

MAGDALENA WEBER

My Story

Craiova Workshops 2013



Gastronomy School in Częstochowa

The school where I work is one of the biggest vocational school in our district.

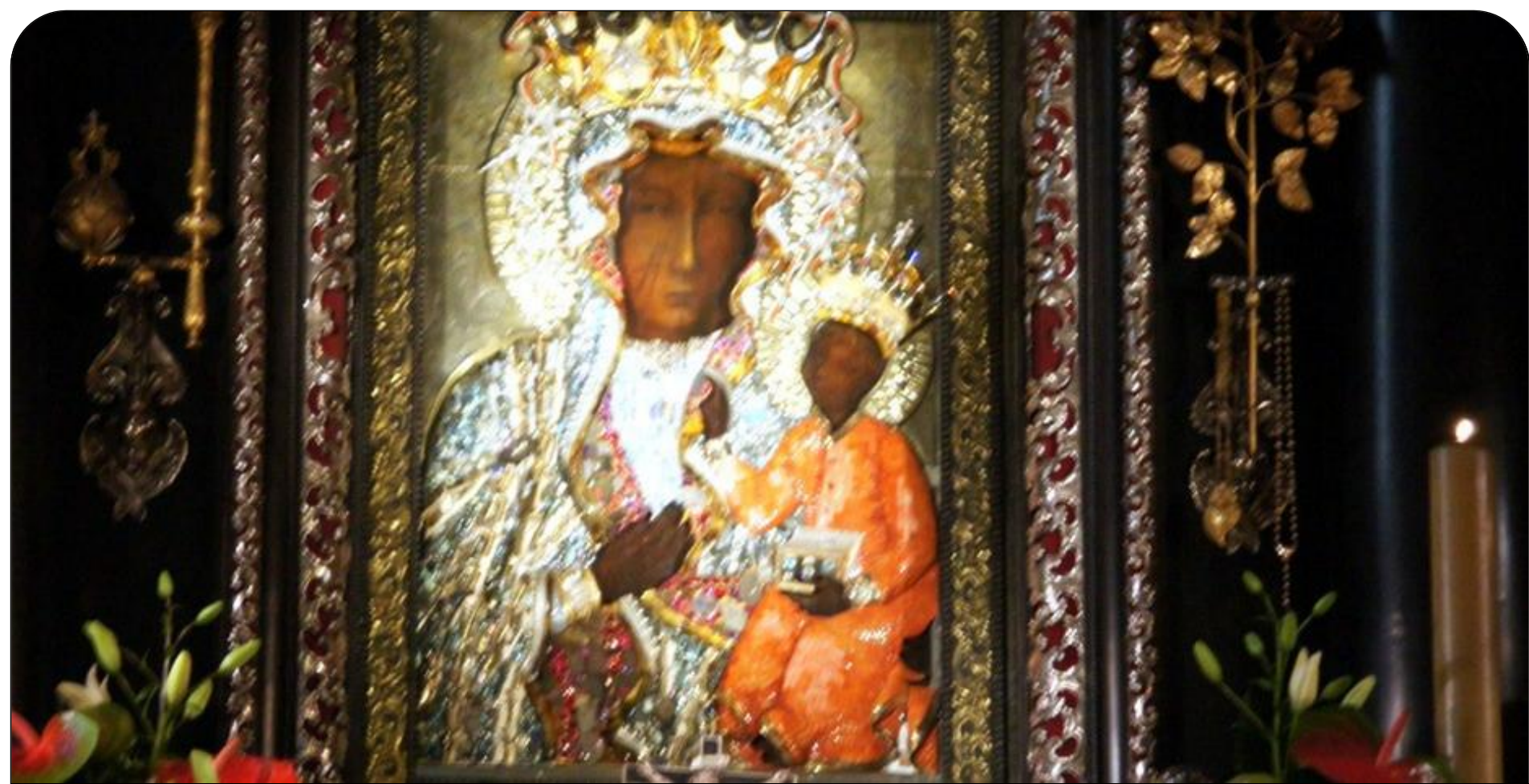
I work in this school as a teacher of vocational subjects like human nutrition, food preparation, dietetic.



The school educates students for the restaurant and hotel industry in such occupations as cook, waiter, kitchen assistant, food technologist, baker.



The city, where I live has two hundred thousand of citizens.



Czestochowa isn't a big city, but it is famous for sanctuary of Saint Mary.

A lot of pilgrims visit our cloister every year.



Because of that during the several last years many restaurants, snack bars, cafeterias, guest houses were built in our city, where our school-leaving students can find the job.

The system of technical and vocational schools in Poland has been continuously changing.

- We had the next change in our system last year, because the government changed classification of the occupations.
- Our government neglected the technical schools very much several years ago , and now we have the negative consequences of that.
- Our technical base is old and obsolete and we started to have a lack of educated physical workers in many occupations.
- There is a big gap between the expectations of industry and possibilities of educational system.
- Nowadays it is noticeable but there is not enough funds to correct this situation and change it.

Our gastronomy school is still popular, because learning cooking is regarded as a very useful skill.



Eventhough someone completes our vocational school and then change his mind or study quite different faculty, the skills that he gained in our school are still very useful.

I teach the theoretical and practical subjects like human nutrition, dietetic or food preparation.



These subjects are connected with biology and chemistry.

The biggest problem I face with is low level of knowledge in biology and chemistry that students have after they graduate junior high school.

Another issue is
difference
between theoretical
and practical skills.
Sometimes it is
hard to estimate
the students.



I like teaching my subjects, because they are connected with health and well-being.



- By teaching these subjects I have the opportunities to point the important values in life.
- Nowadays the way of living focused on seeking only pleasures or comfort isn't good for health.
- I'm glad I have possibility to talk about it with students and maybe influence them.

In this world, where all of us are consumers it is a very important matter to distinguish what is good or bad for a man.



“A beauty in an adolescence - the perception of own body and the prevention of the eating disorders.”

- is a title of the book, which I wrote and published last year together with my friend



- This book is addressed to the teachers and the educators in the different educational institutions, it means to people who have contact with the older children and the youth.
- The main purpose of this book is to supply the teachers with the knowledge and tools, which are essential to prevent eating disorders and problems with bad perceptions of own body.

Part 1 - body and attractiveness

- to arouse the awareness of own body
- to show the benefits of keeping the distance to physical nature
- to focus on another values instead of the body
- to sensitize young people on contradictions connected with the appearance and a social role of woman.

„Wenus Anadyomene” Tycjan 1488-1576



Marilyn Monroe



Kate Moss



- to encourage young people to critical thinking about the image of modern woman based on her corporality, which is publicized in the mass media.

Part 2 - bad and good nourishment



- to supply the young people with the knowledge about the reasons, the progress and the characteristics of eating disorders

Part 2 - bad and good nourishment



- to get to know the critical assessment of the popular diets
- to be aware that any „wonderful diet” doesn't exist
- to refute a myth connected with slimming and being on a diet
- to be aware of own nutritional behaviours

Part 2 - bad and good nourishment

- to know dietary guidelines



- to know a connection between good nourishment and health

Part 3 - self-image



- to help young people building more realistic self-image through treating themselves subjectively
- to discover the strong and the weak points of oneself
- to learn how to look for support in the closest surroundings.

Besides the explanations of these problems, this book includes:

- the proposals of the different exercises for students
- the directions how to discuss this topics
- and the tests to diagnosis of the own behaviours.

This is my story...

I am glad, we can exchange our experience 😊