

## **Study groups**

Members of the AKE, friends and experts come together on a regular basis to discuss diverse subjects.

### ***Study group „Nutrition and Cultivated Plants“***

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This expert group engages in current and fundamental issues in the area of nutrition. At each meeting, the group discusses an anthroposophic lecture and a current topic. In addition to this, comparative taste tests are carried out. The topics last year were nutrition and health, sweet plant Stevia and sensory exercises with different types of sugar, water, and bulgur.

6 meetings per year in Bad Vilbel