



# Mantueat

a guide to explore Mantua with children of all ages



Con il contributo di Regione Lombardia

## WHAT IS MANTOVA PLAYGROUND?

Mantova Playground is a project promoted and supported by the Comune di Mantova and is born with the aim of transforming the city into a playground that children will use to approach the complexity of the world. Workshops, maps, events to help discover the city from unusual and unexpected viewpoints or to rediscover what you already know by suggesting a new perspective. [website mantovaplayground.it](http://www.mantovaplayground.it) · [mantova2016.it](https://www.facebook.com/mantovaplayground) [fb mantovaplayground](https://www.facebook.com/mantovaplayground)

Photographic credits: Museo Archeologico Nazionale di Mantova e Palazzo Te

Mantova Playground is sponsored by



The following have helped in the writing of this guide: the Biblioteca Mediateca G. Baratta and the Cinema del Carbone

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## FILMS RECOMMENDED BY CINEMA DEL CARBONE

**Willy Wonka & the Chocolate Factory** by Mel Stuart, USA, 1971, '100 Charlie Bucket lives with his mother and grandparents in the shadows of the great Willy Wonka's chocolate factory. One morning, Wonka announces a competition: the five lucky people who find golden tickets in his chocolate bars will be allowed to visit his factory and one of them will win a supply of treats. Charlie is fortunate enough to win a ticket and it is his sincerity and kind heart which leads to him winning the entire chocolate factory.

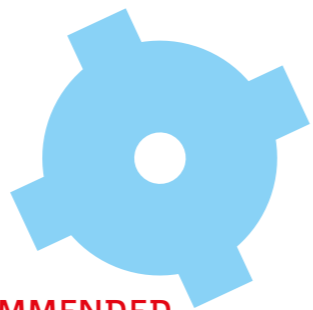
**Azul & Asmar** by Michel Ocelot, Francia, 2006, '94 This is the story of two children: Azul has blue eyes and blonde hair, Asmar has dark eyes and black hair. It is also the story of two different cultures, European and Arab, which meet and collide until everything comes together because we are all people with similar desires and dreams. Food represents the two different cultures, becoming a symbol of care, love and peace.



## MANTUEAT

Food is celebration and work, history and culture, colour and beauty, innovation and tradition, meeting and confrontation, diversity and identity, local and global, formal and informal, passion and indifference, wealth and poverty, smell and flavour...

Taking some inspiration from what you find in this guide, try and think about what food means to you, your family and friends and write about it here below: Food is...

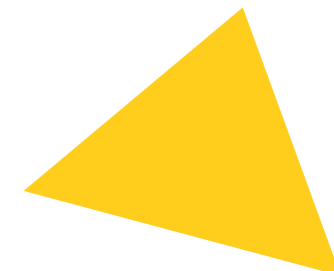


## BOOKS RECOMMENDED BY BIBLIOTECA MEDIATECA G. BARATTA

**La Fiaba è Servita! Cibi incantati dall'Italia** by Luigi Dal Cin, Franco Cosimo Panini, 2015 Italy is a land of a thousand scents and flavours, it is rich in traditions and tales which speak of the magic of enchanted foods, because food is always a little bit magic! This is how a small abandoned pot turns into a charming prince or water is transformed into an elixir of life or an old pan fills up magically with food or a maiden fit for a king sprouts out of a lemon. Together, food and fairy tales, essential principles of energy and life, speak about the roots of Italian traditions. Ten fairy tales retold by the author Luigi Dal Cin and illustrated by ten wonderful Italian illustrators!



**Una ricetta miracolosa** by Gaëtan Dorémus, Terre di Mezzo, 2015 Someone has spent all day on the phone, someone else has cycled, another has had a hard day and is very tired. But no one remembered to do the shopping and at dinnertime, they are all hungry! Andrea has three carrots, his neighbour Nicola has two eggs and some cheese. The other people who live in the building don't have much either. What can they do? They come up with a truly brilliant idea to prepare dinner. A fun book about the importance of imagination and sharing.



## FOOD OR MEDICINE?

**Casa della Beata Osanna Andreasi**  
via Frattini 9 · 0376 322297  
www.casandreasi.it

Plants are very important in cooking and conserving food but sometimes they are also used to cure some illnesses. For a long time, plants were the only existing form of medicine. Obviously, you had to carry out lots of experiments before you could perfectly prepare medicine. This is why in convents or in the homes of great lords and ladies, there were often special gardens with medicinal plants. Aromatic herbs such as sage or rosemary and fruits such as lemons were often also grown in these gardens. You can see another famous example of a herb garden in Palazzo Ducale! Why don't you try and build your own small herb garden on your balcony?

## A TRULY MULTIFUNCTIONAL SPACE!

**Cucina di Palazzo d'Arco**  
piazza D'Arco, 4 · 0376 322242  
www.museodarcomantova.it

All homes, even the smallest ones, have a kitchen. There are kitchens that are enormous and there are some that are so small that they could fit in a cupboard. There are super-equipped kitchens and there are some which only have the essentials. This is a kitchen from the 1800s where nothing was missing: you might recognise some of the implements because they haven't really changed much over time. Some others are rather strange.

But the kitchen isn't a place just for cooking. This is a place where you chat, you share recipes, you sometimes do your homework, you give advice... what do you do in the kitchen? Think about the most exciting thing you have done in this room, and also the most boring.

## NOW THAT I HAVE FOOD, WHERE DO I PUT IT?

**Museo Archeologico Nazionale of Mantova**  
piazza Castello · 0376/320003  
www.museoarcheologicomantova.it  
beniculturali.it

Even in ancient times, once food had been procured for the whole family, it had to be carried home where it would be stored and then eaten. Skilled craftspeople have long created jugs to carry water and glasses to pour it into, plates where we eat and pans to cook food. If you look closely, you can see that these artisans weren't only content with making these implements functional, they also wanted them to be beautiful! How would you decorate your favourite mug?

## BEHIND THE FOOD SCENES

**Museo Archeologico Nazionale · Ex Mercato dei Bozzoli**  
piazza Castello

**Biblioteca Mediateca G. Baratta · Ex Macello**  
corso Garibaldi 88

**Piazza Erbe e Lungo Rio**

Food goes on a lengthy journey before it reaches our tables: fruits, vegetables, grains and legumes must first be grown or planted, cultivated and finally collections. Animals and fish must be farmed, hunted or fished. There are special places that are used for the last stage of the journey. Milk, for example, is taken to dairies where it is transformed into butter, cream or cheese. Animals are taken to slaughterhouses, where they are killed and turned into steaks, sausages and ham. You won't believe it, but the Baratta library is actually the old city slaughterhouse. Seeing that not everybody grows fruit and vegetables or raises animals, these products must then be sold. That's why there are markets in every city. Until not that long ago, you could buy fruit and vegetables in the building that is now home to the Archaeological Museum. Now, the most important markets in Mantua are the outdoor ones on Thursdays and Saturday mornings. So, when you next chomp down on a courgette or piece of beef, think about the long journey that they have made to reach you and, most of all, of the number of people who have taken care of it along the way.

## THE FEAST OF FOOD

**Sala di Amore e Psiche · Palazzo Te**  
viale Te 13 · 0376 323266 · www.palazzote.it

When you arrange a party, you also need to think about the good things you are going to eat and share with your friends. This custom is as old as mankind! And, looking at this fresco, it seems to be a tradition not only among men and women, but also among the gods themselves.

Draw below what you would prepare for a truly special feast!

## ARE WE SURE THAT FOOD IS ONLY FOOD?

**Dipinto Ultima Cena di Anonimo del XIII secolo**  
**Chiesa di Santa Maria del Gradaro**  
via Gradaro, 40 · 0376 321203

There are things that, in addition to appearing for what they are, take on new meanings depending on the situation. For example, think of flags: if an alien visited our planet, they might just think they are pieces of fabric. In fact, we know that these cloths of different shapes and sizes, displayed only on certain occasions, are symbols of the different nations of the world.

The same thing happens with food, especially in the context of religion. In Christianity, for example, this ancient fresco shows how the bread and wine eaten at the Last Supper represent the body and blood of Jesus. Even the fish placed on the long table are a Christian reference to the image of Jesus and his apostles remembered as fishers of men.

