



POLAND

CASE STUDY N°6

PAPER B

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

Organising a workshop destined to give blind/visually impaired people a sense of capability and independence. In order to prevent a sense of exclusion and favour interpersonal relations, thus increasing their motivation, blindfold full-sighted partners should try to fulfill the same tasks. At the end, everyone should sit and enjoy the dish together, moving then to a de-dressing dessert:

1st step: A taste test: he/she tries to guess three different foods by feeling, smelling and tasting them. When the three items have been taste tested, pass to the next participant and begin with three new foods.

2nd step: Place a small amount of scents of different foods from the kitchen, such as pepper, cinnamon, coffee, lemon, vanilla, cocoa, coconut on a cotton ball for each participant to smell. Then ask them to identify them.

3rd step: Challenge participants to test their estimation skills. Gather the ingredients needed for a particular recipe. For each ingredient set out a bowl, but take away all measuring cups, spoons and devices. Have participants fill the bowls with what they think is the correct amount of ingredient. Then, take out the measuring devices to see how close they came to getting it right. Practise until measurements are satisfactory.

Final work: work in pairs to create a dish. One is blind/visually impaired/blindfolded while the full-sighted one must keep his/her hands tucked into the apron at all times. Each duo will receive a carefully written recipe. Simply by using powers of communication the “chef” must interpret the recipe and give the orders to the “cook”, who prepares the dish.

For dessert, yogurt feeding: you have two people, one full-sighted (first), one blind/visually impaired/blindfolded (second). The first sits on a chair. The second is given a pot of yogurt with a spoon and must stand behind the first. The blind/visually impaired/blindfolded one has to feed the full-sighted one by following his/her verbal instructions.

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

Material: Food and culinary products and material, aprons, recipes, cotton balls, paper plates, cleaning wipes, bottles with liquid scents, bowls and other measuring devices, yogurts, chairs, spoons, bin bags or overalls, newspapers for the floor.

Place: At an educational institution, a charity, a support group, a social organization.

Time: The workshop should be set up whenever there is the need to strengthen blind/visually impaired people's self-esteem and social skills.

POSSIBLE OBSTACLES

The blind/visually impaired person may feel awkward and self-conscious. He/she may see the activity as a time-waster, incapable of issuing him/her with the skills he/she needs to face daily adversity.

ILLUSTRATION

