Outline: Experiential activities

Author: Eleni Ntreki – greek language teacher
Emilia Siakoveli – social studies teacher

School, country: Lyceum of Kato Achaia, Greece

Subject: Activity that focuses on discrimination and stereotypes, through knowing each other culture and habits.

Title of the activity: "Cooking together"

Duration: Afternoon meetings in student´s houses

Recommended classes: All Gymnasium and Lyceum classes

Date: November 2017

Cooking is a universal expression of our way of living.
Food unites people and allows them to share their own culture.

Objectives

- Search for information about flow of immigrants and the percentage of migrants in our country and in Europe.
- Look for the causes of migration nowadays.
- Get to know different habits and cultures.
- Realize the beauty of diversity through experiential activities.

Description

✓ Students looked for information on the characteristics of migration nowadays.
✓ A small group of classmates (aged 16-17), consisting of second generation immigrants and locals, chose to cook together a traditional romanian dessert. The cooking activity took place at a student´s house from Romania.
✓ They bought together all ingredients needed and prepared the sweet.
✓ The team brought the dessert to the school and offer their classmates and teachers.
✓ Students explained how they felt during this shared cooking experience.

Further Evaluation

• The activity can be implemented by many groups of students so that we can create a recipe book.
• The recipe book will include starters, main courses, and desserts, from all immigrants and refugees originating countries, as well as from host countries.

Students cooked the traditional Romanian sweet “Papanasi”

Papanasi

Romanian Fried Cheese Doughnuts with Jam

1

INGREDIENTS

- 1 Kg fresh soft goat's cream cheese (cottage cheese)

2

INGREDIENTS

- 4 eggs
- zest of 2 lemons

3

INGREDIENTS

- 500 gr flour
- 150 gr sugar
- 2 vanilla sugar
- 1 Baking Powder

4

INGREDIENTS

- fruit jam to serve (any taste you prefere)
- 1 cup crème fraiche to serve

5

Instructions

Mix together the flour , the cottage cheese, the sugar the vanilla and the Baking Powder.

6

Instructions

Then beat the 4 eggs and put them in the mixture.

7

Instructions

Knead well until the dough does not stick to the hand.
Then place the dough in the refrigerator for 30 minutes.

8

Instructions

Then we shape our dough by making balls like ping pong balls.

9

Instructions

Put the pan to the fire and fry the balls in plenty of oil.

10

Instructions

The balls are ready when they get gold to the brown color and sink themselves into the oil.

11

Instructions

Put them in dishes or all together in a large bowl and cover them with a lot of cream and jam on top.

12

Papanasi arrived at school!

13

The team!

Adamantia, Andriana, Katerina, Tasos

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