



# Case Study Poland

Paper B



**Blind Assistance Foundation - Poland**



# 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



# Why not try ? It would be a good Idea to...

## For the beginners in blind cooking:

...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)



# Why not try ? It would be a good Idea to...

---

**For the beginners in blind cooking:**

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 ...



# Why not try ? It would be a good Idea to...

## For the beginners in blind cooking:

to get them know about where to find what in the kitchen:  
offer a **Speed – Game** to bring: salt, sugar, spoon, soup plate, cup,...



# Why not try ? It would be a good Idea to...

...to get them know something about **kitchen hygiene**:  
offer a **Multiple Choice Quiz**, like "Who gets Millionaire?"

Question 1:

What do you do when you start cooking:  
washing a: my feet, b: my hair, c: my hands, d: my teeth

Question 2: 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)





## Why not try ? It would be a good Idea to...

---

...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  
"Perhaps a dinner in a good restaurant for the group"

# Why not try ? It would be a good Idea to...

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"





# Why not try ? It would be a good Idea to...

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 or director of the school 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
- Infrastructure is not adapted

**but you can find a way**

# Recipe

## 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