

THINK TANK – PAPER B - POLAND

Creating Captivating Teaching Strategies for Vulnerable Learners

OBJECTIVES OF THE TRAINING COURSE:

- ➡ Developing skills to recognize different groceries using multiple senses
- ➡ Encouraging independent preparation of meals
- ➡ Overcome the feeling of alienation and exclusion from society
- ➡ Encourage intergenerational and interpersonal relations
- ➡ Reveal as eating and playing together in a group, may be a key to developing interpersonal relations and motivation

Why not try...? (1)

A workshop destined to give blind/visually impaired people a sense of capability and independence:

1st step: Taste test: he/she has to guess three different foods by feeling, smelling and tasting them.



3rd step: Challenge blind/visually impaired people to test their estimation skills.

2nd step: Place a small amount of a 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.

Why not try...? (2)

Final work : Work in pairs to create a dish. One is blind/blindfolded while the full-sighted one must keep his/her hands tucked into the apron at all times.



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

Necessary conditions:

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 devised 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.

