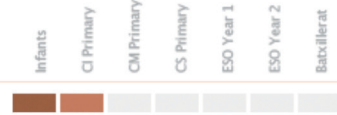


## THE MONASTERY

### Discover the Sant Benet Monastery

Learn about the Monastery through a story and related game.



### Lords, monks, and peasants at Sant Benet

Interactive game set in the mediaeval period, through which participants can relive the relationships between the ranks.



### Stonemasons and architects at Sant Benet

Understanding architecture using scale models.



### Fights and power at Sant Benet

Interactive game set in feudal times where participants can relive the struggles for power.



### Architectural styles and fashions

The construction of the Monastery through the ages, using scale models.



## THE MONASTERY AND FUNDACIÓ ALÍCIA

### A banquet at the Monastery

Mediaeval cookery workshop to learn about and enjoy new tastes.



### Wheat and "almadroc"

Learn about mediaeval society through its culinary habits.



### Fresh from America

Workshop to learn about and taste XVIII century cuisine.



## FUNDACIÓ ALÍCIA

### Fruit – in all shapes and colours.

Learn about and experiment with different fruits through a story and a small cookery workshop.



### Good morning! Time for breakfast?

Play a game to discover the importance of having a good breakfast.



### The senses – the body's windows.

Let taste and smell guide you through this workshop of sensory perception and experimentation.



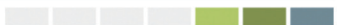
### Save energy!

Hands-on workshop to learn about activity and the expenditure of energy.



### What do they cook around the world?

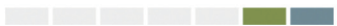
Develop good eating habits by learning about culinary diversity and tasting recipes from around the world.



### Casseroles and test-tubes

The kitchen: a laboratory for scientific experimentation.

► [More information](#)



This workshop takes place at the Fundació Alícia, and is led by a chemist. There is a choice of five workshops, all of which are hands-on, and concentrate on the relationship between chemistry and cookery.

#### Impossible combinations

A practical exercise showing the difficulties in combining water with fat (for example, water with oil) and how cookery solves them using emulsifying agents, such as the egg in mayonnaise.

#### Acid, or not acid – that is the question

A series of experiments in which the pH levels of various products are measured and the effects of the different degrees of acidity on the food (taste, colour) are assessed.

#### Discover culinary phenomena

A workshop which explains the process of osmosis which takes place in many cooking processes. For example, it is osmosis that causes ham to lose a certain amount of water, causing the dehydration which allows for its conservation.

#### The soft world

A workshop which allows groups to experiment with jellifiers, observing their effects on liquids, and reactions to heat, salts, etc.

#### Cooking with colour

A look at the hidden colours in foods and the effects that different conditions (acidity, oxidization, heat, etc.) can have.



**MÓN  
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BENET**  
*un món  
obert als  
sentits*

**No time, no time, what's for lunch?**  
Healthy fast food workshop.

Infants  
CI Primary  
CM Primary  
CS Primary  
ESO Year 1  
ESO Year 2  
Batxillerat



**Alicia through the looking glass.**  
Be yourself! Workshop on preventing alimentary disorders.



## CREATIVE MODELLING

Infants  
CI Primary  
CM Primary  
CS Primary  
ESO Year 1  
ESO Year 2  
Batxillerat

**Surprising beings.**  
Creative workshop using river pebbles



**All the colours of Sant Benet**  
Creative workshop, using earth as paint.



**Painting al fresco**  
Experimental workshop using the latest techniques.



**A date with Ramon Casas, Picasso, and Kandinsky at Sant Benet**  
Workshop based on painting in the style of these great modern artists.

