

environments that help learners acquire both practical and social skills.

The "Food Includes" project aims to harness the multifaceted nature of food to achieve several key goals. First, it uses food to promote LLL and skill development. Through hands-on activities such as cooking classes, community gardening, and food festivals, participants are given the opportunity to learn in practical, meaningful ways. These activities not only teach essential life skills—such as cooking, food safety, and nutrition—but also foster critical thinking and problem-solving. For instance, learners might engage in activities that involve planning meals on a budget, understanding nutritional values, or managing food waste, all of which have real-world applications.

Second, the project emphasises food's role in social inclusion. Food naturally brings people together, making it an ideal medium for fostering social bonds and building community cohesion. The project creates spaces where marginalised learners can share their cultural backgrounds, break down social barriers, and build networks of support. Activities such as communal cooking and sharing meals enable participants to develop their language skills, exchange cultural knowledge, and feel a sense of belonging. For many participants, these social interactions are crucial for building confidence and breaking out of social isolation.

The "Food Includes" project also addresses the employability of its participants by linking food-based learning to vocational opportunities. Many of the skills learned through food-related activities—such as cooking, food hygiene, and event organisation—are directly transferable to the labour market, particularly in industries like hospitality and catering. The project encourages entrepreneurial thinking by having participants plan and execute food events, such as local food festivals, which help develop their organisational, budgeting, and project management skills. This not only enhances employability but also gives learners practical experience in leadership and teamwork.

Moreover, the project is mindful of the potential barriers that learners may face, including financial constraints, language difficulties, and logistical issues such as transportation or access to resources. To address these challenges, the "Food Includes" project designs its activities to be flexible and accessible, ensuring that even learners with limited resources can participate fully. For instance, the project promotes the use of simple, low-cost ingredients and local produce in its cooking activities, making the learning experience affordable and replicable in learners' daily lives.

06

Reference List

6.1 Reference List

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