**Our Forests – Our Future Cookery Book**

Cooking with products picked in the forest

*What do we have to do?*

Nature gives us all the food that we need. A long time ago it was quite normal for most people to grow their own vegetables and to pick products from the forest for their evening meals.

We seem to have lost the connection with the nature around us and see too little the benefits it can give us. Therefore, today we are going to look for recipes which only use products which can be found in the forest.

At the end of the session all recipes will be bundled together in the form of an OFOF cookery book.

*What do you need?*

* A4 paper
* Colouring pencils/pens
* A rubber

*What are you going to make?*

On page 1 you should put:

* The list of ingredients
* The preparation instructions
* A photo of the finished product (if possible)

On page 2 you should:

* Show what the ingredients really look like in the forest (the plants or trees etc) by means of a drawing or collage
* Also say where they grow, in what conditions and in which season.

*How are you going to do it?*

* You need to look for a recipe on the internet, which includes products from your own forest in your country.
* You need to show it to the teacher to check if it is OK.
* Then you have to look up what the products look like in their natural habitat and how they grow.
* Finally you need to put the recipe and a photo of the finished product on a piece of A4 paper and also make drawings of the product(s) from the forest. Please try to make it look as attractive as possible, as this will be a page of your cookery book.

And who knows….…perhaps you will treat someone to a delicious dish from one of the countries of Our Forests – Our Future cookery book!