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Group production by: Berlin Cosmopolitan School Kindergarten & Preschool (Berlin),  
ICEC (Helsinki), Universidad Camilo José Cela (Madrid), Pikler-Ház (Budapest)

# Parent / Child Cookbook

Transitioning to our Kindergarten

Group production by:

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## HOW TO USE THIS MATERIAL: PARENT/CHILD COOKBOOK

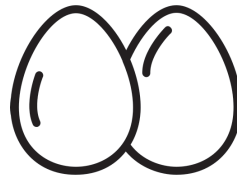
This optional material is for kindergartens/ individual educators to create a home/school connection for incoming families. Sometimes, children of families coming from different countries and cultural backgrounds may struggle with the food being introduced in the classroom, which can in turn make their settling in more difficult. As a solution to this, it can help to give new families some ideas of food they could cook at home that is traditional to the country of the kindergarten, as well as meals that would potentially be served during the day. This idea of cooking this food at home is to be interactive and child-friendly so that the child can be involved in the preparing and cooking of these meals as much as possible. Through this experience of cooking new food (whether it is washing the fruit or vegetables, peeling potatoes, chopping soft fruit or vegetables with a butter knife, mixing, etc.) with the parent and trying the food they have created, the child will be more prepared for encountering this food in the kindergarten. In this material, you will find an example of a recipe that could be given out in a kindergarten in Germany. Educators are encouraged to use their own recipes and replace the pictures with the images they think would be good for the children to see when when they help cook this food with their parents. Feel free to add more recipes or just just have a couple as examples for the families. This fun and hands-on material can give parents and children a little more confidence about entering the classroom.



# Potato Puffers

## (Kartoffelpuffer)

• eggs



• potatoes



• 1 tbsp Flour



• 1 pinch salt



• oil for cooking



# Tools:

- Cheese Grater



- Vegetable Peeler



# **Directions:**

- 1) Peel skin off potatoes.**
- 2) Shred potatoes.**
- 3) Add eggs, flour and salt to the shredded potatoes.**
- 4) Add oil to preheated pan, take a big spoonful of the potato and egg mixture and fry until golden brown. Flip to fry other side.**

**Serving suggestion: Tastes best with apple sauce or quark!**



## Sources

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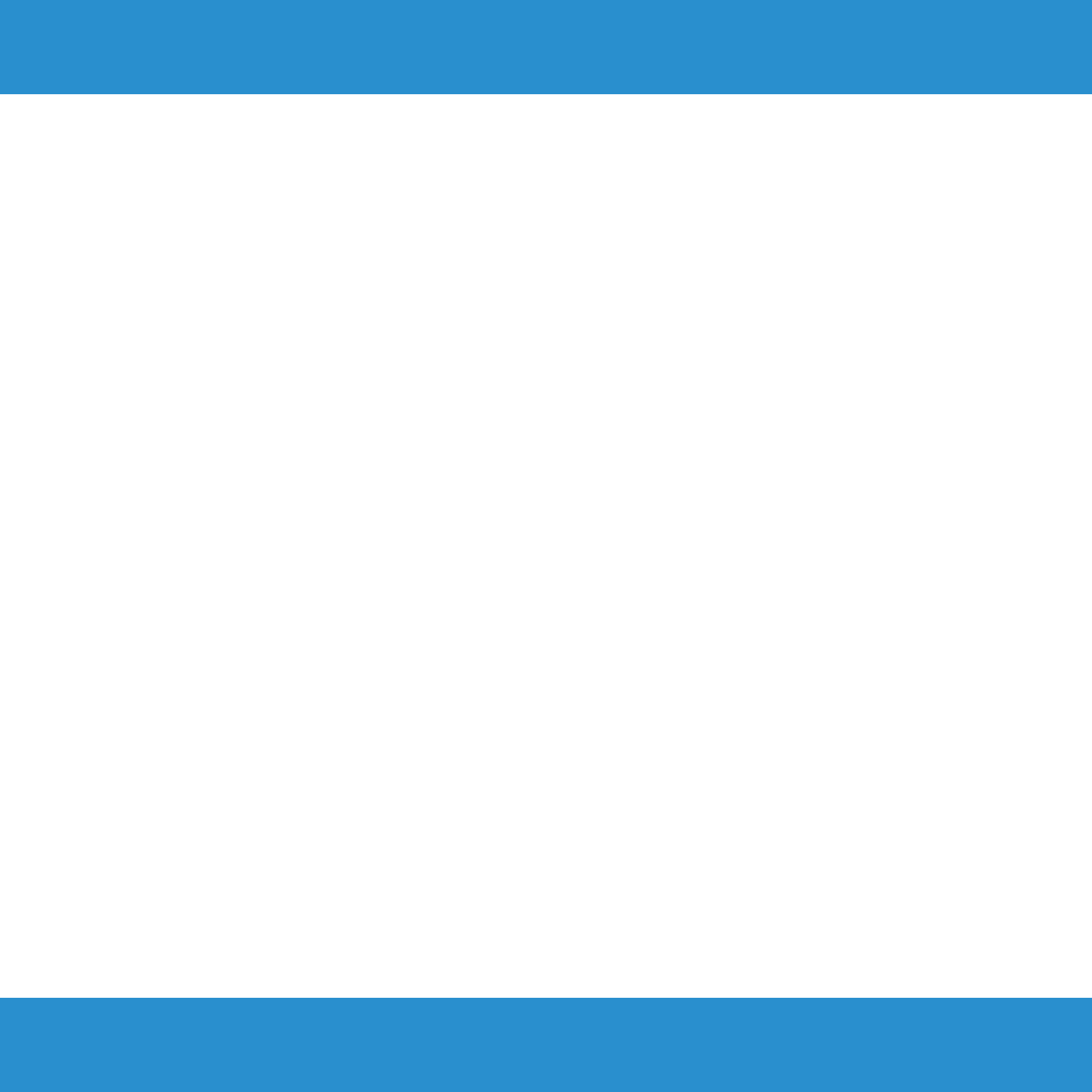
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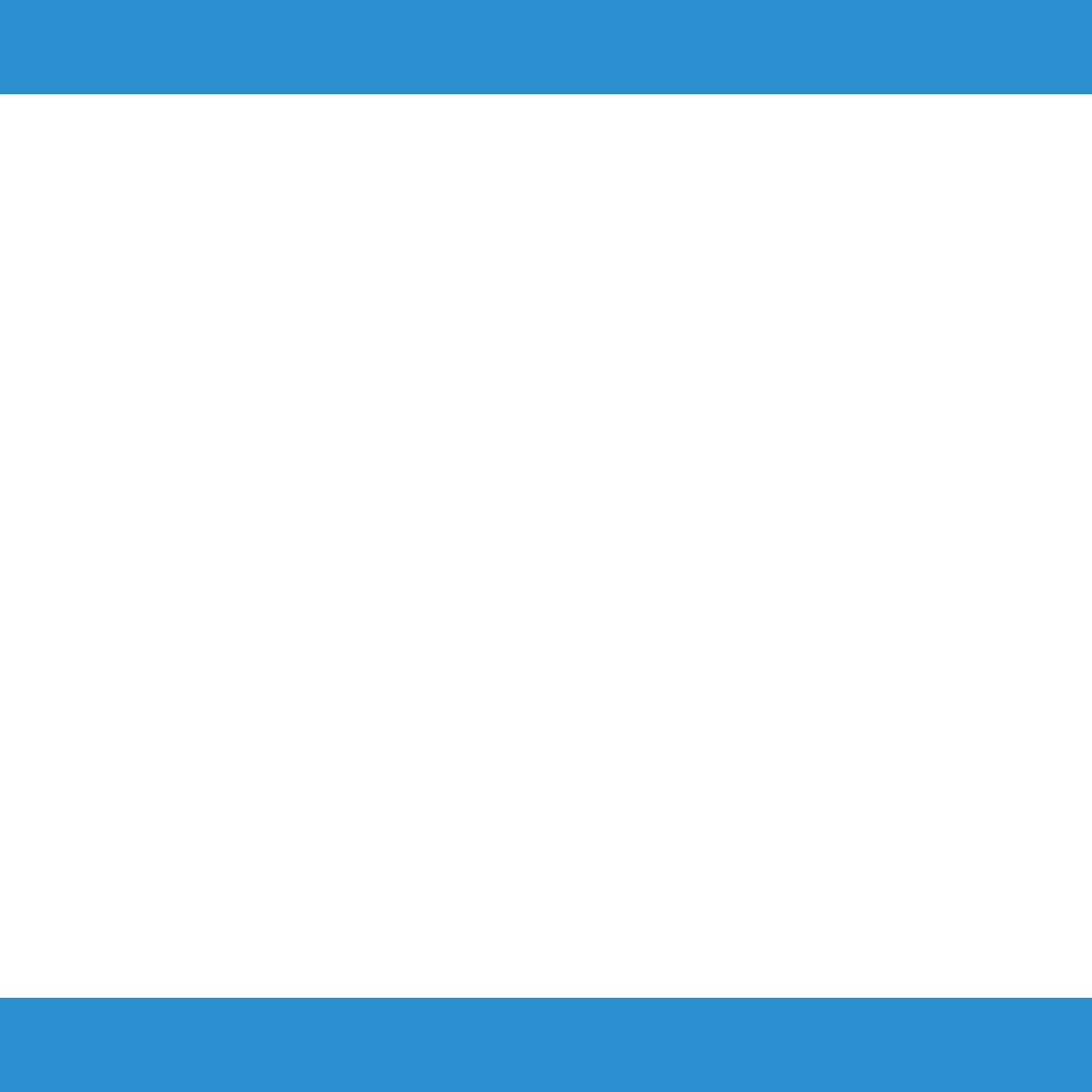
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Children need healthy environments in which to grow, develop, play and learn. Their environments are complex and ever-changing.

The adult can be a role model, providing children with appropriate, healthy options and behaviour in all aspects of life.

This way, educators and families are helping children develop into confident, independent people who have a strong sense of self-efficacy, empathy and are internationally minded.

