

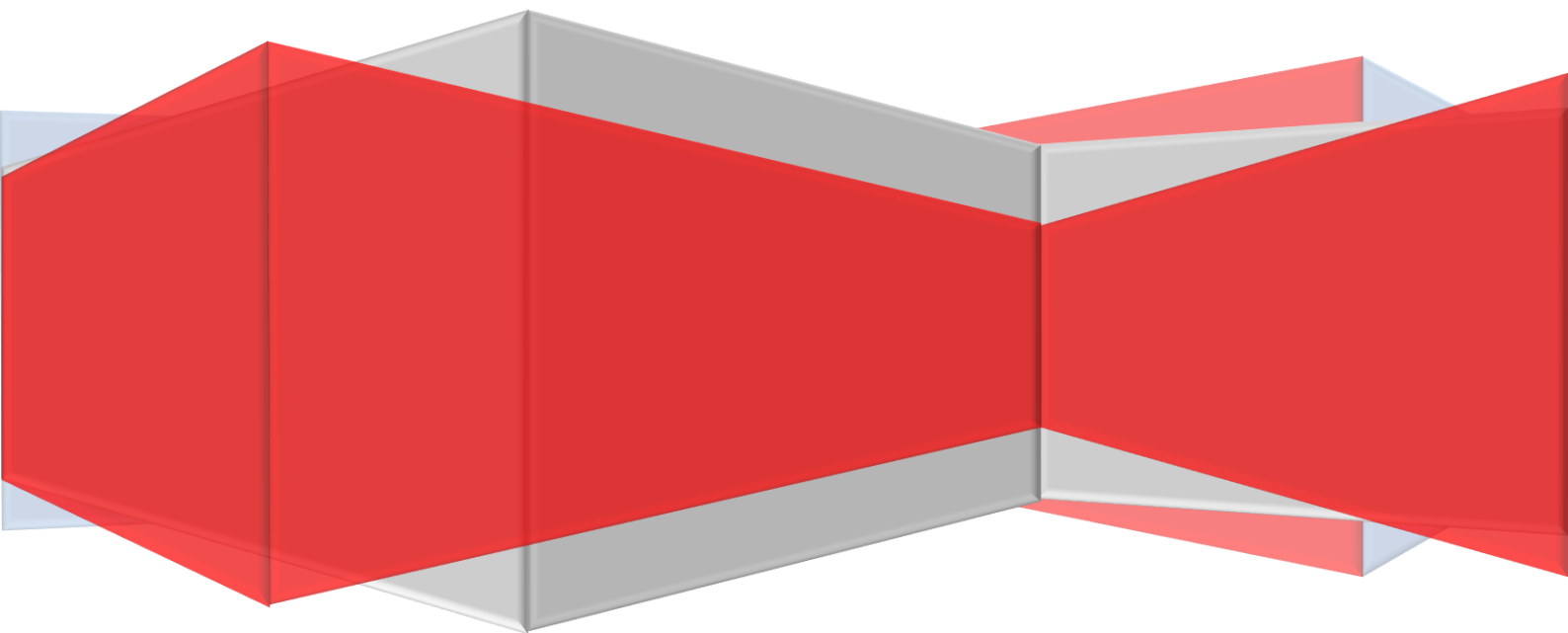
**Cultivate school entrepreneurial mindset through holistic approach
targeting teachers and pupils**



A set of activities to be used by teachers in school for the development of the entrepreneurial mindset of pupils

IO8A3: 2.2 Motivation and Perseverance (Story)

Partner Responsible: RINOVA Ltd



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Cultivate school entrepreneurial mindset through holistic approach targeting teachers and pupils



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Coordinated by



Partners



Apostolos
Varnavas
Primary School

4th Primary
School of
Tyrnavos

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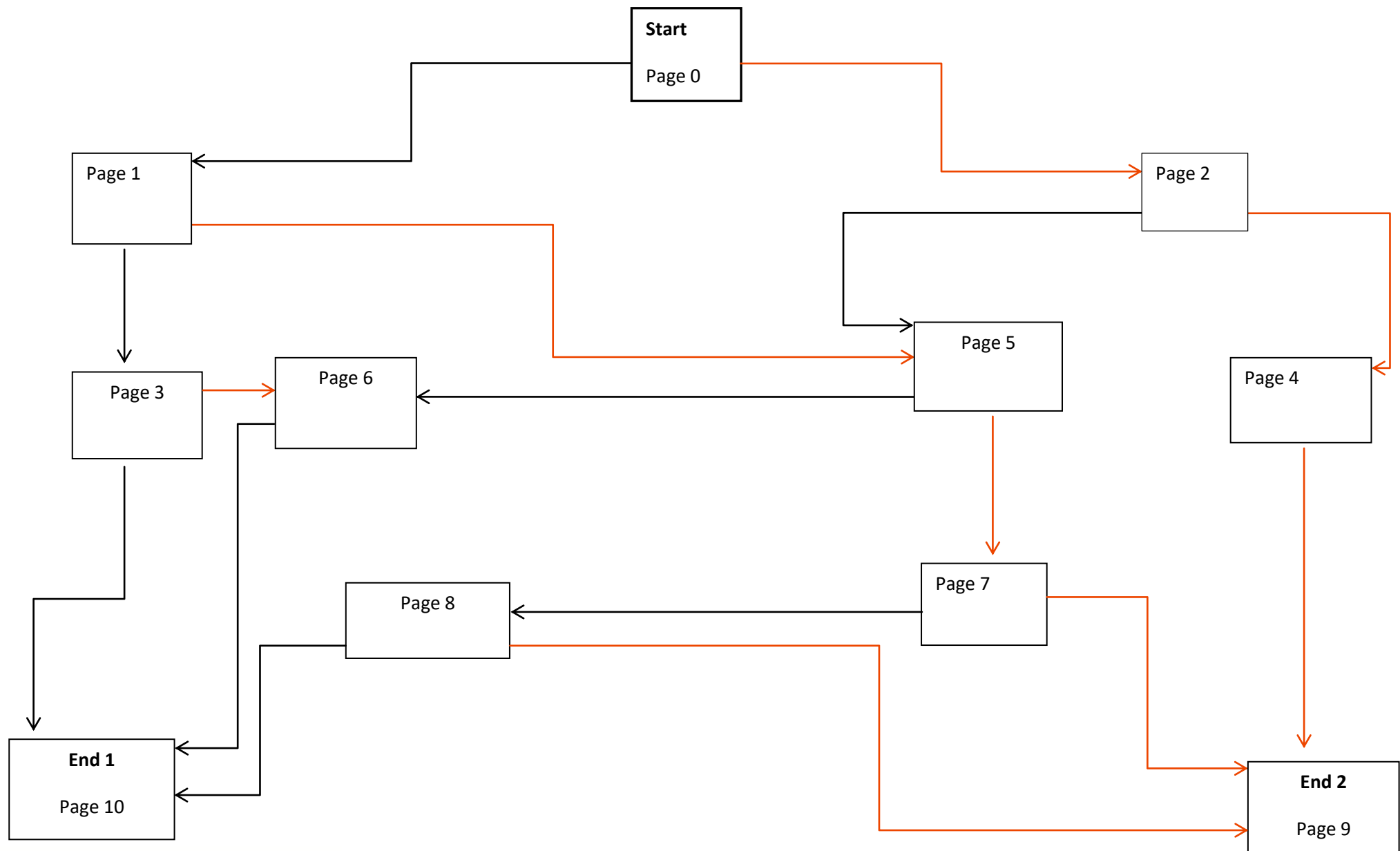
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Title of story: The Cook-Off Competition

Page 0

You have just come back from the Easter holidays to school and you are sitting in your school assembly. You have a special guest speaker who is talking to the whole school about healthy eating. The school has just started its own garden where you are learning to grow different vegetables and you have helped do some digging and planting seeds. After the talk about healthy eating, the head teacher tells your whole year group that there is going to be a whole school cooking project and in a few weeks' time there will be a big school "cook off" where teams from each class will make a meal of their choice that is all made with healthy food, but that also tastes really good. Judges will come round to taste each of the meals and give the teams a mark. Your friends next to you get excited and ask you to be in a team with them for the project. What do you do?

- a) Because you don't feel confident about cooking you keep saying that you don't want to, but in the end agree, when your friend says he will help you with some of the work that has to be done if you agree.
- b) You decide that although cooking isn't something you are really good at, you would like to get better and doing it in a team with your friends sounds fun and so you say yes.

If you answered a, please move to page 2.

If you answered b, please move to page 1.

Page 1

The next day during your lunchbreak you and your friends have a meeting about the project. You talk about what you think healthy food means and everyone has different ideas. Someone thinks that there should be no meat and someone else thinks it should be without any gluten. One person says that they think you shouldn't have any dessert because they can't be healthy. You then all decide for one person to think about and prepare one of the courses. People begin to argue a bit about who does what and you are finding it hard to speak because people are interrupting each other. You want to make the drink for the meal – your mum makes apple, carrot and celery juice at home which you think is delicious – but someone else wants to do the drink as well. After a bit of arguing you agree to make the dessert which no one else wanted to do. You:

- a) feel disappointed that you haven't got what you wanted and decide that you will go to a friend's house after school and play basketball so you don't have to think about the project until another day.
- b) feel disappointed that you haven't got what you wanted, but you remember that this can often make you annoyed and want to give up. You decide to do some research on the internet and then talk to your mum about different desserts which helps you feel more positive and gives you some energy for the project.

If you answered a, please move to page 5.

If you answered b, please move to page 3.

Page 2

The next day in the lunch break your friends have a meeting about the project but you are keen not to miss your weekly basketball practice session and so decide to do this instead. After the meeting you hear that it is your role in the team is to make a dessert. That night in bed you think about all the different desserts that you can remember, most of them are ones that your mum or dad have made, or that you have had at school in the school canteen. You really like desserts that have chocolate in them in some way, like a chocolate mousse or the chocolate cake that you had on your birthday, but you feel a bit unsure about whether you think these are healthy or not healthy. You think it may be good to talk to someone about this. You:

- a) *decide that you are not going to worry too much about how healthy your dessert is, as long as you think it would taste lovely.*
- b) *talk to your mum about what she thinks healthy desserts are, and feel excited that there are lots of healthy possibilities that involve fruit, and a little bit of chocolate, that also taste lovely.*

If you answered a, please move to page 4.

If you answered b, please move to page 5.

Page 3

Your aunt, who is a chef, came for dinner last night and you talked to her about your research on desserts. She is interested in what you found out and starts to talk about some recipes that she has made up herself as a chef. She tells you that when she was young she used to work on a cruise ship as a chef and when the ship would arrive in a different country, she would go ashore and go to the local markets to see what sort of different foods she could find. Sometimes she found fruits and nuts that she had never seen before and she would always buy some and think about ways that she could cook them to make recipes with different flavours. You feel excited when she talks about this, and tell her about the first time that you ever had a pomegranate and how you didn't want to eat it at first because it looked so strange but then once you tried it you really liked it. Your aunt invites you to visit her at her café to try the different desserts that they cook there. What do you do?

- a) Because your aunt's café is quite far away and you feel confident that you have learnt a lot from her already, you decide not to go and find a recipe that looks nice in a cookbook at home.
- b) Later that week, you miss playing basketball with your friends so you can go to the café. With your aunt's help you decide on a dessert recipe that you think is both really tasty and healthy and also a bit unusual because of the fruit and nuts in it.

If you answered a, please move to page 6.

If you answered b, please move to page 10.

Page 4

You have decided to make a chocolate mousse and ask your mum if you can use her recipe. She tells you about each of the different stages of making the mousse and also about the possible things that can go wrong. She says that once she didn't melt the chocolate properly and the mousse had some squares of chocolate in it, instead of it being all melted down. You write down each of the steps carefully, and ask her questions when you don't feel quite sure about what she is saying. You also decide that you will make the mousse once in the week before the school cooking day for your family, just to practice.

Please move to page 9.

Page 5

You have made a decision that your dessert for the project will have fruit in it. You know that this would be healthy but you feel a bit confused about what would taste nice, so you decide to do an experiment. You and your mum go shopping and buy a small amount of lots of different fruits – apples, pears, oranges, grapes, mango, cherries. You cut up the fruit into small pieces and then make bowls of different combinations of fruit. After your dinner you ask your mum, dad and sister to taste each bowl and to choose their top 3 combinations, to see which fruits taste nice together. It is fun, and you all laugh a lot and discuss which ones you like the best. But you all have different ideas for your top 3. What do you do?

- a) You feel that you have thought about it enough and decide that you will have your favourite fruit in your dessert.

- b) You phone your aunt who is a chef and talk to her about different combinations of fruit and why some combinations taste nicer together than others which helps you decide which fruits to use.

If you answered a, please move to page 7.

If you answered b, please move to page 6.

Page 6

You now feel happy with the dessert recipe that you have chosen. But when you are in school and hear other pupils in the playground talking about their recipes you notice that you feel that you don't want to think about the cooking day or to practice your recipe. You talk to your favourite teacher at school about this and he encourages you to remember all the good things that will come out of doing the project. Some good things that you think of are: having fun with your friends, learning how to cook and feeling pleased that you have achieved something. You write them down to put on your bedroom wall at home, so that you will remember them. Suddenly you want to practice again!

Please move to page 10.

Page 7

You notice that now you have decided on your dessert you feel a bit less interested in the project and your dessert and you don't want to practice cooking. You feel a bit bored. You think maybe you need another challenge to keep you interested, because you know that you work best when you have a clear goal in mind. You remember your teacher talking about having small goals on the way to a big goal and how this could help you stay focussed. You think you could practice cooking your dessert to help with this. You:

- a) ask your mum if you can invite a different friend for dinner each week (which would be fun) till the school cooking day and you will make your dessert each time.
- b) think about making the dessert one evening for your family as a surprise.

If you answered a, please move to page 9.

If you answered b, please move to page 8.

Page 8

It is 2 weeks to the big cooking day. You feel happy with your choice of dessert and that you are confident in making it. The more that you have practised, you notice that each time the dessert gets a bit better. From practising you also had the idea of adding some broken up nuts, sprinkled on the top of the dessert which adds another flavour and also some ‘crunch’ to the texture. You have a final team meeting at your friend’s house. You are all feeling ok about your different dishes, and now you want to talk about making a menu but your friend’s brother is watching a film on the TV on the other side of the room and it is hard to concentrate. Some people start talking about the film and you feel a bit annoyed. You keep trying to bring people’s attention back to the menu but it isn’t easy. You:

- a) suggest that you just talk for 5 more minutes about the menu before you watch the rest of the film.

- b) suggest that you go upstairs to your friend’s bedroom to plan the menu in a quiet space where you won’t all get distracted.

If you answered a, please move to page 9.

If you answered b, please move to page 10.

Page 9

It is the day of the “cook off”. You and your team are in one of the school kitchens together and it is fun helping each other when you need to. Your friend’s fish pie goes a bit wrong and he wants to throw it away, but everybody encourages him to keep going and not to worry that it isn’t perfect, as long as he does his best. Together you manage to make the whole meal and when the judges come round you can tell that they like the food and think that it is tasty and healthy. You are all pleased when you get a good mark from the judges, and you then have fun tasting some of the other teams’ dishes.

The end

Page 10

It is the day of the “cook off”. You and your friends have made a menu card of your whole meal, with 5 different courses. You all found some images of different food and drink and one of your friends who is good at working on the computer has made the menu look very professional, including printing it out on nice thick paper. You are all in one of the school kitchens together preparing your meal and are helping each other when something goes wrong or someone is a bit nervous. When the judges come round to taste your food you can tell that they like the menu card and the taste of the food. But you are still surprised, and also very happy, when your team gets the top mark out of all the teams. All the other pupils are congratulating you and asking if they can try your different dishes. Your dessert is eaten very quickly and everyone says they love it!

The end