

## Cooking Project – Stiftung MittagsKinder



Thursday 13<sup>th</sup> & Friday 14<sup>th</sup> December 2007



On 13<sup>th</sup> & 14<sup>th</sup> December an unusual cooking project took place in one of the houses of Stiftung Mittagskinder in Kirchdorf-Süd. With the aim being to make healthy food attractive to children, Berenberg cooking enthusiast, Carsten Wagner, together with food nutritionist Dr. Herrmann put the theory of healthy eating into practice. A lot of the children do not know what it is like to sit down at the table together with the family and eat a warm meal.

Dressed in the same chef hats and aprons, the 30 children together eagerly prepared a chicken and vegetable soup and a fruit dessert. Carsten Wagner had organised a work station for every child and gave everyone a designated task to carry out and they set to work. Even the shortest of the group was considered and a bucket was put under his feet so that he was able to take part in the preparation of the meal. The children showed a lot of enthusiasm and had a real blast doing the cooking.



After the careful preparation of the meal it was time to sit down and eat it together. The atmosphere was jolly yet noisy with all the chefs at one table, discussing who had cut the best vegetables! It was rewarding to see with how much delight the children hungrily ate their meal and obviously enjoyed sitting around a table together.

“The children were thrilled... this was really a great success! It would be nice, if we were able to continue the project on another occasion with other children, maybe also at other facilities of our charity.” Ms. Gruenwald-Aschenbrenner, the head of Stiftung Mittagskinder, told us.

Many thanks must go to Carsten Wagner for all his efforts and for making the day a real success. For more information on Carsten's other cooking events and courses, visit [www.cooking-agent.de](http://www.cooking-agent.de)

