

# LESSON PLAN for volunteers

## Theme • My country

The theme aims to lead the class group to a reflection on the diversity of our country in terms of the flavors and tastes that characterize each region, starting with the raw materials that come from different places. A reflection on the diversity of foods and respect for seasonality.

## Lesson

### FUN FOOD

#### Lesson focus and goals

- Through comparison and exchange, get to outline that what we eat comes from different regions and that, for example, tomatoes grow in the south along with citrus fruits, melons and watermelon while apples grow in the north like blueberries.
- Valuing how raw materials need different temperatures and that seasonality should be respected and not forced.
- Cooking together is an activity that values observation, teamwork, transformation and creativity.

#### Materials

- Disposable cameras
- Photographs
- Fruit, vegetables, rice, pasta, pulses bought at the market
- Kitchen with everything needed for cooking
- Paper for posters

#### Activities

- Volunteers will take part in the explanation to the class group of all the steps of the activity. They will be asked to pay attention to observing the children's reactions and observations at all stages and to document them through photos, writing and audio recordings.
- Volunteers will be asked for operational support, especially in managing the exit to the market and the preparation of dishes. It will be important not to anticipate the children but to accompany them in the observation, discovery and processing of raw materials in the kitchen.
- During snack time, the volunteers will be given ample time to present to the families the documentation they have collected on what they have observed throughout the activity. They will present the photos through a projection where the children will be able to recognise themselves. This will be an important moment for the volunteers to take the lead and build up an important relationship with the parents.
- The volunteers will be asked to observe, throughout the activity, the group dynamics, the emotions, of the children and the educators. This observation will serve to initiate a discussion with the teachers at the post-activity team moment.

#### Tips for specific types of inclusion/handicaps

Children with autism spectrum disorder keep in mind that the appearance of food is important to treat it carefully as colors, textures, and taste greatly affect their well-being. Touching certain vegetables, fruits, spices can send them into sensory overload and you need to have foods that can help them compensate. Very useful to have white flour, white rice, legumes that can allow children to dip their hands and feel relief in the moment of discomfort.

#### Tips for parenting support

- Provide parents with a list of the foods that will be used to understand if there are any allergies, intolerances, food restraints due to diets. Involve parents in choosing what they would like to be used for the workshop, accommodate their suggestions by specifying the objectives:
- Through comparison and exchange, get to outline that what we eat comes from different regions and that, for example, tomatoes grow in the south along with citrus fruits, melons and watermelon while apples grow in the north like blueberries.
- Valuing how raw materials need different temperatures and that seasonality should be respected and not forced.

#### Technical terms

Autism spectrum disorder (ASD) is a developmental disability caused by differences in the brain. People with ASD often have problems with social communication and interaction, and restricted or repetitive behaviors or interests. People with ASD may also have different ways of learning, moving, or paying attention.

#### Methodology

The best way to learn in this age group is through an approach that sees children involved first at the level of experience and then with a verbal reworking. Starting from the children's questions in front of the observation of fruits and vegetables allows not to bring abstract content but to enhance their powers of observation and reworking.