

Flour Power



Where the
good things
come from



An active holistic learning project for children

Teachers and educators want to...

- ... give children the best possible skills and tools they need to lead a fulfilled life
- ... support individual learning and teamwork in their classes and groups
- ... enable students to explore subjects in a practical way and understand interrelations
- ... encourage healthy eating.



Children...

- ... like to touch things and yearn to know more about everything they encounter
- ... learn best when they understand the context and all their senses are stimulated
- ... love activities and prefer doing things themselves
- ... are full of questions...

Where do these
little holes
come from?

Can flour
explode?

Why is brown
bread healthier
for you??



This project...

- ... gives children an understanding of the origin of our most important staple food;
- ... creates an interactive setting to learn and experience by providing an environment in which pupils are encouraged to question things, take responsibility and practise teamwork;
- ... integrates several senses and facilitates sensory perception by involving games and physical activities;
- ... follows the principals of wholesome nutrition and relates to other programmes e.g. HEHA;
- ... increases the motivation to eat healthy food by involving the students in the complete process of preparation, baking and serving food;
- ... wants pupils and teachers to have lots of fun and enjoy the results of their work fresh from the oven 😊.



How it all works...

The tutor comes to your school/ institution for a preliminary talk about a suitable setting and discusses which aspects the course should focus on (culture, nutrition, science, ...) with you.

At the project day she introduces the children to the topic. She brings all necessary equipment and supports the pupils to approach the subject. This includes age-appropriate methods like story reading, games, quiz, power point presentation, etc.



The children work in groups and learn step by step where the ingredients for bakery products come from and how they are processed. They get instructions to produce their own dough.

Depending on their age they can make bread, rolls, pancakes, pizza or other products and – of course – have a shared meal in the end. This can also involve products from the school garden.



The teacher's role is to supervise the group, watch the pupils in a different learning situation and support the tutor if necessary. At the end of the project the group gets a hand-out including recipes.

Organisational facts

You need to provide:

A room with tables, an oven and a broom – the tutor will bring all other necessary equipment

Duration of the project:

Minimum of 3 hours, open to much more ☺



Group size:

Depends on the age of the children and the setting in classes - maximum 20 pupils at a time

The price

Will be negotiated according to duration, group sizes and number of classes that take part.

The programme can also be held as a training day for groups of teachers and educators.

The tutor...

... is a passionate bread baker (and eater ☺)

... has a strong "we can make it ourselves" attitude

... has many years of experience in working with children and various groups

... is qualified as a social worker and adult education trainer

... has completed the "Cooking skills for Life skills" training (CPHWC)



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