

POLAND

CASE STUDY N°6

PAPER B

**ASSOCIATION OF STUDENTS AND FORMER
STUDENTS OF THE PERMANENT UNIVERSITY
OF ALICANTE
ALICANTE
SPAIN**



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

“Pretending to be cooks”. We propose as a motivational start for the student body an experimental practice or workshop titled “How to prepare a simple, healthy and fun recipe” where the prepared menu, by blind students, would be for the later enjoyment of other classmates, blind as well, and then they would vote for their culinary proposal.

The execution of this workshop “Pretending to be cooks” would have various phases:

- It would start with a speech about the basic needs for a healthy diet. Scents and flavours would be used for a sensitive experience that would act as an enticement to the activity.
- Second step: purchasing the necessary foodstuff and next a visit to the room/ kitchen used for the cooking activity.
- Third step: speech about accident prevention at the kitchen and the needs of adaption, and the process for elaborating the recipe and preparing the table.
- Fourth step: invite the selected classmates to enjoy the food and fill a survey regarding it.

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

For the execution of the workshop we would have:

- Voluntary teachers for receiving previous formation in cooking and disposed to carry out the workshop.
- Voluntary students, families or implicated people that would be disposed to receive training for this workshop.
- Use of the resources of the school, availability of the living-dining room and kitchen adapted to their needs.
- Manage with sponsors (firms –supermarkets- restaurants) the needs of food and adapted utensils.

Links of interest in which help for the development, step by step, of these dynamics and contents can be found:

- http://www.juntadeandalucia.es/averroes/caidv/interedvisual/icv/proyecto_cocina_nym.pdf
- <http://www.rtve.es/alacarta/videos/telediario/cuatro-mil-personas-se-quedan-ciegas-cada-ano-espana/1427100/>
- <http://cidat.once.es/home.cfm?id=392&nivel=2>

An easy recipe recommended for carrying out the game – Banana with chocolate lollipops.

- Ingredients (depending on the number of guests): bananas, chocolate for melting y coloured noodles.
- Elaboration: the banana is peeled and stabbed with an ice-cream stick and then put into the fridge. In a bowl, put the chocolate and melt it in the microwave for 30 seconds. Spread out the coloured noodles. Take the banana and introduce it in the bowl and then put it in the plate with noodles or sprinkle it. Leave it in the freezer for 60 minutes. They can also be sprinkled with crushed almonds, hazelnuts, walnuts or cereals.

POSSIBLE OBSTACLES

- Lack of volunteers for carrying out the proposal of the workshop.

ILLUSTRATION

