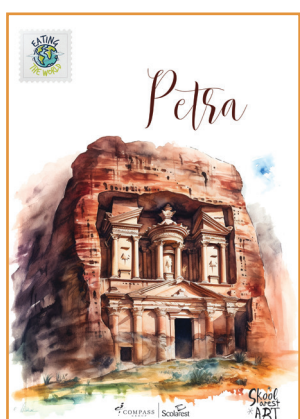


Eating is more than just nourishment: it means waking up the senses, travelling around the world without leaving the table, experimenting, learning, and sharing healthy lifestyle habits.

What are we cooking up in November?

Eating around the world:



We're continuing our journey to discover new flavors from around the world by traveling through lunchtime. This month we're visiting **Petra**, an enclave carved into rock.

During the workshop, we will enjoy typical Jordanian dishes such as cous cous while we learn about particular cultural aspects and get transported to this archaeological enclave that is considered one of the 7 wonders of the world.

Our educational expert:

With World Children's Day fast approaching, we want to make the most of the occasion to share a reflection with everyone from our educational expert, **Mar Romera**.



Mar Romera

Mar is a teacher, a graduate in education and educational psychology. She is a specialist in emotional intelligence and the author of several books dedicated to schools, childhood and active teaching. Mar Romera serves as the President of the Francesco Tonucci Educational Association (APFRATP).

On November 20, 1989 THE CONVENTION ON THE RIGHTS OF THE CHILD was proclaimed and adopted by the UN General Assembly. On December 31, 1990, Spain ratified this Convention and we became a signatory country.

This binds us to comply with what the Convention establishes. In Spain in 2023, we must be aware that when our children lead fulfilled lives, society as a whole will improve. F. Tonucci says that children on the streets of a city are a sign of a healthy society, like places with fireflies in the countryside; when these little bugs disappear, it means that pollution, dirt and that gray cloud that makes life worse on this planet have arrived.

Each and every one of the rights are fundamental, none is more important than another. In particular we want to highlight art. 31: "The child has the right to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts."

THE RIGHT TO PLAY.

It may seem like it is a "less important right", however we want to stake a claim that there no rights which are more or less important than others. All of them form a complete set and a systematic structure that ensures the life of children and balance in their adult lives. Playing means experiencing childhood, inventing, dancing within limits and discovering

the possibilities that each person has.

It means playing with the earth, stones, sticks, making forts, crossing rivers and seeking shapes in the clouds. Playing means kicking a ball on the soccer field without a trainer, it's building castles with mud and taking a friend by the hand. Playing is inventing and growing.

Playing is not doing complementary or extracurricular activities, it's not training one's thumbs with video games it's not competing in sports teams, it's not doing chores... Boys and girls need time. Time and more time. They need to grow up embracing the ideas of INFINITE PLAY. In order enjoy a healthy society, all adults must ensure the right to play for boys and girls.

This month's recipe:

With the arrival of the cold and rain, we wanted to share with you a fun recipe to make at home with your family and enjoy an original snack.

Ingredients for 25 cookies:

- 200g. Whole grain wheat.
- 150g. Butter.
- 200g. Brown sugar or coconut sugar.
- 3 egg.
- 2 lemon.
- 320g. Toasted sesame.
- 15g. Baking powder.

Preparation:

1. Whip the butter at room temperature together with sugar and eggs.
2. Add the grated lemon rind and the other ingredients.
3. On a baking sheet, spread out the dough in small portions.
4. Bake at 170 °C for 15 minutes.
5. Let it cool before eating to make sure the cookie is solid.

Share your recipe with us. Tag us on social media.



We encourage you on our social media and to find everything that we have prepared for this year.



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**A HEALTHY,
SAFE AND
SUSTAINABLE**
culinary experience