

The cooking competition

Aim: There are many ways of learning. Arranging a cooking competition, we can focus on soft skills needed in working life. It is a team- based learning exercise. Students can in this way learn about themselves, their opportunities and explore career options. It is one of many ways to reorient students to the Nordic job market, to gain new skills and so forth. As a school we can involve students in work-oriented activities at different learning arenas in school, that can lead to relevant work practice and a job.

Background: Teachers have cooked food with students as a way of learning to know them and their abilities, and to get acquainted. It has been used as a team building activity for teachers. It is a great opportunity to challenge students to make cheap and healthy recipes with the ingredients they might have access to in the kitchen, which they can share with the rest of the school. The project of testing out skills and competences in a school-based kitchen can be one of many steps in a long-term investment for the supply of skills for the industry that need more workers.

Level: All levels

Time: 2 hours

Language use: speaking, listening, reading, writing

Language skill: The teams can have different language levels. It is the use of the right soft skills that will make the team succeed.

Material required: The lesson plan for the Cooking Competition

For the teachers: We bought basic ingredients that students should have in their kitchen like fruits, vegetables, pasta, oil, flour, rice, coconut milk, eggs, baking soda, spices, canned fish, beans. Adult students know how to be creative in the kitchen with limited ingredients. Read the criterias out loud. Make them assess their own achievements afterwards as a group member. Next time the students can make their own lesson plan based on experience. To evaluate students fairly, the assessments was carefully matched with the learning objectives and shared with the students from the start.

For the students:

Preparations (if you want to win 😊): Take a glance at the assessment criteria before you start working.

Rules: Every group is to make two dishes to our fantastic buffet in one and a half hours.

The ingredients are distributed once our competition starts, but trading is allowed. **Each participant can bring one ingredient from home (spices, cake decoration, favorite fruit or vegetable)**

Assessment criteria based on soft skills necessary to get a job and function well in the work market:

Soft skills	Høy/ Excellent	Middels/Satisfactory	Lav/Insufficient
Cooperation and teamwork	The group has in democratic ways agreed upon what to cook. Everyone helps each other	The group has been working «alone together» and don't help each other	The group has not agreed, and they have an unsolved conflict
Creativity and efficiency (time management)	The group has made two different dishes	The group has made two dishes that taste good	The group has made one dish

	that look good and taste delicious		
Communication	All group members talk to each other and understand each other	Some group members talk, but not everyone.	The group don't communicate. They find it difficult to understand each other
Positive attitude and problem solving	All group members find solutions and try to encourage each other	Some group members complain, and leave the responsibilities to other group members	All group members complain, don't help out and have a negative attitude