



Sustainable exploitation of bioactive components
from the Black Sea Area traditional foods (FP7-KBBE-227118)
BaSeFood



Bridging Spirituality and Health from Traditional Cuisine during Christmas Fasting

10-17 December 2009, Bucharest, Romania





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Bridging Spirituality and Health: Carpathian Traditional Cuisine During Christmas Fasting

Open interactive seminars

Scientific Manifestation under Research Project BaSeFOOD 227118 and PN II 1774

December 10-17, 2009, BUCHAREST Romania
Hotel LevOr and ASE Bucharest 3MV Moxa

Scientific Committee

Professor Corina Căce, Assoc. professor DPPD, ASE Bucharest
 Professor Carmen Costea, ASE Bucharest
 Professor Viorel Lefter, Vice-Rector ASE Bucharest
 Professor Victor Manole, Dean EAM
 Professor Bogdan Onete, Chair professor Faculty of Mercology and Quality Management
 Professor Rodica Pamfilie, Dean Faculty of Commerce
 Professor Constantin Popescu, ASE Bucharest
 Professor Alexandru Stroia, University "Mihai Eminescu" Timisoara
 Professor Laurențiu Tăchiciu, Chair professor Faculty of Commerce

Executive Committee

PHD student Andrei Angheluță
 Assist Professor Codrin Chiru
 Lecturare Mihaela Stanciu
 Assist Professor Anca Varga
 PHD student Adrian Ungureanu
 PHD student Laura Libardea
 Master student Paul Vărgă
 Master student Raluca Petrescu
 Student Sabina Cortez vice-president Business Club "Vitori Manageri"
 Student Anca Damian president Business Club "Vitori Manageri"
 Student Florina Scorțea

Key Invited Speakers

1. Hortenzia Beciu World Bank
2. Alexander Procker World Bank
3. Professor Viorel Lefter Vice-Rector ASE Bucharest
4. Professor Constantin Popescu and Professor Alexandru Tascu ASE Bucharest
5. Professor Elena Pelinescu Romanian Academy
6. Marius Postălnicescu Priest ASE Bucharest
7. Dan Boboc President ADAR
8. Andrei Papi HERBALLIFE
9. Ovidiu Careel McDonald's Romania
10. Medic Camelia Sturza Romanian Society of Homeopathy
11. Priest Cristian Deheleanu Romanian Orthodox Pararchy

Hotel Lev Or





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Objectives:

- 1. Identification of the young Romanian's perceptions about traditional food obtained from indigenous vegetal resources and investigation of eventual awareness of bioactive principles promoted culturally and spiritually through the Christmas Fasting.
- 2. Evaluation of the food processing perspectives of the Romanian traditional gastronomic assets.
- 3. Promotion and dissemination of the BaSeFood project within a national event involving students and teaching personnel from various regions of Romania.





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- Target groups: Cross country students and teaching personnel who are interested in healthy nutrition, cultural and spiritual traditions.





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■ **Participants:**

- Over 70 participants: undergraduate students, master and PhD students, teaching staff from social and economic sciences, medical science and biology, theology representatives, experts with international experience from complementary fields who work in prestigious academic organizations (Romanian Academy of Science, Romanian Academy of Agricultural and Forestry Sciences), special guest from World Bank (for the official working days), wine industry professionals (Romanian Authorized Wine Tasters Association – ADAR).





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Executive Committee

- Univ. Lecturer Miltiade Stanciu
- Assist. Prof. Codrin Chiru
- Assist. Prof. Anca Varga
- PhD Student Adrian Ungureanu
- PhD Student Laura Libardea
- PhD Student Andrei Angheluță
- Mast. Student Paul Vârgă
- Mast. Student Raluca Petrescu
- Student Anca Damian – leader of the “Future Managers” business club
- Student Sabina Cortez – deputy leader of the “Future Managers” business club
- Student Florina Scorțea





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- **10 December 2009** – start of one week “Future Managers” business club session with cooking contest participants. The students were required to form 8 groups according to Romanian geo-historical areas: Transylvania and Crisana, Banat, Maramures, Bucovina, Moldova, Dobrogea, Muntenia, Oltenia.
- Each group had the responsibility to organise, represent and compete for their natal region through a traditional exhibition mini-stand and to provide at least 10 traditional old recipes for fasting (vegetarian).
- The traditional recipes were reviewed and homologated by the Scientific Committee and afterwards prepared by the LevOr hotel’s chef.





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12 December 2009, LevOr Hotel – Workshops Sessions

- 9:00-9:30 Registration and coffee networking
- 9:30-9.45 *Welcome speech* on behalf of event organizers – Prof. Carmen Costea – ASE Bucharest
- 9.45-10.15 *Human Health from the Holonomic Perspective (Sănătatea umană în perspectivă holonomică)* Prof. Constantin Popescu and Prof. Alexandru Tașnadi – ASE Bucharest
- 10.15-10.45 *Life Economy (Economia Vieții)* - Prof. Elena Pelinescu - Romanian Academy
- 10.45-11.30 *Suggestions for correction and amelioration of Romanians' today Alimentary Habits through re-discovery of a few Traditional Customs ((Sugestii pentru corectarea și ameliorarea stilului alimentar actual la români, prin redescoperirea unora dintre cele mai cunoscute obiceiuri tradiționale)* - Prof. Alexandru Stroia - ASE
- 11.30-12.00 *In Vino Veritas* – Dan Boboc - ADAR
- 12.00-12.20 *New Education (Noile educații)* - Prof. Corina Cace - ASE Bucharest
- 12.10-12.30 *Spiritual Testimonies (Mărturii spirituale)* - priest Cristian Deheleanu
- 12.30-18.00 **Working lunch & Traditional customs and cooking contest**
 - Adjudication and Award Ceremony for the best and the most valuable participations
 - Workshop closing





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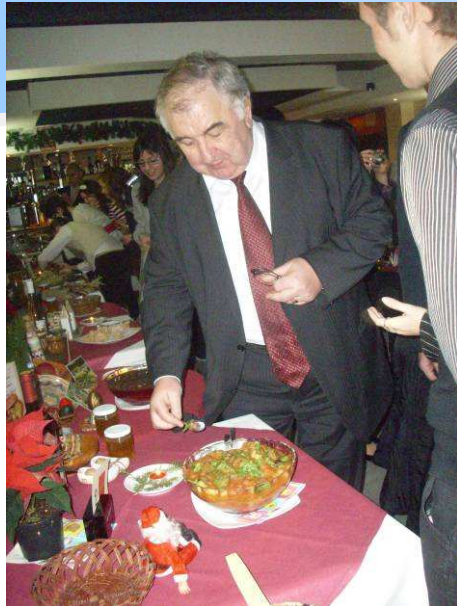


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- **17 December 2009** – “Future Managers”
business club wrap-up meeting; Reviews and
Conclusions





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Added value:

- Unveiling healthy and useful winter traditions across Romania;
- Offering to the young attendants a new alternative of lifestyle to the actual one;
- Promotion and dissemination of the BaSeFood project and its partners as structures promoting the paradigm of the *Health of the Whole Common Living*.

Results:

- Rediscovering of the Romanian old customs and gastronomic traditions
- Promoting a healthy lifestyle
- Educating the students accordingly to the *Health of the Whole Common Living*
- Event Scientific brochure published by ASE





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Main Conclusions:

- The participants proved to be very interested in the disseminated subjects: Healthy Nutrition through Traditional recipes, cultural and spiritual Awakening in a Holonomic perspective, the Economy of Life, the new discovered Wine Benefits on health;
- Almost all participants expressed their interest in future similar activities; the attendants remarked that in order to unleash the entire potential of such a subject (i.e. health and nutrition) should be necessary a broader event with participants from various related scientific fields (chemistry, biology, medicine, history);
- Students were surprised to discover that the last scientific discoveries on nutrition confirm the ancient Romanian traditional customs (e.g. food recipes based on vegetal ingredients rich in carbon hydrates, non-metabolizable amidine, vitamins, minerals, with little amounts of fats, proteins and cholesterol).

