



Podcast

**Edible
Connections
Radio**

**Accompanying Booklet
for the Podcasts**


Slow Food®
Deutschland



Information for teachers

For each podcast you can choose from a series of different tasks that do not build on each other. There are two options of implementation:

Option 1:

Groups of 5 pupils are formed. Each pupil chooses a podcast episode or is assigned one and works through the tasks on the corresponding topic.

Option 2:

The pupils form small groups of 5 students who work together on one podcast episode.

The difficulty levels of the podcasts are indicated in the leaflet with a star system. One star (*) indicates a podcast that is easy to understand, three stars (***) indicate a more difficult podcast.

Dear students,

We are glad that you are interested in our project and our podcasts!

As part of **Edible Connections Radio**, students from Germany made an **audio podcast series** in which they present food heroes from the Global South. These food heroes are involved in various projects for a better food system.

We hope that through this **booklet** we can give you some exciting tasks to engage with the podcasts, the interview partners, their projects and countries.

Have fun!



You can find all podcasts here!

Simply enter the QR code with your smartphone Scan or use the URL:
www.slowfood.de/podcast/ENG



Podcast 1 Permaculture in South Africa (**)

In this podcast episode we introduce Kathryn from the Numbi Valley Farm. She and her partner run the farm according to permaculture principles and have thus been able to establish an ecologically valuable food production system despite poorly fertile soils. In the podcast episode, Kathryn explains how the farm was founded, what they offer today and which principles are important to them.



Podcast 1

A podcast episode by
Johannes, Hannes, Len, Dominic, Maximilian and Mathias
Herzog-Ernst-Gymnasium Uelzen

Space for your Notes

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Podcast 1 – Listening Comprehension

The following questions are answered in your podcast episode.
Listen carefully to the podcast and write down your answers.

Question 1

How old is the Numbi Valley farm?

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Question 2

Why was the Numbi Valley originally degraded?

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Question 3

What activities does the Numbi Valley farm offer to visitors?

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Question 4

How do the owners of the Numbi Valley farm ensure sustainability on their farm. Name four bullet points.

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Question 5

What are the future plans of the Numbi Valley farm owners?

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Podcast 2 **Sustainable Tea Production in Sri Lanka (***)**

The second part of the interview with Ravindra Kariyawasam from Sri Lanka introduces information on sustainable tea production in Sri Lanka, on the importance of tea for Sri Lankan society as well as on fairness and climate change.



Podcast 2
A podcast episode by
Rohan, Rawand, Sybe and Naufal
Nelson Mandela School Berlin

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Podcast 2 – Listening Comprehension

The following questions are answered in your podcast episode.
Listen carefully to the podcast and write down your answers.

Question 1

How important is tea for the communities in Sri Lanka?

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Question 2

What type of tea is produced in Sri Lanka?

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Question 3

Why are women especially important for the tea industry in Sri Lanka?

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Question 4

Where is the Sri Lankan tea sold to?

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Question 5

What is the tea also used for instead of drinking it?

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Question 6

What challenges is the tea industry confronted with due to climate change?

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Podcast 3 Agroforestry in Brazil (*)

Karina and Thales from Brazil introduce their project ProNobis. They explain what they grow on their farm, how they integrate mushrooms and how sustainable farming can look like in an agroforestry system.



Podcast 3
A podcast episode by
Lev, Savva, Andrii and Timofyy
Nelson Mandela School Berlin

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Podcast 3 – Listening Comprehension

The following questions are answered in your podcast episode.
Listen carefully to the podcast and write down your answers.

Question 1

How long have Thales and Karina been working with Agroforestry?

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Question 2

What do Thales and Karina grow on their farm?

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Question 3

What is the biggest struggle, Karina and Thales are facing in their work with Permaculture?

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Question 4

In what way is Thales and Karinas farm sustainable?

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Question 5

How do Thales and Karina try to spread the knowledge about Agroforestry?

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Question 6

What can people using agroforestry principles focus on for their farms?

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Podcast 4 Chocolate Production in Mexico / Part 1 (*)

This first part of the interview with Mónica Ortíz Lozano from LaRifa Chocolateria in Mexico covers the history of cacao, its importance in Mexico and how this plays a role in Mónica's work.

The project can be found on Instagram: @larifachocolateria



Podcast 4

A podcast episode by
Alexandra, Catharina and Darshini
Nelson Mandela School Berlin

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Podcast 4 – Listening Comprehension

The following questions are answered in your podcast episode.
Listen carefully to the podcast and write down your answers.

Question 1 **What does the LaRifa Chocolateria mainly produce?**

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Question 2 **How old is the company?**

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Question 3 **Does LaRifa export their products, and if so, which countries do they export to?**

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Question 4 **In which Mexican states is most of the Mexican cocoa cultivated?**

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Question 5 **Which country produces the biggest amounts of cocoa?**

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Question 6 **How is cocoa mainly used in Mexico?**

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Question 7 **What is a typical breakfast in the Mexican countryside and what are the advantages of this drink?**

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Question 8 **What is the role of women in the Mexican cocoa industry?**

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Podcast 5 Honey Production in India (***)

Madhu Ravishankar is communications manager at *Last Forest Enterprises*, a company from South India that produces sustainable and fair honey. But bee-keeping in India is very different than here. *Last Forest* works with so called “honey gatherers”, who collect honey from the giant rock bee collected from rock walls and trees for many generations. In this podcast episode you can find out what the everyday life of the honey gatherers looks like and how the company generates fair prices for the workers.



Podcast 5
A podcast episode by
Leo, Emily, Fabian and Angeli
SKS Campus Technicus BBG

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Podcast 5 – Listening Comprehension

The following questions are answered in your podcast episode.
Listen carefully to the podcast and write down your answers.

Question 1

Where is the company „Last Forest“ located?

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Question 2

**What are some vegetables and fruits that are grown in India?
Name five examples.**

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Question 3

Where can the hives of the giant rock bees be found?

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Question 4

**How do the honey gatherers get the honey without being
stung by the bees?**

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Question 5

When do the honey gatherers collect the honey?

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Question 6

How does Last Forest ensure fair prices for the honey gatherers?

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Geography

Where is the country located?
Draw it on the map.

Note for teachers



Engagement Global offers world maps



R U S S I A

BELARUS

UKRAINE

ROMANIA

BULGARIA

TURKEY

SYRIA

IRAQ

EGYPT

SUDAN

SOUTH SUDAN

ETHIOPIA

SOMALIA

KENYA

TANZANIA

ZAMBIA

MOZAMBIQUE

ZIMBABWE

SWAZILAND

LESOTHO

MADAGASCAR

MAURITIUS

SEYCHELLES

COMOROS

MALDIVES

YEMEN

DJIBOUTI

ERITREA

BAHRAIN

QATAR

UAE

OMAN

AFGHANISTAN

IRAN

UZBEKISTAN

KYRGYZSTAN

TURKMENISTAN

TAJIKISTAN

GEORGIA

ARMENIA

AZERBAIJAN

NEPAL

BHUTAN

INDIA

Pakistan

NEPAL

BHUTAN

BANGLADESH

BURMA

LAOS

THAILAND

CAMBODIA

VIETNAM

PHILIPPINES

BRUNEI

Malaysia

INDONESIA

PAPUA NEW GUINEA

SOLOMON ISLANDS

VANUATU

New Caledonia (FRANCE)

NEW ZEALAND

AUSTRALIA

JAPAN

NORTH KOREA

SOUTH KOREA

TAIWAN

CHINA

MONGOLIA

KAZAKHSTAN

Country Profile

Here you will find a few questions about the country that is the focus of your podcast. Research the answers and write them down here.

Name of the country:

What size is the country of your podcast?

How many times does Germany fit into the country of your podcast in terms of area?

How many inhabitants does the country have?
Compare the number with the population in Germany.

What language(s) are spoken in the country?

Which fruits and vegetables are grown in the country?
Name the 5 most common ones.

What are the staple foods of the country?

Name three typical dishes of the country.

Presentation

Introduce your food hero, his*her project and the country your podcast is about. Tell what you have learned in your own words. You can use a PowerPoint presentation, a poster or any other medium of your choice.

Information for teachers

Option 1: The students present their podcasts, topics and countries to their group members.

Option 2: New small groups are formed, each with one expert presenting their podcast to the other group members. Alternatively, the presentation can be done as a group in front of the whole class.

Recipe

Research a recipe using the food from your podcast.
Optional: Cook the recipe and take a photo of the result.



Today I
cook ...

Solutions for the Listening Comprehension

Podcast 1: Permaculture in South Africa

1. Numbi valley is 18 years old.
2. The biggest problem were the salty soils.
3. They offer permaculture farm tours (visit of the farm, information on permaculture), cup building workshops, yoga classes, massages and farm to table lunches.
4. Applying permaculture principles: no use of external resources like pesticides or herbicides; intergrated system with animals; use of big compost heap
5. Living off the grid: using their own solar systems, harvesting rain water.
6. Self-sufficient nutrition: They only eat food from their own gardens.
7. Support of the local market: Products are only sold on the local markets.
8. Upkeep of the system: Continuing and sustaining what they are already doing on the farm.

Podcast 2: Sustainable Tea Production in Sri Lanka

1. Tea is very important. They drink it a lot and even use it as medicine.
2. The type of teas produced in Sri Lanka are black tea, green tea, silver tip tea and golden tips tea.
3. Generational knowledge: Women are especially important for the tea industry because they have the traditional knowledge on how to pick the tea and how to treat the tea plants.
4. The tea is exported outside of the country but also sold to other areas in the country where other products are grown.
5. Production of tree herbs, tree tea oil, burn tea against mosquitos, used as fertilizer.
6. Some climate problems Ravindra mentions are heavy raining, flooding, heavy sun. These problems make it very hard for the farmers to plan their work.

Podcast 3: Agroforestry in Brazil

1. They have been invested in Agroforestry for 9 years.
2. They grow vegetables, fruits and Shiitake mushrooms.
3. Their biggest struggles are economical. The permaculture system is process based, so you do not earn so much money in the beginning. Instead, you create a system that is paying off long-term.
4. They do not use GMO seeds, no use of pesticides or other chemicals. They use a system that is based on processes and uses only natural materials.
5. They offer classes and groups to teach people about Agroforestry principals.
6. Karina mentions some main products that farms can focus on, like mushrooms, essential oils, agroi-dustry, wood production or fruit production.

Podcast 4: Chococlate Production in Mexico

1. LaRifa produces all sorts of cocoa based products.
2. The company is 10 years old (in 2023).
3. They export their chocolate to coffee shops and restaurants in Denmark, Australia, Germany and USA.
4. Mexican cocoa is mainly produced in Chiapas and Tabasco.
5. Most of the cocoa cultivation takes place in Africa, mostly on the Ivory Coast.
6. Cocoa is normally consumed as a drink in many different local versions.
7. A cocoa based drink called „Pozole“.
8. The advantages mentioned by Monica are: It contents a lot of nutrients, it energizes, it activates serotonin neurons and it contains a lot of antioxidants.
9. Women process the cocoa beans and pass their knowledge on to future generations.

Podcast 5: Honey Production in India

1. Last Forest is located in a small town called Kotagiri, in Tamil Nadu, in the south of India.
2. In India you can find vegetables like carrot, cabbage, spinach, some local vegetable called keera, potato and tomato.
3. Fruits that are grown in India, are for example wild gooseberry, lemon, orange or apple.
4. The hives of the giant rock bees can be found in large cliffs or large trees in the forest.
5. The honey gatherers use shrubs from the forest that they light up to smoke out the bees. Also, they protect their faces with some cloths.
6. The honey gatherers collect the honey from April to the end of June and from October to December.
7. The honey gatherers set a price for their honey once a year. Last Forest accepts this price and does not negotiate with the honey gatherers.

Publishing Details

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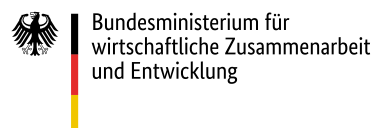
Design:

www.amelieweinert.de

Slow Food acts to create a food system that is based on fair relationships, that safeguards biological and cultural diversity as well as climate and health, and that enables all people to lead dignified and joyful lives. As a global network of local communities and activists, Slow Food offers solutions for a politically, practically and culinarily more sustainable food reality.

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by means of



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Funded by





Slow Food was founded in 1989 in Italy. The national association of Slow Food Deutschland (SFD) exists since 1992 and consists of more than 80 local chapters.

Slow Food Youth Deutschland is part of SFD and embedded in the local groups. Slow Food Deutschland (inter-)acts on a regional, national as well as on a European level and focuses on the conservation of biological and cultural diversity, education and communication of food system-related knowledge, events, campaigns, and advocacy.



Due to its networks all along the food chain, as well as the direct communication with consumers, Slow Food has become a relevant civil-society actor.

Go Slow – Support us!