



**CASA ALBERGO PER ANZIANI “ VILLA FABIOLA”
MONTEROSSO CALABRO
ITALY**



WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO ...

It will be a good idea to start with simple food that teenagers like. So from easy recipes to more difficult ones. Cooking should be considered a playful activity if it becomes a game the learners are more motivated to learn. During the cooking lessons the learners can be divided in groups and the process can be :

- first touch the ingredients one by one
- smell the ingredients to recognize them
- add different ingredients one at a time
- cook a different recipe every time
- taste the food cooked and let the others taste them
- organize a competition among the different groups with a panel of judges from the school.

This will encourage them to learn to cook different recipes every time and to teach their friends their own recipes.

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

A necessary condition is to use simple ingredients , unbreakable tools made of plastic or wood.

All the ingredients must be available and easily reachable.

The place should be the kitchens of the organisation where the learners can move easily and find what they need.

Time can be from two to four hours a week.

POSSIBLE OBSTACLES

Possible obstacles are that blind students think that this activity is too difficult for them.

They may not always want to cook in groups or share the material they need.

They may refuse the competition.

ILLUSTRATION

Make an Italian Pizza

Ingredients:

- Flour 500gr
- Warm water 250/300ml
- 1 die yeast of beer
- Oil ½ glass
- Salt 1 spoon
- Tomato, mozzarella

Procedure:

- Start melting the yeast with some water, sugar and a tablespoon of flour for 10/15 minutes
- Apart , mix the flour ,the water with the Yeast of beer
- Add the water with oil and the salt Until you get a soft and homogeneous mixture
- Stretch it in the oven plates and leave it to rise 2 or 3 hours, according to the temperature
- Pizza according to your taste and bake it in the warm oven 200 / 220° for 15 -20 minutes

