

## Cocolino - Stories from the cooking pot



Quarterly program for Ameisli with:

Cooking, devotions, handicrafts and games

and ... Surprise parents and siblings!

### Quarterly program with cooking course

40 Ameisli experienced four exciting, educational afternoons with Cocolino, the fun children's picture cookbook. In addition to cooking, devotions, handicrafts and games, parents and siblings were invited to a home-cooked three-course meal on the fourth afternoon. A complete success with lots of positive feedback and good memories for everyone involved! The Ameisli are enthusiastic cooks, which is why we highly recommend imitating them!

**Program overview** (see individual afternoons for more detailed descriptions)

#### 1. Afternoon

Appetizer: Sandwiches Apron painting Food for body and soul

#### 2. Afternoon

Main course: Tomato spaghetti Making placemats Dealing with spiritual and physical food

#### 3. Afternoon

Dessert: Fake fried eggs Printing napkins Salt of the earth  
plus taste test:

- Who knows the 10 different vegetables, nicely cut and presented?
- Who knows the 10 different spices on the small plates?
- Who knows the 10 different yogurts (some treated with food coloring)?

This shows the children how much they take in with their eyes and what they taste with their tongue (a vanilla yoghurt with red coloring suddenly becomes a strawberry or raspberry yoghurt)

#### 4. Afternoon

Invitation of parents and siblings to a delicious, home-cooked meal

- Cookbook: Instructions for physical well-being
- Bible: Instructions for spiritual well-being

## **Credits:**

**Author and pictures:** Susanne and Konrad Christen, INPUT 3/96 Besj

**copyright:** [www.besj.ch](http://www.besj.ch)