

MÜHLERAMA

Industriemühle
Museum für Esskultur
Backschule

Baking Bread & Guided Tour of the Mill

To this day, bread is one of the most important aliments. But what is it all about? In this workshop the students get to know the main ingredients: flour, salt, yeast and water. Every child makes his/her own bread and learns how much time and power is needed for its production.

While the breads are baking in the oven, the children go on the tour of the mill: The imposing 100-year-old milling facility extends over three floors high up to the roof. There are various pieces of equipment everywhere. Wheels turn, straps hum; everything shakes and vibrates. During the one-hour tour with our miller, the children experience first-hand what it takes to produce one of the most important products of our diet: Flour.

Class size: Max. 25 children und 2 accompanying adults

Grade: From 3rd to 6th

Duration: 3 hours

Flat rate: CHF 450.– (incl. admission)
For public schools in the city of Zürich, the costs of this workshop will be assumed by the Stadt Zürich Schulkultur.

Booking and
consulting: Tue–Fri from 2–5pm via 044 422 76 60
or info@muehlerama.ch.



The Secret – A Detective Game

The Miller and his assistant are found dead. The night miller has disappeared. We read the police report with a shudder. What happened on New Year's Eve 1934?

You solve the mystery by playing the exciting combinatorics game. Will you be able to find the code to the safe that will reveal the secret? During the game you will learn a lot of interesting facts about nutrition, health and sustainability. You will only reach the goal if you solve the puzzles of the mill correctly.

Class size: Max. 25 children and 2 accompanying adults

Grade: From 5th to 9th

Duration: 1.5 hours

Flat rate: CHF 200.– (incl. admission),
This workshop can also be combined with a tour of the mill
for + CHF 100.–
For public schools in the city of Zürich, the costs of this workshop
will be assumed by the Stadt Zürich Schulkultur.

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consulting: Tue–Fri from 2–5pm via 044 422 76 60 or info@muehlerama.ch.



Milling Workshop, Crackers & Guided Tour

For thousands of years, people have been grinding grains to produce energy-rich food. The students grind on different hand mills and experience for themselves how much effort and strength go into 1 kg of flour. The flour produced is used to create crispy crackers flavored to the own taste.

On the guided tour through the mill, the children experience a piece of technical history at first hand - as soon as our miller presses the start button, a jolt goes through the imposing building: the mill starts up with a groan. Soon, there is a rhythmic whirring sound, the belts whirr, and the machines shake and churn as they did a hundred years ago. The class is immersed into the world of industrialization and marvel at how one of our most important foods is created: Flour!

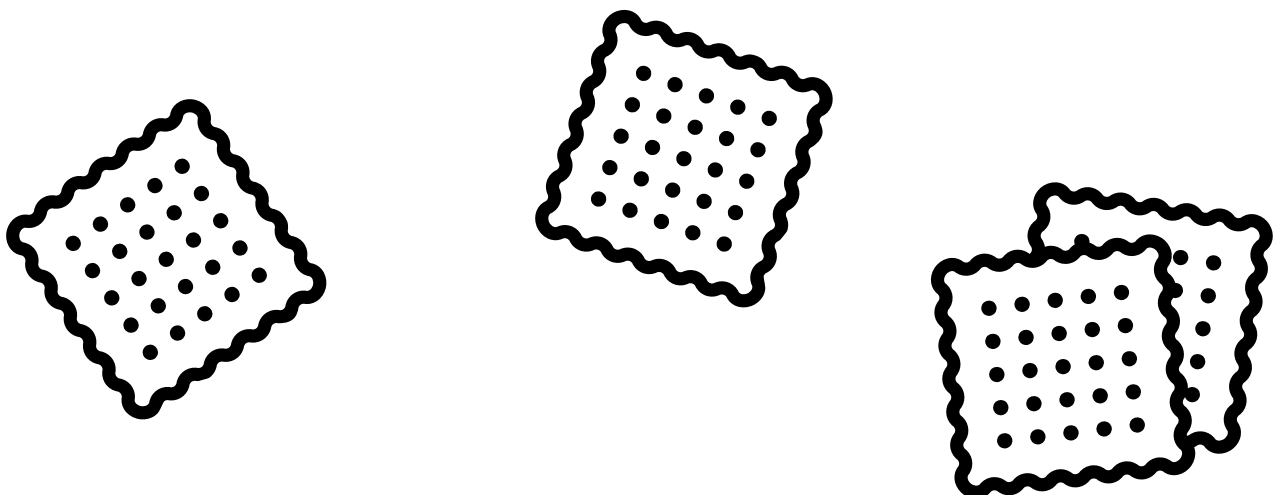
Class size: Max. 25 children und 2 accompanying adults

Grade: From 4rd to 9th

Duration: 3 hours

Flat rate: CHF 450.– (incl. admission)
For public schools in the city of Zürich, the costs of this workshop will be assumed by the Stadt Zürich Schulkultur.

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Milling Workshop & Guided Tour of the Mill

For thousands of years, people have been grinding grains to produce energy-rich food. The students grind on different hand mills and experience first-hand how much effort and strength go into one kilogram of flour.

On the subsequent tour, we then see how flour is industrially milled today: The imposing 100-year-old mill complex extends over three floors high up to the roof. There are various pieces of equipment everywhere.

Wheels turn, belts whir. There is shaking, jolting. During the one-hour tour with our miller the children experience first-hand what it takes to produce one of the most important products of our diet: Flour.

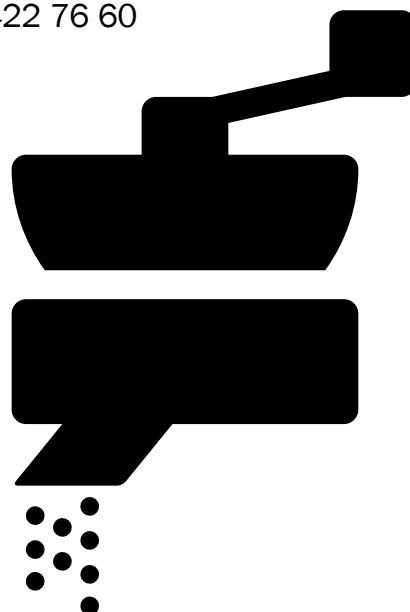
Class size: Max. 25 children und 2 accompanying adults

Grade: From 3rd to 6th

Duration: 2.5 hours

Flat rate: CHF 300.– (incl. admission)
For public schools in the city of Zürich, the costs of this workshop will be assumed by the Stadt Zürich Schulkultur.

Booking and consulting: Tue–Fri from 2–5pm via 044 422 76 60
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Mouse Adventure

The cozy mice's nest is set up right at the top under the roof. On the way there, we pass various machines and see what it takes for the flour to end up in the sack.

Once we reach the top, we meet Mimi, the museum mouse. She's all excited because the flour ghost has hidden a treasure. But because she can hardly see anything, the treasure hunt is much too difficult for her. Maybe the children will help her find the treasure?

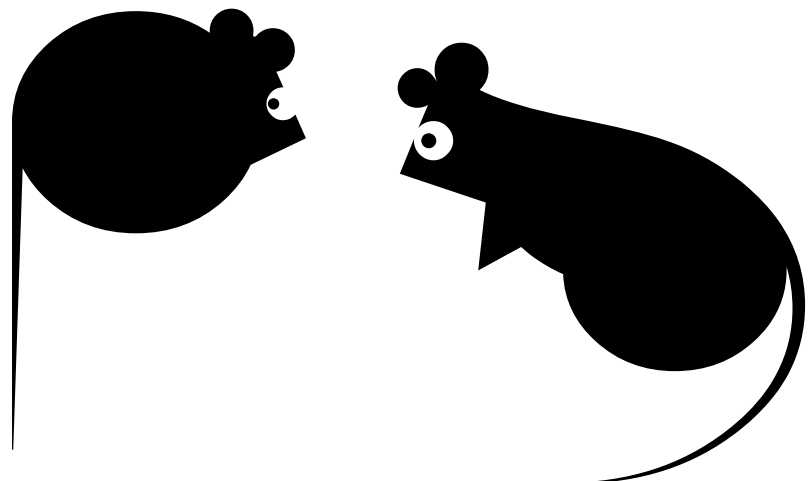
Class size: Max. 25 children und 2 accompanying adults

Grade: Kindergarten and 1st

Duration: 2.5 hours

Flat rate: CHF 320.– (incl. admission)
For public schools in the city of Zürich, the costs of this workshop will be assumed by the Stadt Zürich Schulkultur.

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Sugar everywhere – a sweet treat?

Too much of it, however, can sour our lives. What are the consequences, if we eat or drink too much sugar? How do I know what sugar is in in the first place? How do I know if I'm eating too much sugar?

We learn to check food for its sugar content and get to know some of the more than 60 sugars and sweeteners that we consume every day, mostly unknowingly.

Of course, we also get to taste it: Students bake a cereal bar and produce an individually sweetened iced tea.

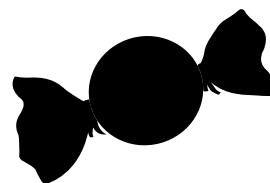
Class size: Max. 25 children and 2 accompanying adults

Grade: From 5th to 7th

Duration: 3 hours

Flat rate: CHF 480.– (incl. admission)
For public schools in the city of Zürich, the costs of this workshop will be assumed by the Stadt Zürich Schulkultur.

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Guided Tour through the historic mill

The impressive, 100-year-old milling facility extends across three floors right to the roof. There are various machines everywhere. Wheels turn, straps hum; everything shakes and vibrates. During the one-hour tour with our miller, the children experience first-hand what it takes to produce one of the most important products of our diet: Flour.

Class size: Max. 25 children und 2 accompanying adults

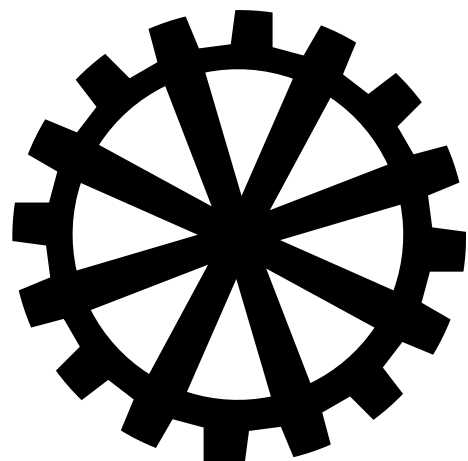
Grade: From 3rd to 9th

Duration: 1 hour

Flat rate: CHF 200.– (incl. admission)

For public schools in the city of Zürich, the costs of this workshop will be assumed by the Stadt Zürich Schulkultur.

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Weggli and Bürli—traditional Zurich-style Baking & Guided Tour of the Mill

Weggli and Bürli are typical, regional breads. The production is not so easy, but let us try! While the prepared *Bürli*-dough is rising, we mix the ingredients for the *Weggli* and work them into a smooth dough. Now let's get to shaping!

While the *Bürli* and *Weggli* are baking in the oven, we go on a guided tour of the mill: The imposing 100-year-old milling facility extends over three floors high up to the roof. There are various pieces of equipment everywhere.

Wheels turn, belts whir. There is shaking, jolting. During the one-hour tour with our miller, the children experience first-hand what it takes to produce one of the most important products of our diet: Flour.

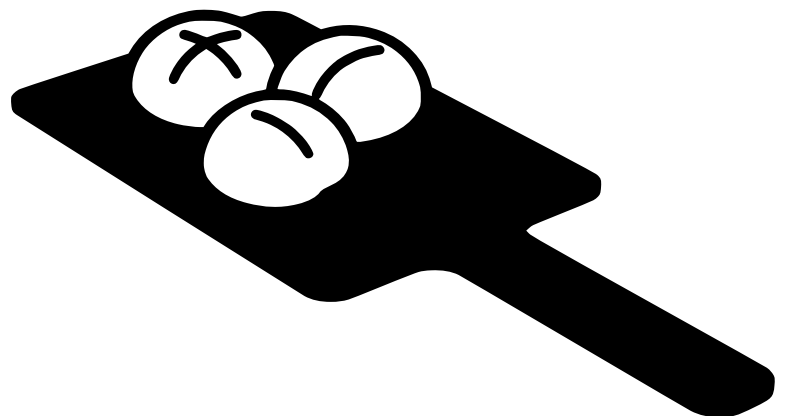
Class size: Max. 25 children und 2 accompanying adults

Grade: From 4rd to 9th

Duration: 3 hours

Flat rate: CHF 450.– (incl. admission)
For public schools in the city of Zürich, the costs of this workshop will be assumed by the Stadt Zürich Schulkultur.

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Suitable as lunch break on
a school excursion!

A Whole Life

(in cooperation with Slow Food Youth)

Global meat consumption has increased fivefold since 1950 - and there is no end in sight to this growth. This hunger for meat can only be met with highly industrialized meat production. Such a highly complex system means that hardly anyone can know what exactly it means to eat a piece of meat. Anonymous, ported and hygienically packaged, it ends up in our shopping basket.

This workshop is about making a hamburger yourself, from the piece of meat to a fine lunch. Mayonnaise, ketchup and buns are made by hand. During preparation, students will talk about their eating habits and preferences. The cooking session ends with a shared lunch.

Mediation goals:

- Create a relationship to meat as a food
- Realize the extent/consequences of today's meat consumption
- Increase appreciation: do not take meat for granted or consider it as something given
- Go through everyday life sensitized, ask critical questions, discuss meat consumption at home and among peers, in everyday life.

Duration: 4 hours including lunch (9am to 1pm)

Flat rate: CHF 600.– entrance fee, lunch and drinks included.
This workshop is not included in the offers by the Stadt Zürich Schulkultur.

Class size: Max. 22 children und 2 accompanying adults

Grade: From 6th to secondary school
Also suited for vegetarians – please specify during booking.

Booking and consulting: Tue–Fri from 2–5pm via 044 422 76 60 or info@muehlerama.ch.

