



going to **sustainable** eating

SYMPOSIUM/WORKSHOPS/Breakfasts PROPOSAL TEMPLATE

17th International
Congress of Dietitians
**GRANADA
SPAIN**
2016
7, 8, 9 and 10 September

General information

- **Symposiums** can take up to two hours and will offer a strong scientific focus and approach. They
- **Workshops** can take up to two hours and will have a practical, professional and hands on structure. Will be held simultaneously to other workshops. Registration will be needed. Limited places 70-120 attendees.
- **Breakfasts** can take up to one hour and will have an informal set up where all Associations' members - both directors and associates - can discuss a specific scientific or professional subject in an enjoyable and colloquial environment.

Food industry and/or a pharmaceutical company can sponsor the Symposium /Workshop/ Breakfast. Sponsor 's details will be provided as part of the proposal.

WORKSHOPSTitle/Theme:

Please insert the title/theme of your symposium. Titles will be used in all pre-Congress promotion. Titles must accurately describe the content of your session and be no more than 10-12 words long.

“Cultural Food Ways at a Ukrainian Wedding: From a Ukrainian Village to a Canadian City” an on-hands Workshop in the making of “Korovai” Ukrainian Wedding Bread

WORKSHOPS Facilitators: Names and main filiation

Cathy Paroschy Harris, RD
Director of Prevention & Screening Services and Registered Dietitians Professional Practice Head, Thunder Bay Regional Health Sciences Centre, Thunder Bay, Ontario, Canada

WORKSHOPS Presenters: Names and main filiation

Cathy Paroschy Harris, RD
Director of Prevention & Screening Services and Registered Dietitians Professional Practice Head, Thunder Bay Regional Health Sciences Centre, Thunder Bay, Ontario, Canada

WORKSHOPSHistory:

Has the symposium/workshop been held previously? If yes, please describe previous symposium details and rationale for repeating session.

This is the first time this is being held.

WORKSHOPS Overview:

Insert a short **overview** of your symposium/workshop proposal. If accepted, this information will be used in publications to promote your session. Overview should not exceed 100 words.

Cathy will share the experiences of the food preparation and uniqueness of cuisine found at a Ukrainian Wedding; traditional and adapted versions, both while in Ukraine and in Canada. She will reference how both cultures have been influenced, and what customs have resurrected and



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those that have survived the test of time. She will offer an opportunity to learn decorating techniques in making a Ukrainian Wedding Bread, called a Korovai, allowing you to shape the Korovai decorations.

SYMPOSIUM/WORKSHOPS Proposal: All details

In English, with a limit of 800 words: you must include a minimum of 3 references and a maximum of 10 references (will follow the consecutive order in which they appear in the text with the corresponding consecutive numbering in Arabic numerals in parentheses; Vancouver style).

References:

- Shiplack, Eunice, Ukrainian Daughter's Cookbook, Daug Publishing, 3rd Edition, 1985
- Stechishin, Savella, Traditional Ukrainian Cookery, Trident Press Ltd.. 1984
- Brittin, Helen, Food and Culture Around the World Handbook, Pearson Education Canada, 2011

Proposed Program

Title(s)	Time	Speaker(s)
"Cultural Food Ways at a Ukrainian Wedding: From a Ukrainian Village to a Canadian City" an on-hands Workshop in the making of "Korovai" Ukrainian Wedding Bread	<u>45 minutes</u>	<u>Cathy Paroschy Harris, RD,</u> <u>Assisting by Julie Stachiw,</u> <u>RD</u>

Please include a picture of the speakers: attached to email



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