



POLAND

CASE STUDY N° 6

SYNOPSIS

SYNTHESISER COUNTRY

LATVIA



MAIN IDEAS DEVELOPED

As a result of roundtable discussion the common ideas are that the blind people should have well-trained staff that could introduce them to basic things connected with cooking, such as touching and smelling different food, visiting shops, and teaching the blind ones about healthy food and nutrition. It is very important to encourage them to cook simple things independently.

POSSIBLE OPTIONS

The main ideas on what to do to help the blind people overcome their insecurity are as follows:

- In order to avoid fear it is important to determine what exactly they are frightened of;
- The staff should undergo special training to be more knowledgeable and able to provide assistance to the blind ones;
- Students should visit shops to find out (or probably recall if the blindness is not hereditary) where products are placed, what kind of containers can be found, etc.,
- Some practical classes where blind people could learn how to open containers, use kitchen equipment, make simple dishes could be held;
- Classes where nutrition specialists are invited to tell and teach about healthy food and nutrition, about the effect of healthy eating has on people`s feeling of comfort and how it can reduce risk of developing different diseases;
- Good idea would be to have recipes written in Braille, students should share and try out their favourite recipes;
- Different playful activities such as competitions – who is the first to guess a product just by smelling or touching it, etc; inviting friends to meals cooked by the blind people;
- Find out what are the Internet programs designed for teaching and encouraging cooking for blind people.

CONCLUSIONS

The case Polish partners introduced can be tackled in different ways; the partners believe that by involving qualified staff and diversified methods the situation could be improved. Encouragement and support are the cornerstones to facilitate the students wish and ability to cook and raise their self-respect and self-confidence.

ILLUSTRATION

