

Newcomers in the Kitchen (English manual for students)

## Introduction

The coming 8 weeks you will work on the project 'Newcomers in the kitchen'. In this document you will find the activities for the 'Newcomers in the kitchen' project.

[Newcomers in the kitchen](#) is a European project in which integration is promoted in a 'culinary and playful manner'. It is the role of the Clusius College to:

- test recipes
- test the game that is still in development
- to host and organize a cooking event that can serve as an example for other organizations who work with newcomers
- share the gained knowledge with interested parties in the region

This project is an important part of the return day during the internship in the third period of the second grade.

You will organize a cooking event with the whole class, from beginning to end. The event entails that you will organize a three course meal for a group of c. 50 persons together with the language class.

## Goal of Newcomers in the kitchen

To contribute to the integration of newcomers in society - obtain a positive attitude towards people from other cultures through cooking (testing recipes together, eating together).

## Motto

If you want to get to know each other better, cooking and eating together is a good way to achieve this.

## Target audience

Young people between 12 and 16 years old.

## Activities

1. **Game**  
The project is supported with modern techniques: a game (game) with animations that can be played on the phone / tablet. This game is made by Just Game-It from Ede together with Tartu art academy in Estonia. The aim of the game is to trigger / inspire the players / to inspire them to want to cook for themselves: attitude, knowledge and skills. You will help test the game as soon as the test version is ready.
2. **Cooking event**  
Test and prepare a 3-course meal and three different workshops to then perform and cook together with the language class on 1 April 2019. (lasts until 8 p.m.). Examples for a workshop are: hygiene in the kitchen, a workshop healthy food, a workshop herbs and spices tasting. Recipes have been made available to the project, these must be tested.
3. **Multiplier event**  
In addition to the (internally focused) cooking event, there is also an activity more focused on the outside for stakeholders and project supporters. Here the experiences with, among other things, a film about the cooking event,

are shared with parties from the network of Clusius College. You organize this multiplier event. Date to be determined in grade 3 (2019/2020).

## Execution

The intention is that you as a class become the owner of these events and therefore organize everything from start to finish. This requires a lot of cooperation. You mutually arrange what needs to happen and who will do that (in groups, for example). The groups must then work together to achieve a good end result.

Working together is an important part of this project. Because if you do not make proper agreements and / or do not comply with them, then everything will go wrong. Now you have worked together before during practical lessons or projects such as CCFood2 and PizzaProject, so you already know a little bit what can go wrong. To refresh your memory a bit, there are a few important points explained in the chapter on social skills.

In addition, you must also tell the class every week the appointments and activities at the end of the day. You naturally save the parts that you have done in the ELO project environment. These documents ensure that there is progress in your project and that you will nevertheless reach the finish line at all costs. In order to work well together, lessons are also given in, for example, "meeting technology" and "effective communication".

Two guest lessons are organized on "cooking for large groups" and "serving for large groups" and there are theory lessons on meetings, communication, budgeting and planning. All these steps are used to assess the project.

## Results:

At the end of the period the following things must be delivered:

- Test of the game (if a test version is available)
- Test the recipes (for the 3-course dinner and for the game)
- Complete recipe cards for all recipes in Dutch and in English
- Organization and implementation of cooking event with language class members
- A film about the cooking event that is shown at the multiplier event
- A program + scenario and announcement / invitation for the multiplier event
- Documents about: meetings, cooperation, management, budgeting and planning.
- PR about the cooking event in the (local) media

## Assessment:

You will be assessed on the following points:  
Attendance 100% (absence is always made up for)  
Commitment and posture  
The quality of the products supplied

## What is expected of you?

You organize the cooking event and the multiplier event with the whole class

- You are responsible for the division of tasks and the group division
- Meetings (agenda, minutes, roles of chairman, participant)

- Collaborate, provide feedback
- Think up activities for the cooking event
- Financial accountability: Calculate cost price (of the recipes and of the event, order list and offers) within a budget
- Plans (over a long period and per day, across multiple departments (ERP))
- Networking, promotion, presenting yourself,
- Create a scenario
- You are able to work together.
- You are 100% present.
- If you are absent, you will not pass the project.
- You keep a meeting file
- You learn how to hold meetings during this project. You place the meeting documents (agenda, minutes, etc.) in the ELO.
- Every day you tell the class what you have done and what you will do next week

### What do you get from the teachers?

- 3 hours of theory lessons on different topics every week
- Meeting technology
- Financial management
- Multi-department plans
- Cooking guest lessons for large groups / serving / table layout / hospitality
- Practical lesson guidance
- The menu to be cooked for the three-course dinner
- The recipes for the game
- A budget of a maximum of € 2,150

Ingredients preparation and implementation of cooking event € 1,500.00

Cooking event € 250.00

Crockery etc cooking event € 200.00

P.R. / film cooking event € 200.00

Three afternoons of practical lessons to prepare a cooking event € 2,150.00

### What you do not get from the teachers:

A group layout and a division of tasks

**Planning**

Week	Subjects	Lesson content	Result
1 (11 feb)	Introduction of the entire day return day Theory (3 hours) Practical work (3 hours)	Theorieles meeting technology, Brainstorm about the approach of the event and division of tasks Group work to start the tasks Sample cooking Game recipes	Agenda, Minutes, Detailed recipes, Organization of the event Two recipes worked out for the game (kefta and spring mash) Order list (Vincent)  feedback to the class planning week 2
2 (25 feb)	Theory (3 hours) Practical work (3 hours)	Financial management: Cost price calculation, Budgeting Meeting about the event, Test run workshops Sample cooking Game recipes / dinner recipes Presentation of the documents created for feedback from the class to the groups.	Budget, Planning day, Agenda, Minutes, Order list (Vincent) Recipe  feedback to the class planning week 3
3 (4 mrt)	Test run cooking event with layout plates and guests who only test MBOérs Theory (3 hours) Practical work (3 hours)	Meet about test cooking, Guest lesson about board layout ERP	Agenda and minutes, Cost calculation, ERP Final event planning and folder, Recipes worked out / adjusted.  feedback to the class planning week 4
4 (11 mrt)	Cooking event preparation		
5 (18 mrt)	Cooking event preparation	Gastles service & etiquette	feedback to the class planning week 6
6 (25 mrt)			agenda Minutes, Schedule, Video script for multiplier Event, test game (ovb) Order list cooking event feedback to the class planning week 7
7 (1 april)	Cooking event with language class Theory canceled Practical work (6 hours) (afternoon + evening)	Cooking event with Taalklassers Incl. decoration Flower Food for everyone who has cooked. (max 50 people)	Dinner for 50 persons
8 (8 april)	Completion of the period	Presentation about all results (see attachment for the content of the presentation)	Scenario cooking event (incl movie) Scenario multiplier event
A-week			

## Tips

### Collaboration

Working together is what the word already says: WORKING TOGETHER

So don't work **alone**. What you do must be useful to the other and you must work with as much dedication, motivation and sense of responsibility as if you were doing it alone.

If you are going to collaborate you must do the following:

- You adhere to all work agreements (how, where, how much, what time, etc.)
- You adhere to the agreed division of tasks
- Always clean up your own things immediately
- Help your partner if he needs help
- Let your partner know immediately if something does not go as agreed, so that you can look for a solution together
- Don't nag if the work is not going as it should
- Stay positive and try to ensure that your partner stays that way
- Encourage each other; if your partner has done a very good job, you can say this, this is very motivating
- Correct each other if necessary. But do this in a positive way.

### Consultation / meetings

When discussing, it is very important to always keep a close eye on what we should do.

If you are going to consult, make sure that your behavior is good. Good conduct involves the following when discussing:

- Listen: let each other talk
  - Active listening: find out what the other person wants to say and ask further if it is not clear to you
- Speaking: saying something, if you really have something to say
  - try to be clear, do not keep very long stories to give the other person the opportunity to say something
- Attitude: accept the other as he / she is
  - Be open to what the other person is saying and respond positively
- Tactics: discuss how you will tackle each step

### Behaviour

In addition to good behavior, you naturally also have bad behavior. Be careful do **not** do the following:

- Interrupt your partner
- Say something that is not relevant at that time
- Get angry because your partner wants something different than you
- Constantly saying something first
- Never say anything and always approve of everything the other says
- Doing things other than the group consultation
- Always want to be "**fun**"

### Dealing with problems

Nothing has to be wrong if a fight arises. Resolving a fight is often a step further in the right direction. If you cannot find a solution with your partner, get help from your teacher in time.

If there is a fight on a personal level, then you should always try to stay honest. Try to talk about your reasons for the fight and don't be keen to always be right.

Make sure at the end of your project you can say:

"We did well together"

General information Newcomers in the kitchen.

<b>Module</b>	Return day internship P3 grade 2	
<b>Type of learning activity</b>	Practical lessons and theory lessons	
<b>Contribution to core tasks</b>	Taking care of food	Prepares product preparation Prepares product Monitors planning and supervises Guides employees
<b>Contribution to competence</b>	E Collaborate and consult S Deliver quality Q Planning and organizing K Apply professional expertise L Use materials and resources	
<b>Contribution to work processes</b>	P1-K1 Prepare food P2-K1 Control the preparation process P3-K1 Optimize preparation process P3-K1 participates in projects	
<b>Criteria for participation</b>	Different documents must be submitted in advance for each lesson, see diagram.	
<b>Results or product to be delivered</b>	Test of the game and the recipes Nice recipe cards in Dutch and English Organization and implementation of cooking event with language class members A film about the cooking event that is shown at the multiplier event A program + scenario and announcement / invitation for the multiplier event Documents about: meetings, cooperation, management, budgeting and planning in the ELO. 100% presence	
<b>Responsible teacher for content</b>	Rian Schelvis and Marlous Ruiten	
<b>E-mail</b>	<a href="mailto:r.schelvis@clusius.nl">r.schelvis@clusius.nl</a> ; <a href="mailto:m.ruiten@clusius.nl">m.ruiten@clusius.nl</a>	
<b>Department / Location</b>	MBO Clusius location Alkmaar	
<b>Maximum number of participants</b>	20-36 participants	
<b>Location</b>	Food hall and theory classroom	
<b>Number of meetings - contact hours</b>	Number of meetings / contact hours	8 lesson weeks monday
<b>Sources</b>	Website: <a href="https://newcomerskitchen.eu/">https://newcomerskitchen.eu/</a>  ELO MBO	
<b>Rating</b>	Attendance 100% (absence is always made up for) Commitment and posture The quality of the products supplied	

<b>Date</b>	February 2019

### Recipes Cooking event Newcomers in the kitchen

#### Starter:

Tomato Soup; <https://www.allesoveritaliaanseten.nl/recepten/italiaanse-tomatensoep/>

Caprese tartelette

+ homemade bruschetta

+ homemade pesto <https://uitpaulineskeuken.nl/2013/10/pesto-maken.html>

#### Main

Spring spinach stew/ tomato / feta spring roll

<https://www.jumbo.com/voorjaarsstamppot-met-spinazie,-tomaat-en-schnitzel/502368/>

Kefta tagine, grilled vegetables, couscous salad

#### Dessert

Cinnamon ice cream <https://www.bakkenderwijs.nl/recepten/ijs/kaneelijs-recept/>

+ tarte tatin <https://www.frankrijk.nl/2018/11/recept-tarte-tatin-zelf-maken/>

#### Tested recipes from the NIK project:

Grilled vegetable pie with halloumi cheese

Caprese tartelette

Roasted parsnip and sweet potato with caper vinaigrette

Kefta tagine

Hangop (yoghurt) with grilled orange

Warm bananas with chocolate

### Standard format for recipe card

Name partner	Clussius College
Name of the meal	
Type of recipe	<ul style="list-style-type: none"> <li>- Starter</li> <li>- Side dish</li> <li>- Main course</li> <li>- Dessert</li> </ul>
Region of origin	<ul style="list-style-type: none"> <li>- Middle East</li> <li>- North Africa</li> <li>- Europe</li> </ul>
Learning outcomes	<p><i>See IO-02 Manual learning framework, page 21 for a complete list of learning outcomes. Select the relevant ones for the recipe and devide them in:</i></p> <ul style="list-style-type: none"> <li>○ Attitude</li> <li>○ Skills</li> <li>○ knowledge</li> </ul>
Cultural backgound	<p><i>Explain some of the characteristics: the region/country it comes from, some pictures<sup>1</sup> related to the country or region, is the meal for some special occasion or season?</i></p>
Culinary information	<p><i>List the ingredients, materials needed</i></p>
Preparation method <sup>2</sup>	<p><i>Describe the preparation method as a 'Ipunts les'</i></p>
Other aspects	<p><i>Describe other aspects like hygiene, safety, sustainability, storage advice etc.</i></p>

<sup>1</sup> Make sure the pictures are free of rights and have a good resolution.

<sup>2</sup> Use pictures both for preparation and final product/serving suggestion





Appendix: Presentation 8 April.

During the presentation (per group) you tell (between 5 and 10 minutes, everyone has a contribution to the presentation!):

- What you have done
- How you dealt with it
- What the medium-term planning was and how it was followed
- What the budget was and the actual costs
- What the result is
- Reflection: what went well, what could be improved, feedback to the teachers
- What did you like best about the event?

The presentation must be saved in the ELO.