO's recommendations on tackling obesity and poor diets; expresses alarm at the ongoing problem of malnutrition in Europe and its increased prevalence since the start of the crisis, and urges the Member States to do everything they can to make a healthy diet a feasible option for everyone, for example by ensuring that school or municipal canteens offer high-quality food and are open to the public;
 3. Points to the need also to enhance the school curriculum with information about gastronomic culture (in particular at local level), food preparation, production, conservation and distribution processes, the social and cultural influence of foodstuffs, and consumer rights; urges the Member States to incorporate into their school curricula workshops on the development of the senses, in particular taste, which combine instruction on the nutritional benefits of foodstuffs with the provision of information on the regional and national gastronomic heritage;
 4. Recalls that in some countries nutrition is already included in school curricula, while in others it is not compulsory per se but is taught by various means, such as programmes offered by local authorities or private bodies;
 5. Reiterates the need for education in schools about nutrition and a good, healthy and enjoyable diet;
 6. Points out that sport and physical exercise should be stepped up in primary and secondary schools throughout the EU;
 7. Recalls that good nutrition enhances children's wellbeing and improves their capacity to learn, as well as making them more resistant to disease and helping them to develop healthily;
 8. Points out that dietary habits acquired in childhood can influence food preferences and choices – and methods of cooking and eating foods – in adulthood, that childhood is therefore the best time to educate a person's taste and that school offers an ideal opportunity to introduce pupils to the diversity of products and gastronomies;
 9. Considers that programmes should be offered with a view to providing education about, and raising awareness of, the consequences of inappropriate alcohol consumption, and encouraging proper and intelligent consumption patterns thanks to an understanding of the special characteristics of wines, their geographical indications (GIs), grape varieties, production processes and the meaning of traditional terms;
 10. Asks the Commission to encourage projects which involve exchanges of information and practices in the area of nutrition, food and gastronomies, for example as part of the Comenius (school education) strand of the Erasmus+ programme; calls for the EU and its Member States, furthermore, to promote intercultural exchange in sectors related to catering, food and gastronomy, taking advantage of the opportunities offered by the

Erasmus+ programme for high-quality training, mobility and apprenticeships for learners and professionals;

11. Points out that education in nutrition and gastronomy, including respect for nature and the environment, should include the participation of families, teachers, the educational community, information channels and all education professionals;
12. Highlights the usefulness of information and communication technologies (ICT) as an educational tool to assist learning; encourages the creation of interactive platforms to facilitate access to, and dissemination of, the European, national and regional gastronomic heritage in order to promote the preservation and transmission of traditional knowledge among professionals, artisans and citizens;
13. Calls on the Commission, the Council and the Member States to consider stricter control of content and advertising dealing with food products, especially in terms of nutrition;
14. Reminds the Member States to make sure that all advertising and sponsorship of junk food is banned in schools;
15. Calls on the Member States to ensure that teachers are properly trained, in collaboration with nutritionists and doctors, to teach food sciences correctly in schools and universities; points out that nutrition and the environment are co-dependent and also calls, therefore, for the updating of knowledge about the natural environment;
16. Calls on the Commission and the Council to study programmes for training gastronomy professionals; encourages the Member States to promote such training; stresses the importance of this training covering local and European gastronomy, the diversity of products, and processes for the preparation, production, conservation and distribution of food;
17. Stresses the importance of training for gastronomy professionals highlighting 'homemade', local and varied produce;
18. Calls on the Member States to exchange knowledge and best practices concerning gastronomy-related activities in education and to promote gastronomic awareness in the various regions; calls also for an exchange of best practices or for thought to be given to shortening the food chain by focusing on local seasonal produce;
19. Points to the need to make use of funding programmes under the common agricultural policy for 2014-2020 with a view to promoting healthy eating in schools;
20. Recalls that the boost given by recognition of the Mediterranean diet and the gastronomic meal of the French as part of UNESCO's Intangible Cultural Heritage of Humanity has led to the creation of institutions and bodies promoting knowledge, practice and education in relation to the values and habits of a healthy and balanced diet;

Cultural aspects

21. Emphasises the need to create awareness of the diversity and quality of the regions,

landscapes and products that are the basis of Europe's gastronomy, which forms part of our cultural heritage and also constitutes a unique and internationally recognised lifestyle; stresses that this sometimes requires respect for local habits;

22. Points out that gastronomy is an instrument which can be used to develop growth and jobs in a wide range of economic sectors, such as the restaurant, tourism, agri-food and research industries; notes that gastronomy can also develop a keen sense for the protection of nature and the environment, which ensures that food has a more authentic taste and is less processed with additives or preservatives;
23. Stresses the importance of gastronomy in promoting the hospitality sector across Europe and vice versa;
24. Recognises the role played by our skilled and talented chefs in preserving and exporting our gastronomic heritage, and the importance of maintaining our culinary expertise as a key factor adding value in both educational and economic terms;
25. Welcomes initiatives to promote Europe's gastronomic heritage, such as local and regional gastronomic fairs and festivals that reinforce the concept of proximity as an element in respect for the environment and our surroundings and guarantee greater consumer confidence; encourages the inclusion of a European dimension in these initiatives;
26. Welcomes the three EU schemes relating to geographical indications and traditional specialities, known as protected designation of origin (PDO), protected geographical indication (PGI), and traditional specialities guaranteed (TSG), which enhance the value of European agricultural products at EU and international level; calls on the Member States and their regions to develop PDO labels, especially common PDO labels for products of the same kind emanating from cross-border geographical areas;
27. Welcomes initiatives such as the 'slow food' movement, which helps to engender general public appreciation of the social and cultural importance of food, and the 'Wine in Moderation' initiative, which promotes a lifestyle and a level of alcohol consumption associated with moderation;
28. Emphasises also the role played by the Academies of Gastronomy, the European Federation of Nutrition Foundations and the Paris-based International Academy of Gastronomy in the study and dissemination of the gastronomic heritage;
29. Calls on the Member States to draw up and implement policies to qualitatively and quantitatively improve the gastronomic industry, both intrinsically and in terms of its contribution to tourism, within the framework of the cultural and economic development of the regions;
30. Stresses that gastronomy is a strong cultural export for the EU and for individual Member States;
31. Calls on the Member States to support initiatives related to agri-tourism that foster knowledge of the cultural and landscape heritage, offer regional support and promote rural

development;

32. Urges the Member States and the Commission to develop the cultural aspects of gastronomy and to foster eating habits which maintain consumer health, further the exchange and sharing of cultures and promote the regions, while at the same time retaining the pleasure associated with eating, conviviality and sociability;
33. Invites the Member States to collaborate with each other and support initiatives to maintain the high quality, diversity, heterogeneity and singularity of local, regional and national traditional products in order to combat homogenisation, which in the long term will diminish Europe's gastronomic heritage;
34. Encourages the Commission, the Council and the Member States to make the importance of supporting sustainable and varied European food production of high quality and in sufficient quantity an integral part of their deliberations on food policy, with a view to sustaining European culinary diversity;
35. Calls on the Commission and the Member States to strengthen measures for the recognition and labelling of European food production in order to enhance the value of those products, provide better information to consumers and protect the diversity of European gastronomy;
36. Points out that it is important to recognise and enhance the value of high-quality gastronomic produce; urges the Commission, the Council and the Member States to consider the introduction of consumer information from caterers on dishes prepared on the spot from raw products;
37. Encourages the Commission, the Council and the Member States to study the impact of the laws they adopt on the capacity, diversity and quality of food production in the EU and to take measures to combat the counterfeiting of products;
38. Supports such initiatives as may be developed by Member States and their regions to promote and preserve all the territories, landscapes and products that make up their local gastronomic heritage; urges the regions to promote local and dietetic gastronomy in schools and collective catering in association with local producers in order to preserve and enhance the regional gastronomic heritage, stimulate local agriculture and shorten supply chains;
39. Calls on the Member States to take measures to preserve the European gastronomy-related heritage, such as protection of the architectural heritage of traditional food markets, wineries or other facilities, and of artefacts and machinery related to food and gastronomy;
40. Highlights the importance of identifying, cataloguing, transmitting and disseminating the cultural richness of European gastronomy; advocates the establishment of a European observatory for gastronomy;
41. Recommends to the Commission that it include European gastronomy in its cultural initiatives and programmes;

42. Welcomes the inclusion in UNESCO's Representative List of the Intangible Cultural Heritage of Humanity of the gastronomic meal of the French, the Mediterranean diet, the Croatian gingerbread craft and traditional Mexican cuisine, and encourages the Member States to request the inclusion of their gastronomic traditions and practices in the UNESCO Convention for the Safeguarding of the Intangible Cultural Heritage, in order to help preserve them;
43. Encourages European cities to apply for the title of UNESCO City of Gastronomy, promoted by the organisation's Creative Cities Network;

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44. Instructs its President to forward this resolution to the Council and the Commission, and to the governments and parliaments of the Member States.

EXPLANATORY STATEMENT

Developments in recent years have highlighted that diet, in its broadest sense, is extraordinarily important in modern society.

On the one hand, in terms of the Millennium Goals, greater efforts need to be made to end hunger and problems relating to drinking water supply in all those countries which still suffer this scourge of humanity, which is absolutely inadmissible in the 21st century.

On the other hand, it is surprising to see how, in reasonably affluent developed countries, a lack of culture and/or education has turned food into a root cause of illnesses and conditions which generate huge expenditure in public and private health systems.

Inappropriate diet is the main cause of conditions including obesity, anorexia, cardiovascular diseases, diabetes and gastric problems.

Poor diet is of course not the only problem. Lack of exercise, consumption of harmful products such as drugs, excessive alcohol or tobacco, and a lack of emotional control are also major contributing factors in all these pathologies.

But diet is undoubtedly the core element.

If we want to avoid having to bear extraordinary costs that are virtually unaffordable, even for most developed societies, in order to treat diseases and illnesses resulting from poor diet, it is absolutely essential to incorporate learning about diet and nutrition, taste workshops and a knowledge and culture of food and gastronomy into the various national education systems.

It is also evident that gastronomy and cooking have become an increasingly important form of artistic and cultural expression, that food and good cooking are one of the fundamental pillars of family and social relationships and that satisfaction at meal times is of course essential in sensory and psychological terms, as it is a substantial element of psychological and emotional balance.

Lastly, it is clear that gastronomy has become an essential element of tourism and that ultimately, while there are many incentives for tourism and travel, the enjoyment of good food is always an essential component of the experience.

If nutritional food and gastronomic food are to fulfil their role in modern society, it is vital to create an appropriate education and culture.

It therefore seems absolutely necessary, in 21st-century societies, for food and nutrition and taste education – that is, education about the gastronomy of food – to be incorporated as an essential and compulsory component into the education systems of all European countries.

This makes it vitally important for the EU to develop food and gastronomy education policies.

It does not make sense for our students to dedicate years, months, days and hours to studying

a multitude of subjects, without devoting the necessary time to learning how to eat, in all senses: nutritional, diet-related, social and cultural, sensory and gastronomic.

This education cannot be simply theoretical, because all sensory topics need to be experienced and practiced. So, in addition to acquiring the necessary theoretical knowledge, our school children need to experience, practise and nurture taste, touch and smell, so that they can develop a sensory enjoyment of food which is also healthy.

The main objective of 21st century food culture and education must be to show and convince everyone, young and old, that it is not only possible but necessary to combine healthy eating with gastronomy.

RESULT OF FINAL VOTE IN COMMITTEE

Date adopted	13.2.2014
Result of final vote	+: 19 -: 0 0: 0
Members present for the final vote	Piotr Borys, Jean-Marie Cavada, Silvia Costa, Santiago Fisas Ayxela, Mary Honeyball, Emma McClarkin, Katarína Neveďalová, Doris Pack, Chrysoula Paliadelí, Monika Panayotova, Marco Scurria, Hannu Takkula, László Tőkés, Helga Trüpel, Milan Zver
Substitute(s) present for the final vote	Heinz K. Becker, Ivo Belet, Iosif Matula, Joanna Katarzyna Skrzydlewska, Isabelle Thomas
Substitute(s) under Rule 187(2) present for the final vote	Jens Geier