
FÆLLESSPISNING

Grade Level:

Elementary (K-5)

Middle School (6-8)

High School (9-12)

Fællesspisning: A traditional Danish meal, promoted, prepared, and served free for the community, by the community, to create a place where people who are lonely can make new friends while sharing delicious food together. **The only rule of Fællesspisning is that participants sit and eat with someone they don't know.** Cleanup, and take-down of tables, chairs, etc is also done as a community.

Resources: [Sammen er vi Hillerød \("Together We Are Hillrød"\)](#) Facebook page. Use the translate feature to translate from Danish.

Video 1: [Fællesspisning at Hillerød Library](#)

Video 2: Fællesspisning in Morocco

Useful teaching strategies that are aligned with the Common Core State Standards:

- As a group, learn how to pronounce "fællesspisning": fay-liss-spees-ning.
- Identify and define key vocabulary words: Fællesspisning, togetherness, community, cooperation, loneliness, "breaking bread", oneness, "human kinship", service.
- Have students do an activity called "Think-Pair-Share," where they work with a partner to discuss loneliness in our society, its consequences, and possible solutions.

1. Prior to showing the videos above, briefly explain the primary themes of the videos. Use some or all of the following questions (include at least one writing prompt). Define togetherness, and discuss how everyone can benefit from it.

- Create a [KWL chart](#) (a chart that highlights what they know, want they want to know, and what they learned).
- Ask students to share any knowledge they may have of Denmark. Find it on a world map, and/or on a globe. Find the city of Hillerød.
- Discuss problems that can arise for both individuals and community when people feel lonely or excluded.
- Discuss the benefits to individuals and community when people feel valued and included.
- Have students generate questions about what they want to learn and chart those questions in the W sections of the chart.

2. After watching the videos, engage students in a dialogue about Fællesspisning using some or all of the following questions (include at least one writing prompt):

- What actions were taken by the community of Hillerød to help people feel valued and included?
- Why is preparing and eating food together a good way to foster inclusion?
- What is the only rule of fællesspisning, and why is it important?
- How could fællesspisning bring different cultures/populations of people together?
- How was fællesspisning in Hillerød different than fællesspisning in Morocco? How is it the same?
- Research: What other cultures/countries have community meal traditions that are similar to fællesspisning?
- Beyond togetherness, what benefits would a community find if they organized regular fællesspisnings?
- Beyond preparing and eating food, what other activities could be added to a fællesspisning?

3. Complete the L section of the chart by indicating what was learned. Look back at the questions in the W section to see if those questions were answered or if more information is needed.

Extension Activities

- Organize a fællesspisning:
 - What are duties? (see guide below for roles, but let students try to come up with them all on their own)
 - Who will take them on?
 - Where will it be held?
 - Who will be invited?
 - How many people should be expected?
 - What kind of food will be prepared and served?
 - What entities in the local community would be potential partners/sponsors?
- Have students find Danish words on the Sammen er vi Hillerød Facebook page and Video 1 that they can understand without knowing how to speak Danish (i.e. "musik"="music").
- Have students research Denmark: population, climate, industry, agriculture, cuisine, history, politics, etc. What could we learn from Danes? What could they learn from us?

Global Mentors

- Søren Lerche
- René Hedegaard Neilsen
- Sune Nørgaard

Roles in Organizing Fællesspisning

- Executive—Who will keep everyone on track, inspired, and coordinated?
- Logistics—Where will it be held? Where will ables/chairs/dishes/silverware come from? Will food be prepared on-site or off-site? How many people will attend?

- Partner Management—What community orgs would be good partners to help provide/sponsor food/venue/promotion?
- Promotion—How will people find out about fællesspisning? What media will be used to promote? What audiences will be targeted?
- Food Preparation—Who plans the menu? Who leads food preparation (Executive Chef)? Who helps prepare the food (Sous Chef/Line Chefs)? How much food will be needed for the amount of attendees agreed upon?
- Serving—Who organizes serving/placesetting?
- Cleanup-Takedown—Who organizes cleanup and takedown of tables/chairs/etc.
- Documentation—Who will document the fællesspisning? What media will they use (i.e. still photography, video, written word)? Where will documentation be shared?
- Complementary Activities—Will there be music/art/sports as well as food? If so, who organizes talent/supplies/equipment/etc?

Early Childhood Extension

- Discuss what it might feel like to be lonely or alone.
- Discuss ideas for kindness and how to help others/include others
- Share books on kindness and inclusion, including but not limited to:
 - [Be Kind by Pat Miller](#)
 - [Come With Me by Holly McGhee](#)
 - [Somewhere Today: A book of Peace, by Shelley Thomas](#)

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