

AYURVEDA WEEK PROJECT PALATE CARE

Nursing school in Würzburg





WHAT HAVE WE DONE?

INFORMATIONS:

During this Ayurveda week, students of the Würzburg nursing school tested recipes from our GaumenPflege project, which deals with healthy nutrition, especially in shift work. The project is accompanied and evaluated by the Coburg University of Applied Sciences. Please read the students' comments after the Ayurveda week on the following pages.

"I liked the Ayurveda week very much, as it came in very handy for my change of diet to a vegan diet. Some spices still took a lot of getting used to, but I adopted a lot for personal diet and reconsidered my own eating habits. I found the cuisine with rather bitter spices very, very good and that has inspired me."

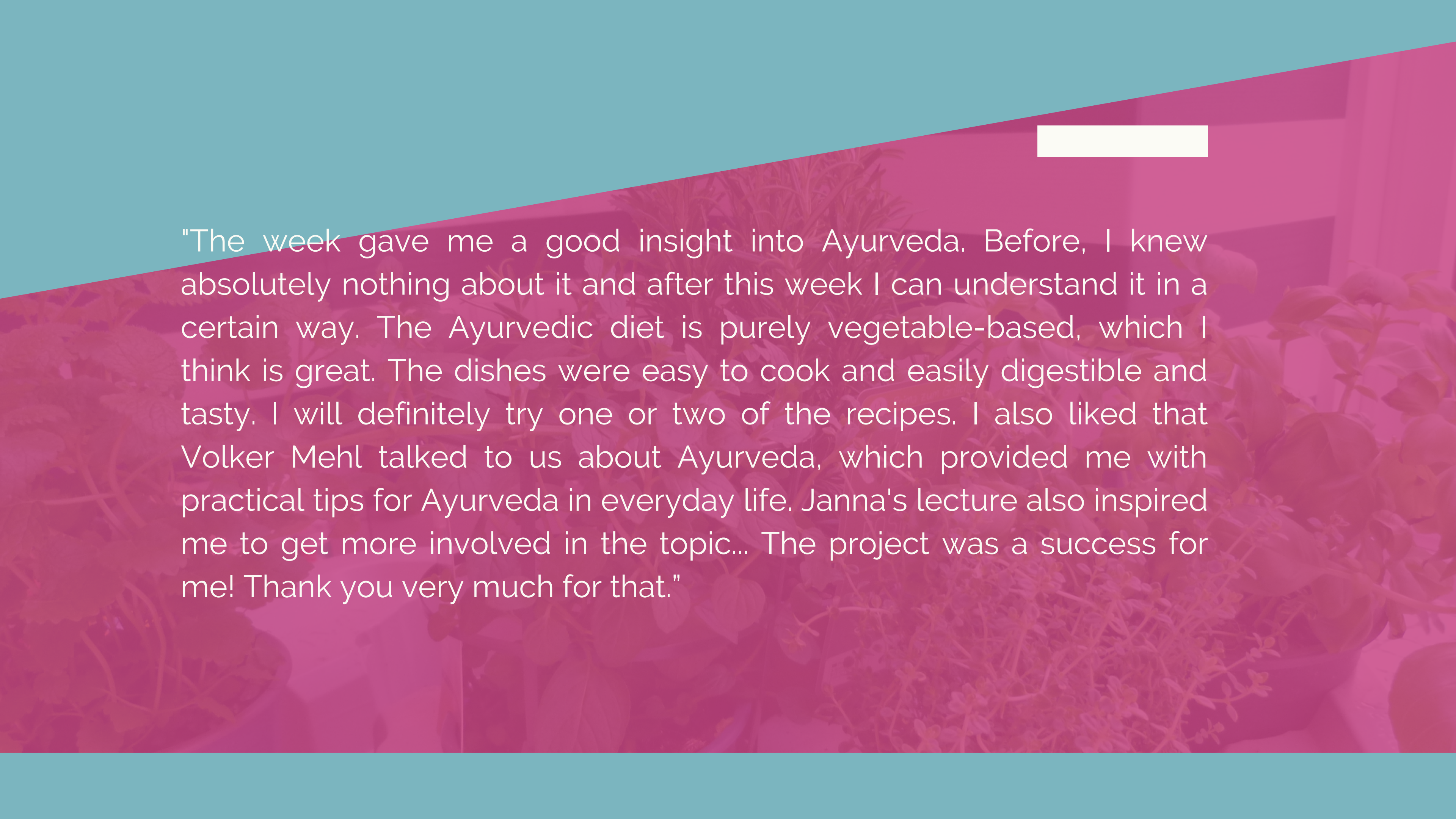
"The week was very striking for me in terms of food and dishes that were still new territory for me. On the whole, the dishes tasted good. Some of the dishes, such as the lentil and vegetable curry, I will definitely cook again! Thank you very much for these new impressions!"

"I enjoyed the Ayurvedic week very much because we could try so many new things. As an Asian, I also use many spices that are also found in Ayurvedic cooking, but the preparation of the dishes was new to me. Thank you for the nice project."


"I liked the experience, but after this week I will stick to my old eating habits. I will cook one or two of the recipes again."

"The week was very exciting because you didn't know what would happen next. There were some recipes that were really delicious and that I will cook again at home. It was also inspiring to try out new dishes for myself. There were also recipes that were cooked with ginger that I didn't like so much."

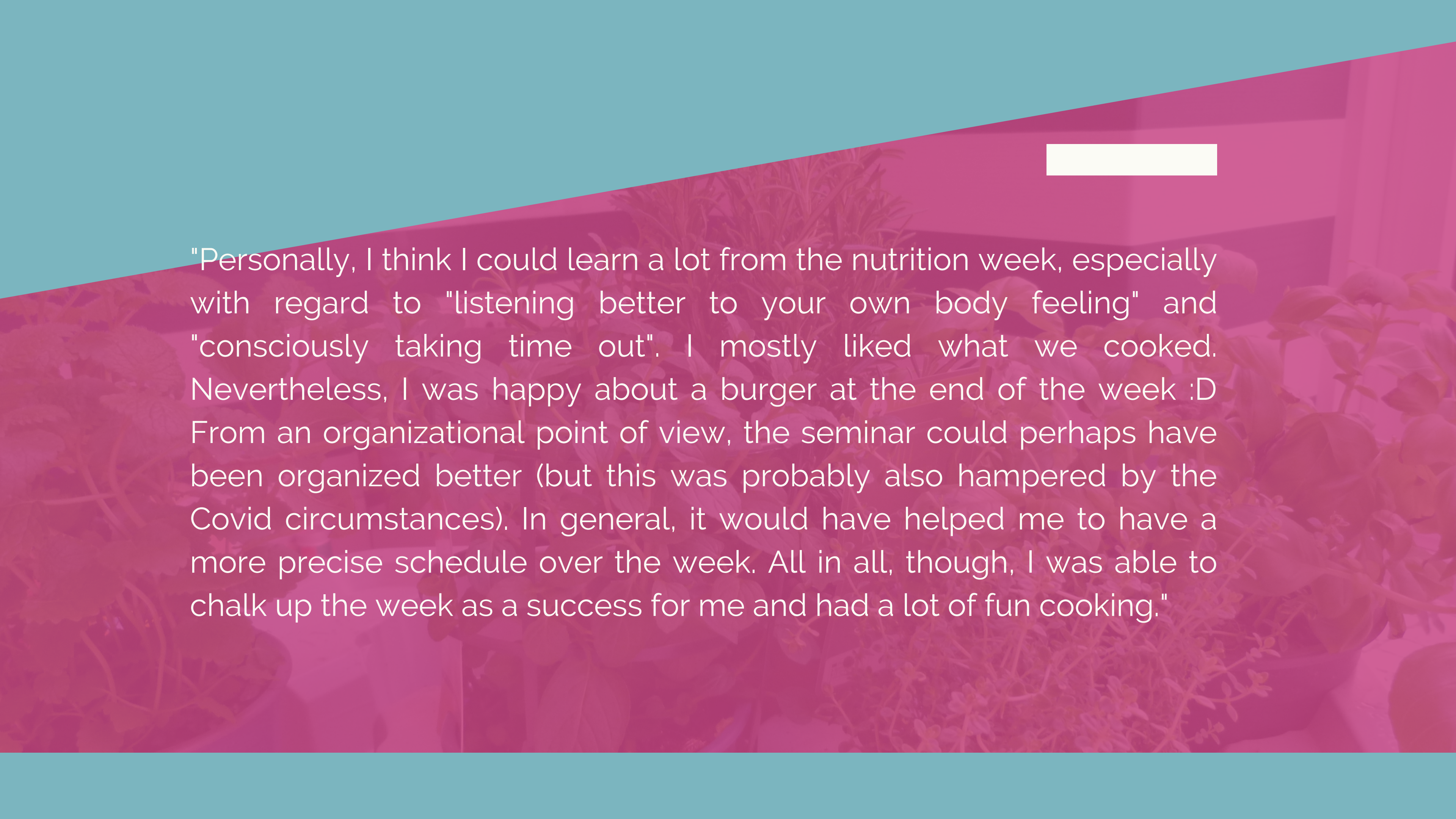
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"The week gave me a good insight into Ayurveda. Before, I knew absolutely nothing about it and after this week I can understand it in a certain way. The Ayurvedic diet is purely vegetable-based, which I think is great. The dishes were easy to cook and easily digestible and tasty. I will definitely try one or two of the recipes. I also liked that Volker Mehl talked to us about Ayurveda, which provided me with practical tips for Ayurveda in everyday life. Janna's lecture also inspired me to get more involved in the topic... The project was a success for me! Thank you very much for that."



"I found the week very nice and very fitting after the film Seaspiracy. Especially the book is a great gift to go deeper into the subject. I would have liked us to do a type-determination in advance and eat accordingly, as I guess it is meant to be? Some foods turned out very sour for me, as I didn't tolerate them very well. I still seasoned many dishes on my own so that they were tasty for me. Now I have adopted many of the spices into my everyday cooking and am getting used to them bit by bit. Over time, I can also increase the quantity. I personally try to continue having a cooked breakfast too, it's very digestible. The tongue scraper was interesting. One pass made my tongue bleed. In summary, it was a very interesting experience and I thank you very much."



"Personally, I think I could learn a lot from the nutrition week, especially with regard to "listening better to your own body feeling" and "consciously taking time out". I mostly liked what we cooked. Nevertheless, I was happy about a burger at the end of the week :D From an organizational point of view, the seminar could perhaps have been organized better (but this was probably also hampered by the Covid circumstances). In general, it would have helped me to have a more precise schedule over the week. All in all, though, I was able to chalk up the week as a success for me and had a lot of fun cooking."

"I liked the experience, but after this week I will stick to my old eating habits. I will cook one or two of the recipes again."

"Unfortunately, Ayurvedic cuisine did not meet my taste, but it was still nice to give it a try."

"It was a nice change from the stressful school routine and also very good for the entire class community. But I don't think it is anything for me personally."

"It gave a good insight into the potential of such a vegan diet. It was fun to do the project in the class community despite Covid."

"Interesting insight into Ayurvedic cooking with suggestions at home. And it was a nice change to the daily school routine."



IMPRESSIONS OF THE
AYURVEDA WEEK





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OUR PARTICIPANTS

THANK YOU!

