



## Children's Workshops celebrate their 25th anniversary

**Around 25,000 schoolchildren in total, coming from schools all over the Community of Madrid aged between 8 and 12 years old, have passed through edition after edition of the Fine Food and Beverages Fair with the largest exhibition space in Europe.**

The Salon Gourmets will open its doors on Monday 7 April, World Health Day, the day commemorating the anniversary of the founding of the WHO in 1948. On the same day, SG will celebrate the 25th anniversary of the Gourmets Senses Workshops, now aimed at the gourmets of the future in the Children's Workshops.

It was the year 2000 when Salon Gourmets (SG) was celebrating its 14th edition and, motivated by its commitment to gastronomy and its informative projection, decided to open the **1st Gourmets Senses Workshop** to the non-professional public with the spirit of bringing children, young people and adults closer to the importance of a balanced diet for proper physical and cognitive development and growth and welfare. Through the quality products on display at the SG, the Senses Square was conceived as a showcase of products developing activities, training classes and even a restaurant where the participating Autonomous Communities could bring their typical dishes to those attending.

The tunnel of life, the food tunnel, the food dome -a giant dome where visitors could quickly discover the composition of the different nutrients- a workroom, scientific classrooms, all of them were staffed by professionals in the field of nutrition and research who explained to the public the importance of healthy eating. Special attention was paid to children, through a programme in which they **learnt to distinguish foods, their colours, aromas and flavours, and to use and value them, guided by specialised staff.**

A total of 25,000 pupils, from public, state and public schools in the Community of Madrid, aged between 8 and 12 years, have passed year after year through this space created for them and coordinated by Fernando Arija, an expert in nutritional education and coordinator of the workshops for more than 20 years. For 25 editions they have been able to see, touch and smell products such as **Norwegian salmon, cheese, bread, fish, meat, Iberian ham, EVOO, fruit, vegetables and honey.** They have experimented with international cuisine at the 1st Sushi / Norge school that was created in the 2013 edition and discovered with Thinnus, a cuddly mascot created by Balfegó, the benefits of eating tuna. In summary, 24 Cheese Workshops, 24 Bread Workshops, 16 Fruit and Vegetable Workshops, EVOO classroom, ham classroom, fish classroom and the Magic in the Kitchen workshop, where schoolchildren learned which foods should



be eaten more often and why.

### **The best teachers**

During these 25 years, the workshops have been attended by such well-known faces as Her Majesty Queen Leticia, who came to visit this space after presiding over the official inauguration of the Fair in its 2010 edition, chefs such as Jesús Santamaria, Elena Arzak, Koldo Royo, Andrés Madrigal, Alberto Chicote, Mario Sandoval, Ángel León, Nando Jubany, Beatriz Sotelo, Sergio Fernández, Joaquín Felipe, among many others. In addition to the sponsorship of companies and institutional bodies such as Norteños, Gold Gourmet, Balfegó, Pacfren, IGP Ternera Gallega or FROM (Fondo de Regulación y Organización del Mercado de Productos de la Pesca y Cultivos Marinos of MAPA).

### **And what about this year?**

In the 38th edition, students will enjoy the Cheese Workshop / DOP Queso de Tetilla Xunta de Galicia, which aims to bring this typical Galician product closer to the public, the Fruit Workshop / Generalitat Valenciana, to find out about fruits and vegetables from this region, the Tierra de Sabor Workshop / Castilla y León, where they will experiment with typical Castilian products and the Bread Workshop / Horneo Fresh, where children will learn how to prepare this product so present in the Mediterranean diet.

- Children's Workshop. From Monday to Thursday, 10:00 am to 2:00 pm. (Nucleous 2-4 at Ifema Madrid)

**From 7 to 10 April 2025  
at Ifema Madrid**

**SALÓN  
GOURMETS**