

## Location Type:

Urban area

## Target Group:

Teenagers and young people aged 12–27 (possible for younger children as well)

## Contact Organisation:

Roter Baum Berlin

## Goals and Benefits

- Children learn the basics of healthy eating and how to prepare balanced meals.
- Development of basic cooking skills (measuring, mixing, supervised cutting, following recipes).
- Practice of teamwork, role-sharing, and collaboration in meal preparation.

## Implementation tips

1. **Introduction (0–10 min)** - Welcome, presentation, handwashing, hygiene rules, safety briefing.
2. **Demonstration (10–15 min)**- Facilitator shows recipe, cutting techniques, explains ingredients.
3. **Cooking in Groups (15–35 min)** - Children wash, cut, mix ingredients, prepare simple meal (salad, wrap, fruit bowl).
4. **Tasting & Sharing (35–50 min)** - Participants taste and share their dish.
5. **Clean-up & Closing (50–60 min)** - Cleaning tools, waste separation, feedback and farewell.

## Materials Used

- **Serving Equipment:** Plates, cups, bowls (reusable or eco-friendly), napkins or kitchen towels, trash bags with waste separation.
- **Ingredients & Supplies:** Vegetables, grains, proteins, herbs, spices (salt, pepper, oil), storage containers, cooler if needed.
- **Space:** Safe outdoor or semi-outdoor area (playground, community square, courtyard).

## Reflection and Evaluation

- Group reflection: Participants share one thing they would try at home or change next time.
- Observation: Engagement, teamwork, safety, participation.
- Feedback: Verbal group questions – enjoyment, learning, willingness to repeat.
- Learning Outcomes: Hygiene, cooking skills, collaboration, interest in healthy food.
- Practical Results: Completion of recipe, cooperation, tasting new food.
- Facilitator Review: Post-session review on improvements (materials, timing, dynamics).