



CLUB SENIOR NORDSTAD  
ETTELBRUCK  
LUXEMBURG



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

**For the beginners in blind cooking:**

- to get the students know something about the **food**: offer a **Touch-Game** with Fruits and Vegetables and offer a **Smell-Game** with different spices (organize two teams for the battle)
- to get them know something about **working materials**: offer a **Touch – Game** with kitchen equipment, and learn what material to use for different work, perhaps knowledge about special tricks (ex. black cutting board)
- to get them know about different **kitchen sounds**: offer a **Speed-Game** who hears first the water boiling, who hears first when the coffee is ready, who hears first when ...
- to get them know about **where to find what** in the kitchen: offer a **Speed – Game** to bring: salt, sugar, spoon, soup plate, cup,...
- to get them know something about **kitchen hygiene**: offer a **Multiple Choice Quiz**, like “Who gets Millionaire?”
  1. Question: What do you do when you start cooking: washing a: my feet, b: my hair, c: my hands, d: my teeth
  2. Question: What kind of food is in danger to get infected with salmonellas: a: bananas, b: eggs, c: carrots d: pork sausage, (you need 14 questions)
- to get know about how **healthy meals taste**: offer a Challenge for the students: They have a choice between 3 entries, 3 main – dishes and 3 deserts. Students choose their favourite dish and learn to cook this menu together
  - 3 Teams were build: One Team prepares the entry, one Team the main dish and one Team the desert.
  - All Team has to look for the tasks: reading the recipe, choosing and measuring the ingredients, cutting the ingredients, frying/cooking/baking/... the food, cleaning up the kitchen, preparing the table for the lunch with table decoration depending on the season
  - The Team who is working best win’s the challenge
- to learn something about the difference of the taste from fast food to healthy food:
  - students prepare a Burger and baked potatoes themselves

The Winner of these Games wins a prize: “How to cook my favourite dish with a prominent TV cook”

**For the advanced students in blind cooking you can organize a Kitchen – Battle:**

5 students are starting on Monday. Each student cooks a meal with 2 plates during 45 minutes. After the time is over a famous TV-cook is tasting the dishes. On each cooking day, there is one student leaving the battle. So at the end of the week we have the **winner of the week**.

**NECESSARY CONDITIONS: MATERIAL / PLACE / TIME**

- School Kitchen with minimum 3 units constructed and equipped in the same way,
- Induction furnace
- Food and Material for the Kitchen Work and the Games
- Find a Supermarket with service
- Famous TV-Cook who offers a volunteer mission
- Cooking should be regularly integrated in the class schedule: “Independent Living Skills”

**POSSIBLE OBSTACLES**

- Danger of accidents in the kitchen, students are afraid to injure themselves
- No Famous TV-Cook could be motivated
- No Time in the class schedule for the games

**ILLUSTRATION**

**Yoghurt Cake with Chocolate**

1 cup nature yoghurt ,  
2 cups sugar,  
3 yellow of an egg,  
1 cup oil  
3 cups of farina  
1 pack baking powder

3 white of egg  
1 soup spoon Cacao  
  
Mix Yoghurt, Sugar, yellow egg ,  
oil, farina and baking powder  
for 10 minutes with a mixer,

Add Cacao , Mix whites of egg  
to egg snow and fold it in, put  
the dough in a greased cake tin  
and bake it in the oven for 55  
minutes with 185 degree

