

Educational Activities

Garden products in the kitchen



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Introduction

The following are two examples of activities related to the identification of plants and their characteristics. Use your creativity to adapt them to your environmental, social, and cultural reality!

► Activity 1

Mystery ingredient... bringing the garden to the table

In brief

Link the garden experience (sowing, growing and caring for vegetables) to vegetable processing according to traditional recipes, ideas from parents, grandparents and cooks. It comes naturally to children to enjoy eating what they have cultivated and cared for in the garden. This can be taken advantage of to promote a varied and healthy diet obtained through the rediscovery of local vegetable varieties and recipes.



Participants

Children of all ages.

Objectives

- Promote a curious attitude to food, first of all by training the senses.
- Understand the relationship of food with the environment, health, culture.
- Promote local and traditional products and the gastronomic culture of the territory, also within the children's families.
- Encourage the passing on of knowledge from older to younger generations.
- Develop manual skills and group work.



Coordinators

Teachers, the school cafeteria cook, the children's parents and grandparents.

Materials

- Kitchen equipped with (oven, mixing bowls, cutting boards, pans/baking trays etc...)
- Posters, paper, pencils for collecting and writing down recipes

Activity description

Part 1: mystery ingredient in secret recipe

Teachers divide the children into three or more teams: each team creates a recipe with different vegetables from the garden, without revealing the recipe to the other teams.

Part 2: tasting

For lunch or for the afternoon snack, each child is served a dish containing a taste of each recipe cooked.

The children are asked to guess the ingredients.

Part 3: recipes collection

The recipes are described in the notebook, carefully indicating the ingredients, quantities and method of preparation.

Variants

Cooks, parents and grandparents can be involved in providing recipes, but also in preparing them the day on which the activity is organized.

A party can also be organized, during which the recipes can be prepared again, inviting the children's families to the celebration. The "Master Chef" certificate can be awarded to each child.

At the end of the school year, all the recipes can be collected and the children can decorate the pages of these recipe books with their drawings. Photocopy about a hundred recipe books and put them on sale to raise funds for the continuation of the garden project.

▶ Activity 2

The garden recipe book

In brief

This is an activity to help children recognize and share family recipes.

Participants

Children aged between 9 and 13.



Objectives

- Knowing tastes, uses, and eating and behavioral habits of their family members.
- Give a symbolic and cultural value to vegetables.

Coordinators

Teachers.

Materials

Notebooks or paper, colored pencils, string

Activity description

Part 1: the questionnaire

The teacher prepares, prints and gives out (or dictates in class) the questionnaire to the class and explains the questions.

Part 2: interviewing

At home the children use the list of questions to ask their family,

writing the answers down in the notebook.

For each interview, the children have to add in the notebook:

- a drawing of the person interviewed;
- a drawing of their favorite vegetable.

Part 3: the recipe book

In class, the children present their interviews and drawings. The teacher gets the children to copy them and, with the copies, creates a recipe book and hangs it up in the classroom.

List of questions

- Who?
- Name
- Favorite vegetable
- Preference – raw or cooked?
- A memory linked to this vegetable
- When do you prefer to eat it?
- Recipe (ingredients and preparation)

Example of an interview

- Who: my dad
- Name: Charles
- Favorite vegetable: peas
- Preference: cooked
- A memory linked to this vegetable: It reminds me of when I went to school
- When do you prefer to eat it?: on a picnic with friends
- Recipe: Ingredients: 3½ ounces of peas, 2 eggs, parsley, salt and pepper. Preparation: beat the eggs...



Variants

When the recipe book is completed, each participant can choose a recipe to prepare.

At the end of the school year, all the recipes can be collected and the children can illustrate the pages of these recipe books with their drawings. Make about a hundred copies of the recipe book and put them on sale to raise the funds necessary for the continuation of the garden project.

Further information

For further information on the activity, contact Sara El Sayed – Egypt (sara@nawayaegypt.org).

Help us find more photos!