



**ERASMUS+ 2017-1-ES01-KA219-038074\_1**  
**OUT OF THE DARK: ASTRONOMY AS UNIFYING THREAD FOR CULTURES.**



## **Home Economics**

### **Cultural visit in the Swedish schoolsystem**

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#### **Introduction**

Even though the European schoolsystems have many similarities, there are also some differences. In Sweden students in the compulsory school read the subject “Home economics”, where they learn about cooking, baking, health and economy.

#### **Materials**

Kitchen material

Oven

Ingredients to bake cinnamon buns.

(25 buns)

35 g yeast

100 g sugar

300 ml (1½ cup) milk

1 egg

120 g butter

1 tsp salt

1 tbs ground cardemom

750 g flour

Filling:

100 g (4 oz) butter

50 g (2 oz) sugar

2 tbs cinammon

Glaze:

1 egg

2 tbs water

pearl sugar



### ***Procedure/Method***

All students were divided into transnational groups, two Swedish, one Spanish and one Italian student in each group.

The teacher in home economics, Berit Selén, gave instructions how to make cinnamon buns. The Swedish students had done this before and could act as teachers.



### ***Results***

The result was wonderfully smelling and tasty cinnamon buns! The students ate them together with lemonade. Some buns were kept for the star gazing outing.



### ***Conclusions***

The activity was appreciated, since it was easy to understand and practical, which gave the students many opportunities to talk to each other in a natural and easy way. As well as it gave an insight in the Swedish school and Swedish traditional culture.

### ***Bibliography***

[How to make Cinnamonbuns](#)

### ***Thanks***

Many thanks to our teacher in Home Economics, Berit Selén, for letting us use her classroom, preparing the work and guiding the baking.