

Cooking Kids

Kids to kids – Let's prepare a healthy traditional meal

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DÖBER TEK
Slovenija

Eat Healthy & Keep Moving.



REPUBLIC OF SLOVENIA
MINISTRY OF HEALTH

In the school kitchens



Centers for school and out-of-school activities





PROBLEM STATEMENT

- child's obesity
- use of pre-prepared or „wrapped“ food
- waste of food
- absence of parents in education
- diseases
- non-activity
- depression

Children are involved in food distribution



Children are involved in food distribution



Workshop for teachers



The header features a grey horizontal bar with various kitchen-related illustrations. On the left, there are three colorful paper scraps in green, orange, and yellow. On the right, there is a blue paper scrap with a scalloped edge, a black frying pan hanging from a silver hook, and a black spatula hanging from another hook. The background of the slide is white with faint, light grey line drawings of various kitchen items like a bowl, a glass, a bottle, and a plate.

GOALS

- encouraging children to a healthy and sustainable lifestyle - through exploring culinary heritage
- use basic ingredients as a necessary part of meal
- to consume more seasonal vegetables and fruit from the surrounding area
- change the child's taste and make healthy meals prepared at home attractive to them
- listen to the body needs
- changing the perception of home-prepared foods
- reduce food waste to a minimum
- to provide teachers with a new motivational methodology related to the knowledge of healthy nutrition

Promotions for professional public



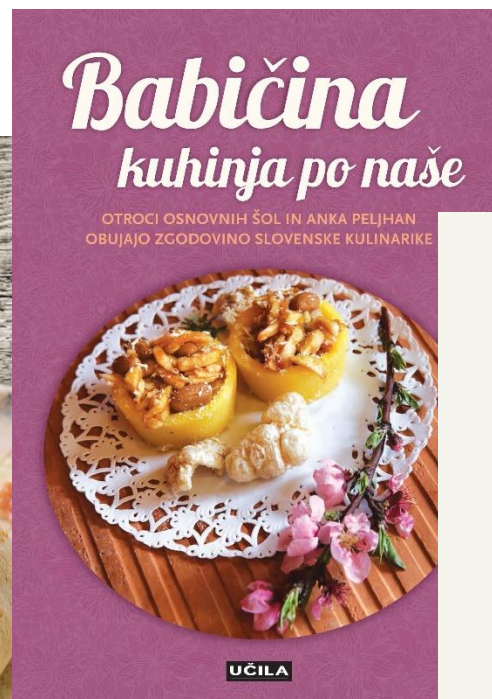
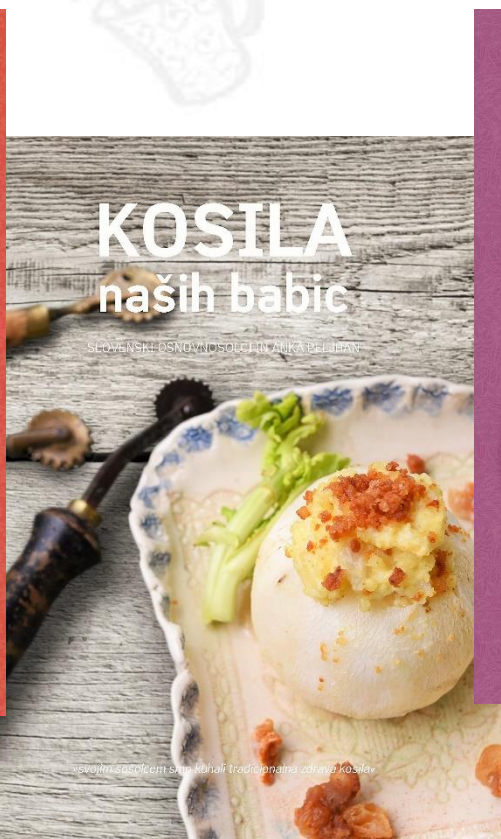
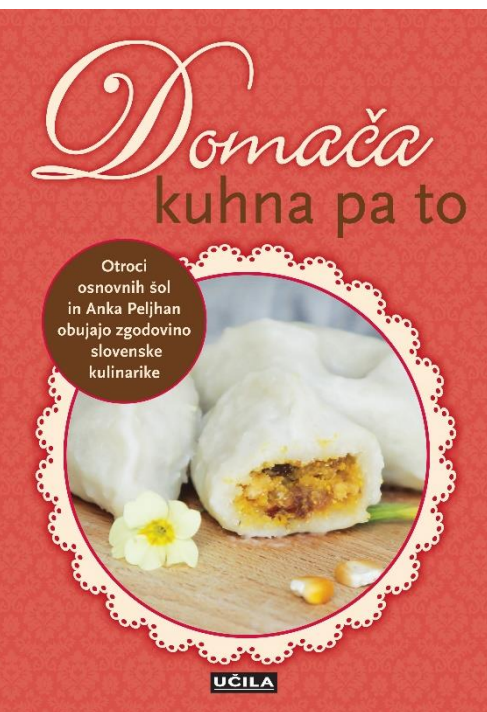
The biggest motivation



Tasty results...



...in the annual books





Other measurable results

- optional subject Modern food preparation: possibility of multiannual involvement - novelty (40%)
- the desire to participate in the project is moving towards younger groups (from 7 years onwards) (75%)
- introduction of food preparation classrooms from the 3rd class onwards (50%), from the 1st class onwards (15%)
- parents' request for cooking workshops for the youngest at primary school (70%)
- food purchases from local producers (vegetables, dairy products) (75%)
- children are involved in choosing healthy dishes for regular menus (40%)



Not measurable results

- changing the awareness of school cooking staff is rising steeply
- exceptional inter-disciplinary motivation, promotion of values related to nutrition and health
- exceptional motivation for the population of Slovenia of all ages
- healthy eating to better results in all areas
- children's motivation influences better self-image, consequently health
- interest in the typical dishes of other regions, use - consequently strengthening national awareness and respect for the environment
- interventions by seasonal ingredients - lifestyle
- vegetable dishes are becoming a trend
- high competence of children and, consequently, higher employment possibilities
- growing empathy and understanding among different groups of children



LESSONS LEARNED

if children is offered „healthy“ content in an attractive, understandable way,
they will be loyal all life
and will spread it to the younger and the older generation



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