



KITCHEN OF COMPETENCES

Kitchen-Kit to Work with Youth



creativitas

Training course “Kitchen of Competences” involved overall 24 youth workers from 7 different promoters from Poland, Lithuania, Latvia, Estonia, Germany and Italy, who work with youngsters from different backgrounds who are lacking of basic soft skills like household, health care, food cooking, budget planning and economical literacy.

A lack of those basic and fundamental skills force social exclusion and discourage from active participation in a civic society. Training course Kitchen of Competences covered many topics such as budget and family economy planning, making menu, buying food, cooking meal, using food waste in sustainable way, rubbish sorting and ect., to be transferred by youth workers to youngsters. These competences are necessary in a daily life of young people and can be even useful experience in a labour market. Cooking as a method appeared to be very attractive and now much better discovered, developed area in a youth field. Project promoters have interest to start develop workshops, which participants has created and transferred at the local towns during TC.

You are welcome to join this cooking movement. Use this Kitchen-Kit to involve youngsters in creative and tasty activities!

Participating countries and organisations:

Estonia	NGO Sunwheel
Latvia	NGO RadiVidi Pats
Germany	GOEUROPE, LKJ Sachsen- Anhalt e. V.
Italy	Cooperativa O.R.S.O.,
Poland	Szkoła na Widelcu
Poland	UNESCO Initiative Center - Centrum Inicjatyw
Poland	UNESCO
Lithuania	NGO Creativitas

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KITCHENS OF COMPETENCES

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HOW HEALTHY DO YOU EAT?

Target group:

- 10th grade
- 25 person (for 2 groups together)
- Age 15 – 16
- Young students from rural areas
- Activity time 3 hours

Aim: Reach the students and update their knowledge about healthy food and a healthy lifestyle.

Expected results:

- Updated thinking
- Updated action
- Promotion of healthy food

Time in minutes	Objective of activity	Activity step by step	Materials	Comments/ tips
5	Introduction	<ul style="list-style-type: none">• Come to class 2 groups together• Tell about organization• Ask to choose one of pictures• Tell, that „vegetables” and „fruits” goes to separate classes.• Take one group away.	Fruit and vegetable pictures.	If there is no need to split groups, the pictures can be used for introduction
15	Getting to know each other	<ul style="list-style-type: none">• Tell your names• Get to know students – they tell what vegetable they are, their names and one thing they like. Each repeat what previous students said.	Pictures of vegetables and fruits.	

15	Brainstorming about topic	<ul style="list-style-type: none"> • Question for everyone: how do you think – do you eat healthy? • Put at the blackboard sheet of paper where is written „Healthy food” and then ask them to brainstorm, what is healthy food. 	Blackboard, paper.	Make sure you have a blackboard and chalk.
20	Discussion	<ul style="list-style-type: none"> • How can we say, which food is healthy and which is not? • Why the things we wrote on a blackboard are healthy? • What products can you raise in your country and how you raise them? • What do you think about supermarkets? Is there any good quality food ? 		Ask everyone to talk, because youngsters can be shy and do not talk even if they have something to say.
5	Energizer	<ul style="list-style-type: none"> • Tell about game rules • Play „Egg – chick – eagle” 	Enough place for moving.	
30	Where does the food come from	<ul style="list-style-type: none"> • See the video about chicken • Discussion: where does the mass production come from? • See presentation about food 	PowerPoint presentation, movie from youtube.com.	It is possible do not use a presentation.
15	Break	<ul style="list-style-type: none"> • Ask students to have a break, drink and eat something, ask questions, if they want. 	Snacks, drinks.	Involve students in informal conversations.
10	Intro	<ul style="list-style-type: none"> • Show food you have, tell about how to recognize good food from bad one. 	Food, information about each product.	
25	Food preparation	<ul style="list-style-type: none"> • Let youngster to make any salad from the food you brought and serve a table for themselves 	Food, dishes.	This activity could take even less time. Give more time for serving table.
25	Evaluation	<ul style="list-style-type: none"> • Sit back in the circle, talk about what you have been doing, what was the best, everyone telling one thing he 		Ask everybody to talk. Give some

		will remember.		handouts with important and useful information.
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Recommendations:

- More visual materials, especially for theoretical part.
- If there is a lot of theory, involve students, giving them active tasks (writing tasks – answer the questions, fill the crossword puzzles etc., expressing opinion etc.)



KITCHEN OF COMPETENCES
Kitcher-Kito Work with Youth

Target group:

- 10th grade
- 12 person
- Age 15 – 16
- Young pupils from rural area
- Activity time 3 hours

Aim: To make young people more aware about what they eat

Expected results:

- Updated thinking
- Updated action
- Promotion of healthy food

Time in minutes	Objective of activity	Activity step by step	Materials	Comments /Tips
20	Getting to know each other	Introduction, name game	Tape, markers, paper	To warm up the group about the topic
30	To make participants more aware about the topic	Eating habits. Value list	Values list, markers, board or A1 paper	Start individually, later on small groups and all together
25	Break down food issues to daily life	School food, role play	Papers with arguments	Give 20 min for preparation. Groups- parents, teachers, jury, students, kitchen staff. Give for each group one argument for example -

				Students- more fancy food and music during the lunch time ect. According to your needs .
15	To energize the group	Break time / energizer		To choose energizer according to the group and activities
30	Break down food issues to daily life	Role play show and evaluation	Markers and big paper or board plus table setting 4 groups plus one Jury	
20	Let participants discover their creative side	Daily food – collage	Old magazines, glue, scissors, paper, markers, tape, ect. As many as you can provide	Ask students to be creative. Any topic you wish to discover. Individual
20	To continue creativity with discussion and share the eating habits	My best future dinner. To create invitation for 18 th b-day	All kind of creative things.	Do it in a small groups.
10	Finalizing the topic and to get over view of results	Final evaluation. Discussion all together. Dart board.	A1 paper, markers.	Prepare dart board in advance and each sector has separate activity

MOVEMENTS AND HEALTHY LIFE STYLE

Target group:

- 10th grade
- 12 person
- Age 15 – 16
- Technical vocational school
- Activity time 3 hours

Aim: Make a sense for a healthy lifestyle; Make a sense for Healthy food ; Budget Planning.

Expected results:

- To gain more skills about healthy lifestyle
- To gain more skills about healthy food
- To gain more skills about budget planning

Time in minutes	Objective of activity	Activity step by step	Materials	Comments/ tips
15	Warming up (naming games)	Introduction (5 minutes) Warming up/naming games (10 minutes)	Tapes for writing the names of the participants	
30	Physical Activities	Physical activities (different energizers)		Choose some methods for youngsters, which would be attractive
20	Discussion	Discussion about Healthy lifestyle and food		Find some facts which fits to youngsters.
1h30min	Practical Workshop	<ul style="list-style-type: none">• Introduction	Materials for serving and	

		<p>to the practical task (2 minutes)</p> <ul style="list-style-type: none"> • Buying and preparing a healthy breakfast (10 minutes) • Going to the shop (15 minutes) • Shopping (20 minutes) • Preparing food and serving in two groups (25 minutes) • Eating (20 minutes) 	<p>decorating the table.</p> <p>Materials for preparing and eating food.</p> <p>Money for buying food</p>	
15	Reflection	Reflection about the process	Ball or wool	Do it in a circle with a ball of wool (with wool you can develop a visual net with each person)
10	Evaluation	Evaluation about results. Ask pupils what they gained during the workshop		All the pupils should say what do they think

Recommendations

- Have a clear structure and schedule
- Good cooperation with the school where you're going to give the workshop (make clear they know when you come and that the pupils are informed)
- Make sure, that you are in time during the Workshop
- Have theoretical knowledge about the things you're talking about

UNHEALTHY TASTY

Target group:

- age 16-20,
- 6-8 persons
- Age 15 – 16
- Orphanage young people
- Activity time 3 hours

Aim: How to transform my food from every day and fast-food in healthy food. To experiment healthy food and to understand how it's easy and healthy to prepare some dishes at home.

Expected results:

- to understand the importance and the facility life
- to transform our food in healthy food,
- to experiment these new information by cooking potatoes and Compote

Time in minutes	Objective of activities	Activity step by step	Materials	Comments/ tips
15	Arriving:to take place	Installation To take place Arrange the space Material	Food material and workshop material	Check the material in the kitchen
5	First meeting with the youngsters. To get a first contact between the team, the staff and the youngsters	First contact	No material	

5	Presentation and expectation. To present the day and ourselves	<p>Presentation of the team</p> <p>To explain why we are there and the order of workshop</p> <p>To ask and to hear the expectation of the group</p>	Presentation of the material and explanation	
15	First letter (name game):to learn the name of the whole team	A first round with the name, the one which presents itself has to say something he likes and dislikes with the first letter of his name		
15	Compote game: to talk about fruit and to move in the space	A circle and everyone is one fruit that has to swop chairs while calling and everyone has to change when compote is called	Participants	
5	“What I eat”: Youngster has to present what they are eating in their daily life and to explain the ingredients, why it is tasty	<p>Explication: 2minutes</p> <p>Preparation: 10 minutes</p> <p>Presentation:10 minutes</p> <p>Evaluation: 8 minutes</p> <p>Different papers are on the table and the youngsters have to choose the ones they create their favorite</p>	Colored paper, pen, glue, scissor	

		dish handmade		
30	Break: to have a rest and the team prepare the material for cooking		Food material	
5 (preparation 50 minutes)	Cooking: to cook potatoes and Compote	<p>Introduction of what we are going to do and what we need and how we do it</p> <p>Announcing that everyone has to stay in the kitchen to look for the food all the time (!!!!)</p> <p>Let the youngster to choose what they want to do</p> <p>First group: Compote</p> <p>Second group: Potatoes</p> <p>Plus sauce 1: looking for the things that are needed</p>	<p>Food material (potatoes, pears, apples, sugar; cinnamon, salt, oil, dill; oil; sourcream, garlic)</p> <p>Kitchen material (knives, plates, cutting boards, pots, bowls etc)</p>	
While cooking (40 minutes)	<p>Cleaning the kitchen: to keep the space clean, to keep responsibilities in a kitchen and in a team</p> <p>To prepare a time a space to eat and appreciate what the team cooked</p>	To clean the space and to prepare the space to eat		Collect the material you have brought
10	Energizer bottle	Two teams to	Bottle	IF POSSIBLE:

	game: to move while cooking team building Energizer 2: to move while cooking team building	play the game		While cooking If free time
20	To eat: to appreciate what the team cooked and to be proud of the result		Cooked stuff	
20	Evaluation: go in a circle Led the youngsters repeat what they needed and how they did it To discuss about the workshop and collect the mind of the youngster and to give our impression Appreciate the healthy food and to take the time to eat it	A round to explain our impression What the youngster liked or disliked What we could change To express themselves they have to show a smiley	Smiley paper	
5	End of the WS			

Recommendations:

- Collect information about the target group before coming to lead workshop.
- Make connection between the aim, the theory and the practice.
- Be sure you took all materials for activities

GOOD FOOD, LOW MONEY

Target group:

- 12-14 persons
- children age 7-14,
- lacking social skills, economical difficulties
- Activity time 3 hours

Aim: Good food can be cheap; Sensibilisation for seasonal food.

Expected results:

- will understand that good food can be cheap.
- Will understand which food is growing in which season, and what is better to use for food.

Time in minutes	Objective of activity	Activity step by step	Materials	Comments/ tips
15	To introduce what we will do and introduce group	Every member has to say his/her name, country from where came, maybe to say Hello in his/her language. We came here to talk with you about food and cooking and to show that good food can be done in low money. Game. We give to everyone a small paper where is drawn	Papers with food cartoon	

		<p>picture. On all papers are drawn pairs of things. Children are changing papers to each other and after signal they have to open it and find one who has second same picture and sit.</p>		
30	Practice about seasonal food	<p>Children are split in smaller groups Each group gets pictures of different fruits and vegetables + seasonal calendar Children try to order the fruits and vegetables according to the season you can find them Evaluation -> what did they do right, what wrong</p>	<p>Pictures of vegetables and fruits, seasonal kalender according to number of groups of children</p>	
45	Baking a apple cake	<p>Reading a recipe Informing about working safeness Dividing into groups: 6 (7) +4 Apples: washing, peeling, cutting Dough: butter heat + oats</p>	<p>Apples, sugar, butter, oats flakes Plates, knives, pan, oven,</p>	

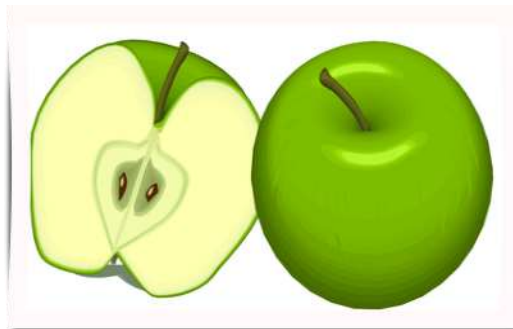
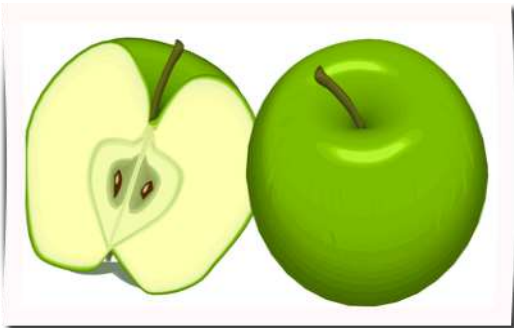
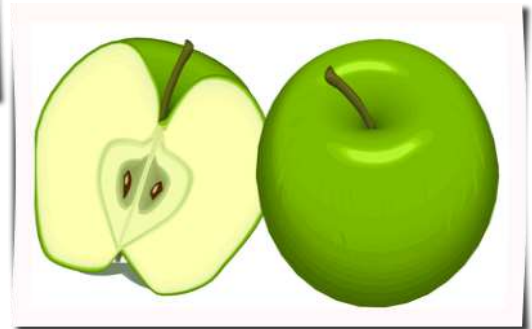
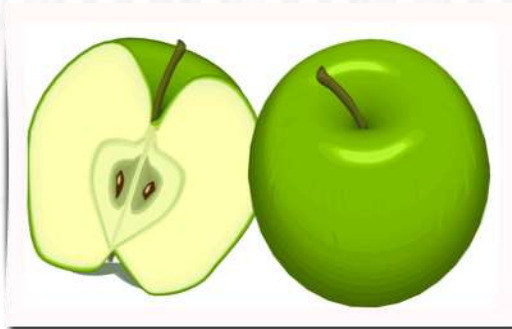
		flakes+ sugar Into the pan: apples + dough To oven 25 min		
	Cooking the tea		Water heater Tea	
30	Serving a table	To show nice way of serving a table in simple way. To take plates, cups, spoons for everyone. To serve it on table. To make decoration from napkins.	- 18 Napkins - cups, plates, spoons for everyone.	
30	EVALUATION:	Children get papers, dividend in two parts -> 1st part: What I learned in that Workshop?/ What I didn't knew before? 2nd part: How did I feel?	Paper, magazines, pens, scissors	Children can draw, write or choose pictures from magazines for answering Each child presents its work to the group



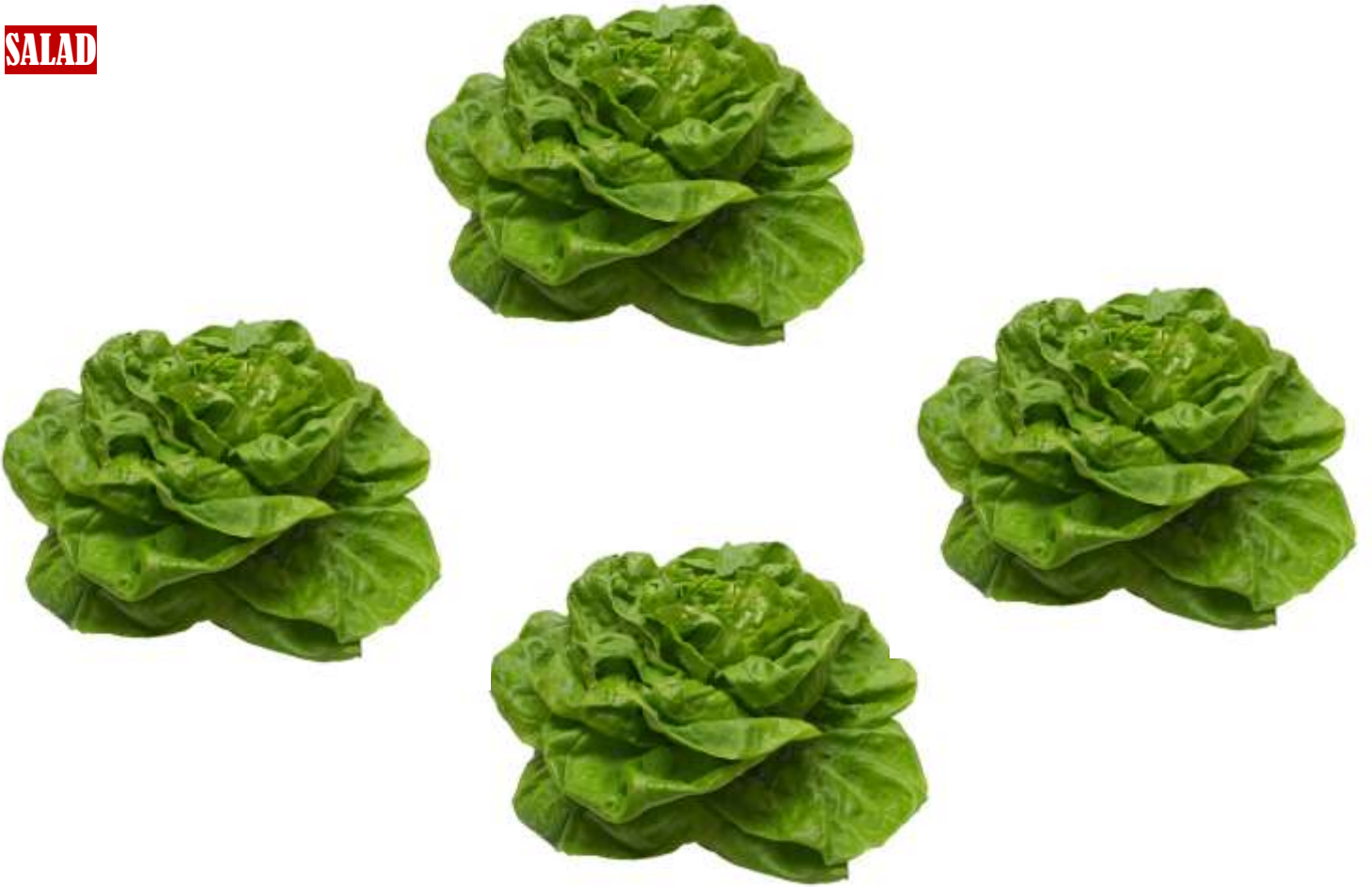
PEAR



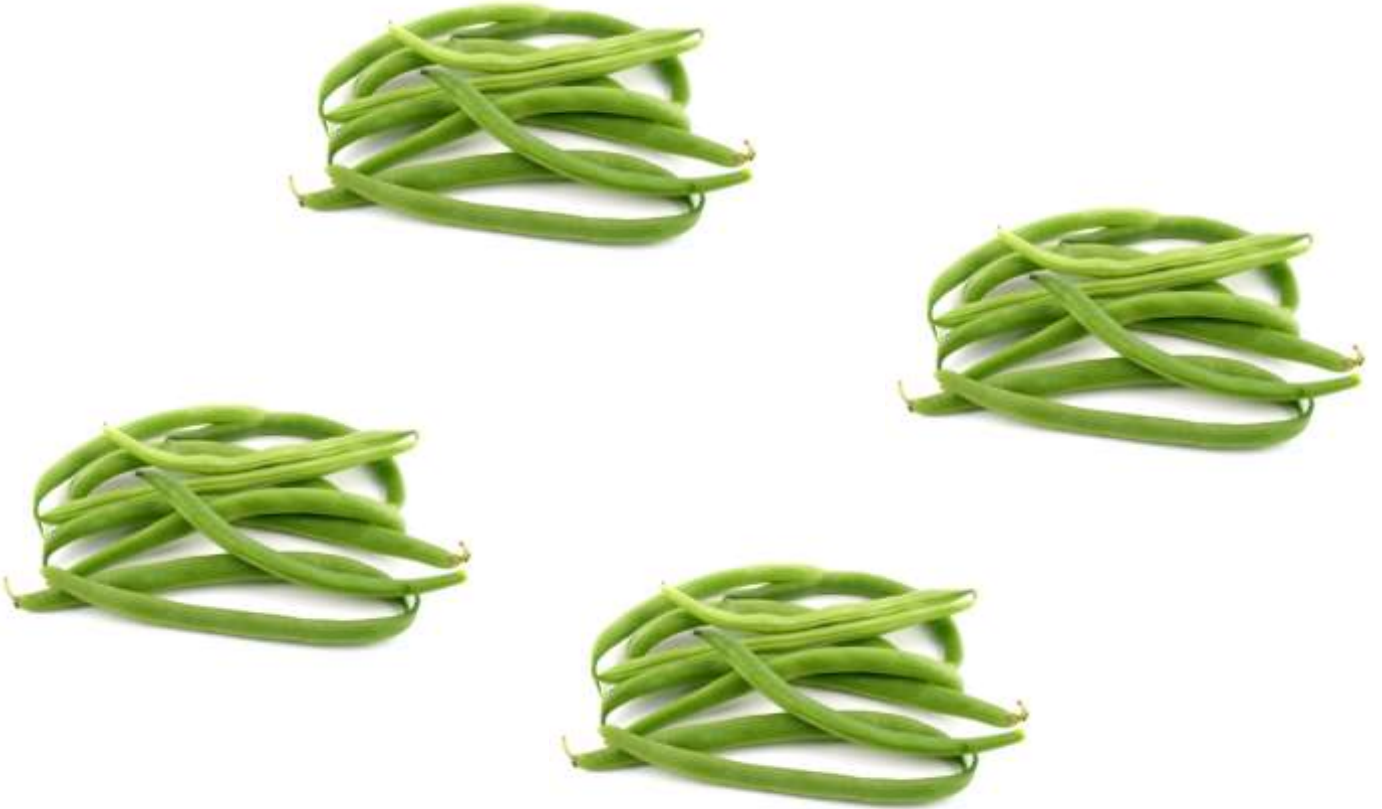
APPLE



SALAD



ASPARAGUS



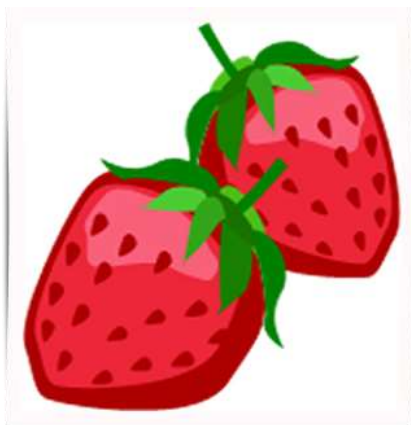
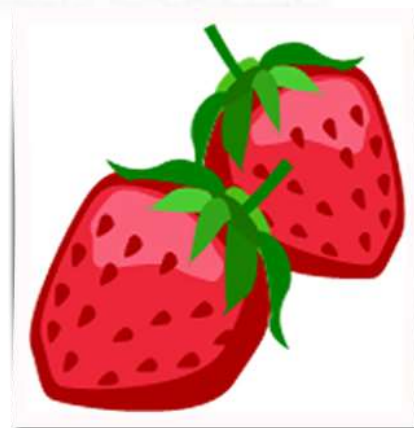
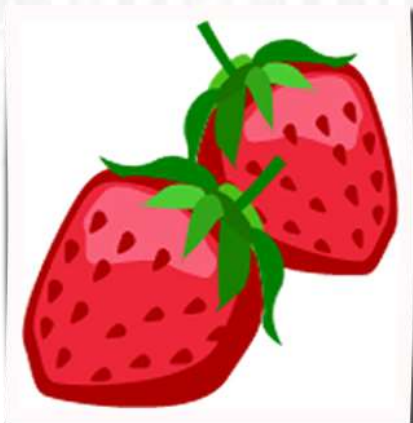
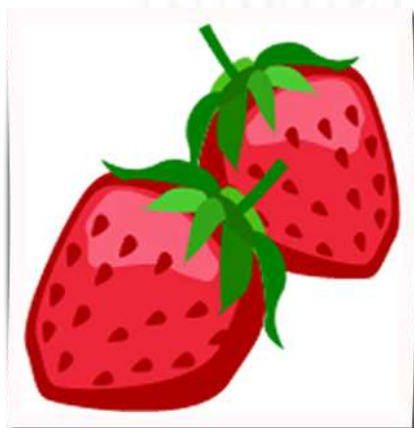
BLACKBERRY



PEAS



STRAWBERRY



CORN SALAD



CUCUMBER



BLUEBERRY

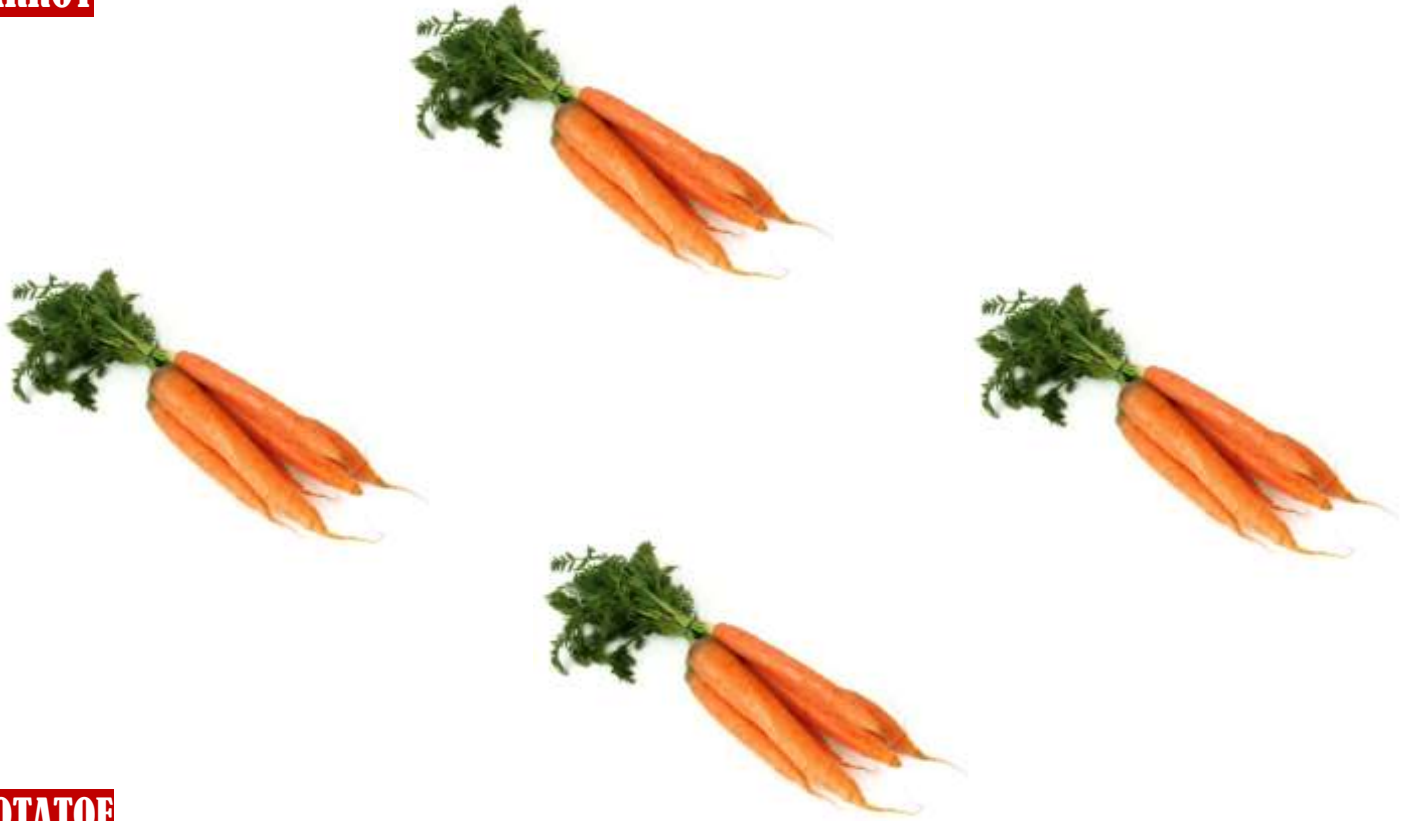


RASPBERRY



KITCHEN OF COMPETENCES
Kitchen of Competences
with Youth

CARROT



POTATOE



CHERRY



KITCHEN OF COMPETENCES

KOLHABRI

Kitchen-Kito Work with Youth



PUMPKIN



PLUMP



RADISHES



KITCHEN OF COMPETENCES
KITCHEN
in Youth

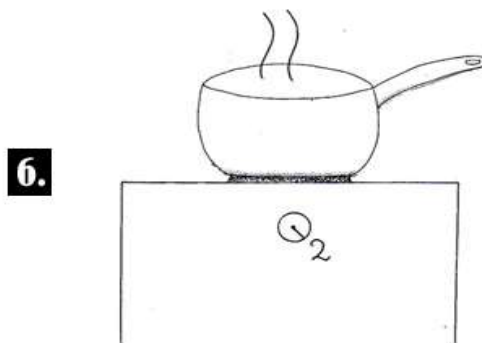
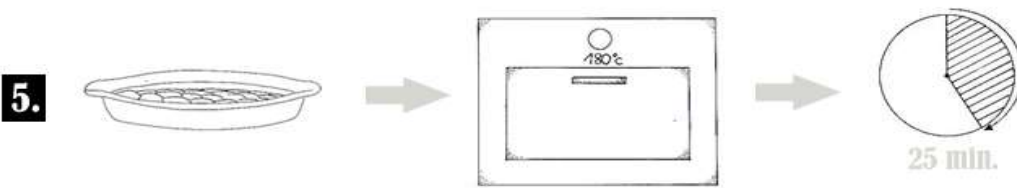
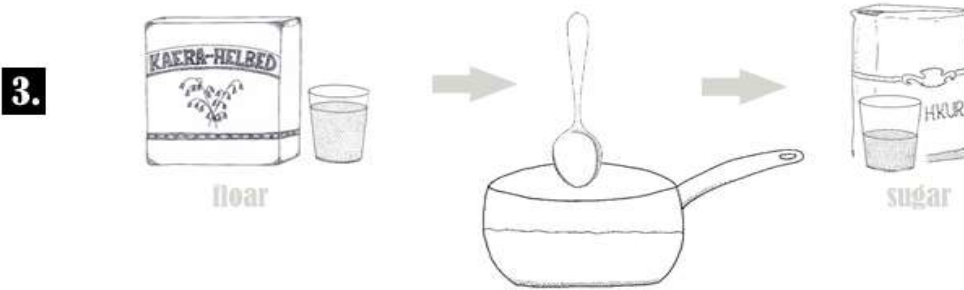
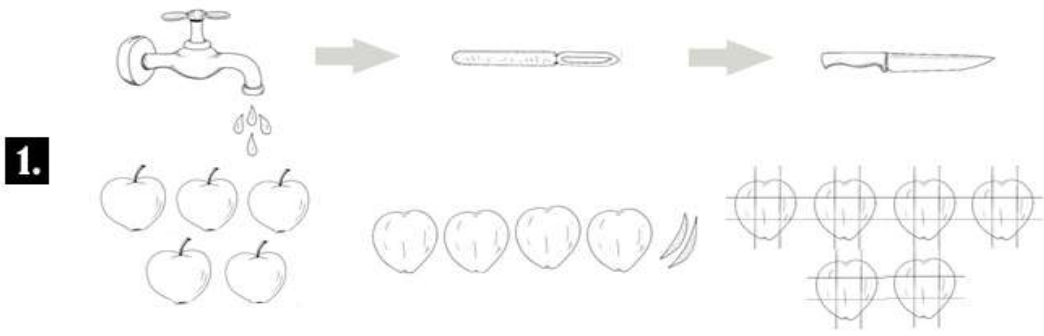
ZUCCHINI

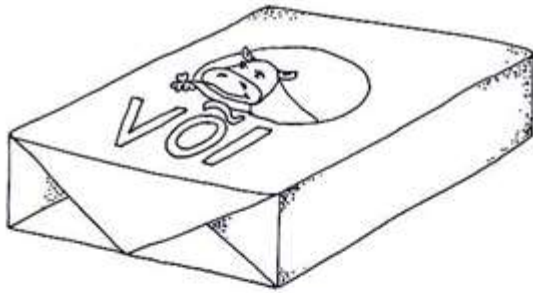
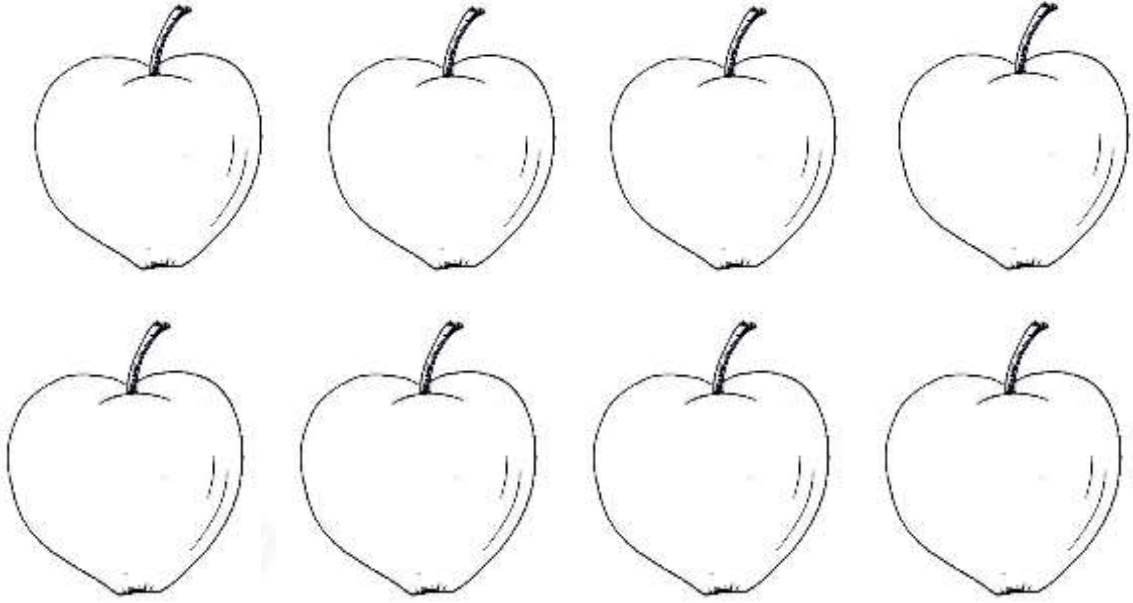




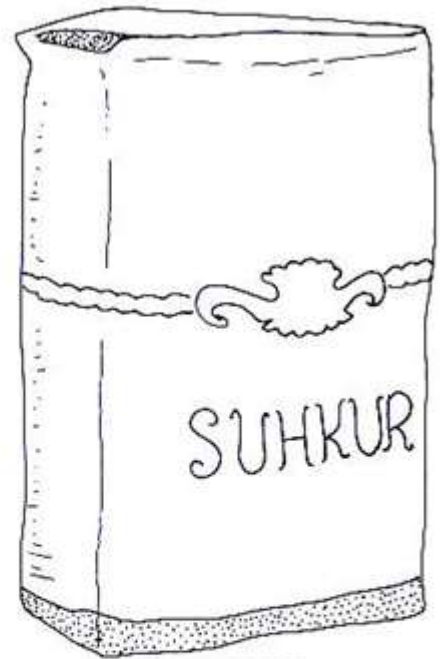
KITCHEN OF COMPETENCES
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APPLE PIE





butter



sugar



wheat flour