



DEVRIM TEKE'S

cooking methods



Devrim Teke is a young Turkish ram. Training soccer and kickboxing are many activities in which he takes pleasure. However, one time he helped his Mum bake baklava and went crazy for cooking. In addition to making particularly successful baklava, Devrim knows how to use cooking for approaching different topics.

Here, he shares three different methods with us.

Everybody must eat. What would you do to make cooking an eye-opening experience?



Cooking supports learning about cultures

The youth exchange participants agree in advance on foods that each country will showcase as part of their culture. During the exchange, the participants form mixed groups, in which a representative from each country teaches the others to cook the dish in question. At the same time, the participants talk about why this is the best dish to represent the country in question and why the specific ingredients are used in it. When the dish is served, a sign will share the answers with the other diners. This way, they will understand that where you come from influences your country's food culture through the ingredients that are available and that your preferences are a result of learning.

Cooking teaches about inequality

The participants are organised into three mixed groups by drawing lots. One of the groups is given plenty of money, one an average amount and one clearly less than the others. The groups' task is to cook a meal for all the exchange participants, and they can only spend the amount of money given to them for the ingredients. The groups plan the dishes and buy the supplies. When the dishes are finished, the participants examine them from the perspectives of quantity, quality and health aspects. It is now easy to understand income differences and equality. Perhaps you could have bought more with the same amount of money in Estonia? Compare the situations in different countries!



Cooking for a better world

The participants have a low-carbon day. They find information about food production methods and emissions. Only the most ecological dishes are accepted. They cook a lunch and a dinner that are as ecological as possible and sample the results. At the debriefing, they talk about the participants' personal values: Would I be prepared to always make choices of this type in my daily life? Do I love food more than environmental values? How could I save the world by eating right? Are attitudes to food and its significance different in my country? By asking the right questions, you can understand the issue in a broader context and see its full significance.

