

Name of activity / method / program

Category

Tags

TRADITIONAL FOOD COOKING CHALLENGE

Traditional food
Student cooking
Healthy eating

#traditionalfoods
#eathealthy #nutrition
#community #cooking

What is it? (short description)

It's a project for children and youths to encourage the consumption of local indigenous foods which are nutritious, healthy (and often sustainable, as they build on local products). Adolescent boys and girls compete in preparing diverse local foods using various recipes which they might receive from their parents, grandparents or other members of the local community. The cooking takes place in a school kitchen or other public facility. School children take turns in tasting the foods and vote for their favorite dishes, prizes are awarded.

It's suited for... (age/region/context)

Students 10 – 18 years

especially urban schools where children are more frequently exposed to junk and fast foods

In practice it could look like this: (pictures, sequence)



Traditional Food Cooking Challenge at Belvedere TRS College, Harare (Zimbabwe)

That's what you need: (material/funds/preparation)

- * Some money to purchase ingredients (partnerships with local producers/resellers can help)
- * A cooking facility in your school or other venue (can be improvised, e.g. outdoor kitchen)
- * Prizes for best child chefs (different categories can be awarded, e.g. tastiest, most sustainable etc.)

That's why you should do it (purpose/benefits)

- ☆ It's a fun way to educate children about healthy eating and local traditions at the same time
- ☆ The consumption of local products supports local food systems/is more sustainable
- ☆ Through the children, traditional food practices can be re-established in families and the community

You should also consider (links to resources, ideas for adaptation)

- w Partnering with local chefs for inspiration and support
- w Collecting a choice of recipes in a cooking book for the children to take home
- w Inviting parents/grandparents to taste the foods or to join the students when cooking