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Toolbox for intergenerational cooking club event



BRIDGE

Food, Care and Digitalisation

**BRINGING DIGITALISATION
TO THE OLDER GENERATION**

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1. INTRODUCTION

Intergenerational cooking club event focuses on a lively and practical cooperation of old and young people. The aspect of intergeneration is here a very special one. The BRIDGE-project focuses on the connection between the young and old generation. In this context cooking is a perfect sample to create a BRIDGE between generations.

For organising an intergenerational cooking club event it is needed and necessary to use a roadmap for a best preparation. Roadmap is a tool which describes step-by-step the preparation, duration and follow-up (post-processing).



2. ROADMAP FOR A INTERGENERATIONAL COOKING CLUB EVENT

	Nr.	Activity	Starting period	Description
Preparation step 1	1	Planning the date with all your partners		
	2	Planning the number of the participants - Youngster (12-24) - Older people (12-24) - Staffs (3-6 per country) - Guests (total number 28-66 per country)		
	3	Prepare the invitation for the cooking club event		
	4	Making appointments for the location (kitchen and the possibility to have this cooking event)		
Preparation step 2		Choosing (2-3) collected and reworked recipes (templates) with youngsters and elderlies		
		Meeting the elderlies (approving the selected recipes, deciding on the place of the event, discussing the details)		
		Meeting the staff (approving the selected recipes, deciding on the place of the event, discussing the details)		
		Meeting the youngsters (approving the selected recipes, deciding on the place of the event, discussing the details)		

Preparation step 3		List of ingredients		
		List of equipment		
	8	Financial planning		
	9	Getting the necessary ingredients and equipment		
Duration	10	Duration of the cooking club event		
	11	Health and safety aspects		
	12	Young and old cook together		
Evaluation	13	Making a report, including videos, photos, and podcasts		
	14	Evaluation the cooking event with all participants		

3. TIPS FOR A GOOD INTERGENERATIONAL COOKING CLUB EVENT

Now that you have looked at the roadmap, let's take a closer look at the individual steps.

A) Consultation / meetings

If you are going to consult, make sure that your behaviour is good. A good meeting 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: say only something, if you really have to say something
Try to be clear, don't make very long stories and give the other person the opportunity to say something as well
- 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



B) Collaboration



Working together is what the word already says: **WORKING TOGETHER**, Don't work **alone!** What you do, should 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 start your collaboration, keep the following in mind:

- Make sure that all tasks which are agreed (how, where, how much, what time, etc.) will be made by all
- 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 does the same
- Encourage each other; if your partner has done a very good job, you can say this, this is very motivating. Have fun.
- Correct each other if necessary. But do this in a positive way.

C) Behaviour

In addition to good behaviour, you naturally also have bad behaviour. Be careful **not** to 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,
- Doing things other than the group consultation,
- Always want to be "funny"

D) Dealing with problems

A problem can lead to a conflict. But that can be solved. Resolving a conflict is often a step in the right direction. If you cannot find a solution with your partner, get help from your teacher. Don't wait too long.

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

Make sure at the end of your project you can say: "We did well together."

E) What you should know?



The ICCE is about intergenerational cooking activities, where young and old will cook together and get to know each other. The activities in preparation of the ICCE are an important milestone for intergenerational communication.

For a successful ICCE you should have the following knowledge:

- ✓ Meeting technics for elderlies and VET-students,
- ✓ Financial management,
- ✓ Making inter-department plans,
- ✓ Cooking guest lessons for larger groups / serving / table layout / hospitality,
- ✓ Guidance in practical lesson.

For the preparation and duration of the ICCE, you should plan together with the VET-students and their teachers three afternoons of practical lessons to prepare a cooking event.

You should calculate your costs for:

- ✓ Organisation costs
- ✓ Ingredients preparation and implementation of cooking event
- ✓ Cooking event with the location, the decoration
- ✓ P.R. / film cooking event

4. PLANNING AND TIPS FOR A GOOD PREPARATION AND DURATION OF AN ICCE

Deadline	Subjects	Lesson content	RESULT
1 8 weeks before ICCE	Introduction of the entire day return day Theory (3 hours) Practical work (3 hours) Step 1 of the roadmap	Theory about meeting technology of the ICCE, Brainstorm about the approach of the ICCE and division of tasks Group work to start the tasks: Guide of cookbook Guide of interviews Guide of making podcasts Guide recipes Guide goose game	Agenda, Minutes, Knowing the templates of recipes, Knowledge of making interviews, podcasts, Knowledge about the cookbook Organization of the event Order list
2 7 weeks before ICCE	Theory (3 hours) Practical work (3 hours) Step 1 of the roadmap	Financial management. Cost price calculation Budgeting meeting about the event. Test run workshops.	Budget, Planning day, Agenda, Minutes, Template of order list
3. 6 weeks before ICCE	Test run cooking event with layout plates and guests who only test. Theory (3 hours) Practical work (3 hours) Step 1 of the Roadmap	Meet about test cooking, Guest lecture about board layout.	Agenda and minutes, Cost calculation, Final event planning and folder.

<p>4 5 weeks before ICCE</p>	<p>Preparation of all techniques and equipment</p> <p>Step 2 of the Roadmap</p>	<p>Preparation of interviews</p>	
<p>5. 4 weeks before ICCE</p>	<p>Interviews with the elderlies and the collection of recipes</p> <p>Step 2 of the Roadmap</p>	<p>Interviews Collection of recipes 2 recipes Templates</p>	<p>Schedule, Video script, Test of the pilot game.</p>
<p>6. 3 weeks before ICCE</p>	<p>Preparation of the ICCE self</p> <p>Step 3 of the Roadmap</p>	<p>List of ingredients List of equipment Financial planning Getting the necessary ingredients and equipment</p>	<p>Schedule Using the knowledge from point 2</p>
<p>7. The day of the ICCE</p>	<p>Cooking event with the elderlies. Practical work (6 hours) (afternoon + evening)</p> <p>Duration (Roadmap)</p>	<p>Cooking event with the elderlies. Including decoration Flower Food for everyone who has cooked)</p>	<p>6-12 staff members at least 12-24 older people at least 24 youngsters</p>
<p>8. a week after the ICCE</p>	<p>Evaluation of the ICCE</p> <p>Evaluation (Roadmap)</p>	<p>Presentation about all results (see attachment for the content of the presentation)</p>	<p>Scenario cooking event (including movie) Scenario multiplier event.</p>

5. EVALUATION OF THE INTERGENERATIONAL COOKING EVENT

Dear participant,

Thank you for your participation in the intergenerational cooking club event. We hope it was an unforgettable event for you.

In the preparation you've read the documents we mentioned in the resources list as basic information for the cooking event.

Now we ask you to evaluate your intergenerational cooking club event with the following questions.



All answers you will make in your language. It will take 6 minutes.

Dear partner,

Please make a summary of the student's answers in English.

Date and place

Date:
Country:

All answers of questionnaires are anonym.

PREPARATION

	yes	no
Did you read the informational documents (Guides and Roadmap)?		
Did you understand the content of the Guides and the Roadmap?		
Were these documents easy to understand and read?		
Have you been able to improve your knowledge of an ICCE?		

In case of your answer “no”, please explain it.

Do you have other suggestions?

(You can also write your suggestions directly into the word-document.)

INTERGENERATIONAL COOKING CLUB EVENT ITSELF

Please select one or more answers!

How would you characterise your preparation for the event?
<ul style="list-style-type: none"> <input type="radio"/> I was able to understand and use the information material. <input type="radio"/> I understand the and used the Roadmap. <input type="radio"/> I made notes in preparation of the ICCE. <input type="radio"/> I was able to prepare the templates for recipes. <input type="radio"/> I was able to communicate with older people and their staffs.
What was your feeling during the intergenerational cooking club event?
<ul style="list-style-type: none"> <input type="radio"/> The older people were very open and friendly. <input type="radio"/> I was a bit nervous. <input type="radio"/> I understand the older people better, especially in case of their cooking in the past.
How did you communicate with older people during the ICCE?
<ul style="list-style-type: none"> <input type="radio"/> It was easy to talk with them. <input type="radio"/> They were very open to give all information about the cooking of the selected meals. <input type="radio"/> They were good motivated for the common cooking club event.
What is your result of the interview?
<ul style="list-style-type: none"> <input type="radio"/> I've cooked the selected meals. <input type="radio"/> I've recorded the event and made pictures. <input type="radio"/> I enjoyed the cooked meal with the elderlies and the staffs.
Do you have other suggestions?
(You can also write your suggestions directly into the word-document.)

6. SOURCES

Jan Scott: 4 Easy Steps to Planning a Cooking Party, 2020;
<https://www.everythingmom.com/activities/hosting-a-cooking-party>

How to organize the cooking competition event;
<https://cookingforthefuture.net/competition/>

Marlous Mens: Manual of cooking event Clusius College, NL;
Project “Newcomers in the Kitchen”



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