



FOOD THAT WE EAT



3-6



1-10 children



COOKING TOGETHER



30~45 minutes



The learning objectives of this activity are:

- developing fine motor skills by cutting vegetables into pieces;
- developing dialogical skills by describing personal impressions verbally and sharing own ideas with peer-group members;
- understanding the value of food in our lives;
- developing the readiness and inquisitiveness of children to taste new foods.



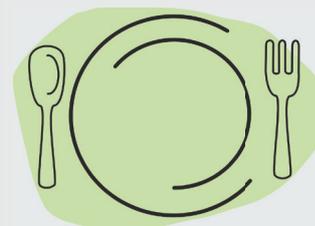
Materials needed for the activity:

- 2-3 different soup vegetables



- some knives and plates for the children to cut the vegetables.

(Watch out the children might need assistance, it's very important to make sure that every child is safe when working with knives!)



- a soup pot (and a stove/cooker)





At the beginning the children you will be cooking with should come together.

1)
The teacher begins the activity with the following explanation: "The cook, who usually prepares your lunch, is not here today. So, you will have to prepare your own lunch"

2)
Invite children to the kitchen (or place where they will cook) and explain their roles: who is preparing veggies, who is filling in water into the pot and collecting the vegetables? (Roles may depend on your individual group size.)

3)
Show them the vegetables you have brought with you. Ask the children if they recognize the vegetables and already know what they are called. Ask them what could be prepared from these vegetables (next to soup). Explain a little more than just the name of a vegetable (e.g. origin, production, etc.).



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Make a short excursion and tell the children a story about other children living under poor circumstances, who do not have enough to eat some day. Underline that having enough food is a privilege all of them should be aware of. Tell them wasting food was a big mistake so they should keep in mind the value of food for their personal environment.

E.g. you could introduce this excursion with a sentence like: "Now imagine we would not have got these vegetables here. Imagine we would have nothing for lunch today. How would you feel?" ...

4)
Hand out cutting boards, knives and other tool needed for preparing the vegetables.

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Cautionary remark: Make sure the children who will use knives for cutting the vegetables will do it in a safe way! If you were not sure about handing out knives to your group of children, you could prepare it and cut pieces in advance. If so maybe you could bring a sample of complete, uncut vegetables at hand to display it to children (if possible also with leaves, roots, etc.).

5)
Hand out the vegetables to the children and ask them to wash them before they start cutting. Give an example on how they should prepare them (e.g. small cubes).

6)
Ask the children responsible for the pot to collect the prepared vegetables in a (large) soup pot and to fill it up with water for cooking

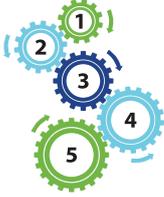
7)
Place the pot on a hotplate to cook the soup.

8)
While the soup is on the stove, advise the children to clean up their work place and to set the table for lunch (one soup plate and one spoon each). (Depending on your group size this also could be covered by a role for one or two children from the group.)



9)
After the soup is ready, allow it to cool before serving.

Enjoy your meal!



Tip:

It is possible to repeat this group activity at different seasons with seasonal vegetables. The children will enjoy it and it is also possible to form real cooking teams that cook for each other from time to time!

This activity was created for AVAL Project by ILI-FAU.

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