




# **Testing Workshop B**

## **Romania**



# **I. Environment and climate change theme**



Topic: Urban wildlife for man

Location: Turulung ecological education centrum

Group: 7-12 years

Duration: 2-3 hours

Objective: Children will acquire environmental knowledge and develop and deploy tools in the city park which help the survival of other beings (such as songbirds, bats, insects).

1. Facilitate the nesting of songbirds in your garden, park, yard, window, terrace etc.

An interactive conversation about the use of songbirds in our living environment: when and why do we feed them?  
What threatens them?

Stand 1: Assembling an artificial bird nest with the supervision of the instructor


Artificial bird nest:



## Stand 2: Memory game with birds

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2. The presence of bats in the parks, gardens, and attics, their usefulness, and how we can assist them. An interactive conversation about the benefits of bats, the factors that endanger them, and their protection.

Stand 3: Skill game with the Spallanzani box. To illustrate how bats navigate and measure the location of their prey with their sensitive echolocation capability and how they fit in the small spaces.

To illustrate the space perception of bats, children need to catch a medal from a box with twine, so that they don't touch the twine.

(It is possible to play this game competitively: The children's are organized into 2 teams. The team that completes the task faster wins, after each member of the team collects the coin without touching the ropes.)



Spallanzani box:



Stand 4: Step-by-step is a motoric game. It has a ground jumping-school with mosquito and flower illustrations on each cube of the ground. They are bat figures attached to the hand, and bee figures attached to the legs of the participant. Only the mosquito should be touched by the bats (secured to the hand), and only the flowers should be touched by the bees (attached to the feet). The kids memorize what the bat eats and what the bee eats.

Step-by-step bat and bee feeding:





### 3. The role of insects in pollination

A conversation about the indispensable role and protection of insects, and risk factors. What practices can we use to engage them in our environment? We talk about insect hotels.

Stand 5. Pollination: Use spring colorful flowers and insect mock-ups to explain how pollination works and its importance in nature.

Flower seed presentation. Introducing plant species that are not only beautiful elements of the flower garden, but are also welcomed by pollinating insects, we call them “insect-friendly”.

Stand 6: Memory game with insects:

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4. Inhabitants of waters, threats, and their protection  
Stand 7: Experiments illustrate that when we pour oil into the water, frogs get drowned because of their skin breathing. Detergent dissolves the fat from the waxy feathers of the birds.

Filter-oil experiment: Water is passed through a filter. We can observe that the water flows through it unhindered. Contaminate a filter with oil. Then compare, how the water flows true the clean filter and oil-contaminated filter at the same time. It can be observed that it is more difficult for water to pass through the dirty filter. Like the air on a frog's skin, when it becomes oily.

Filter-oil experiment:



Bird feather-detergent experiment: Pour a bird feather with clean water. Observe how well the feather is repelled by water. If the fat layer is removed from the feather with a detergent, the feather loses its water-repellent effect and soaks.

Conclusion: we have to be aware of selective collection and disposal of used oil, economical use of detergent, and maintaining water purity.

Bird feather experiment:





## **II. T-shirt painting with kids - Adaptation of linogravation for kids**

# Painting to T-shirt:





Topic: Painting with different methods

Location: Turulung ecological education centrum

Group: 7-12 years

Duration: 1 hours

In the first program testing we tried the linogravation with college teachers. They did some really beautiful paintings with that technique, but also, they suffer a lot, and hurt themselves. Therefore, we replace this with a safer method, we use templates to print animal shapes to T-Shirts. This technique requires no special skills, it much safer, and the quality of the printing is higher this way








For this technique we have to have :

- plain T-shirt
- painting sponge
- textile dye (different color)
- templates (different figures)
- cardboard

First, we have to insert the cardboard between the two layers of the T-shirt to prevent the dye to transfer. We have to put the template on the closed area of the shirt and with the help of the sponge, we have to apply the dye to the margin of the template. After we finished the process we let the T-shirt air-dry, with the cardboard between the two sides of the shirt.







### **III. Pilaf cooking with kids**



## **1. What is pilaf?**

Pilaf (US spelling) or pilau (UK spelling) is a rice dish, or in some regions, a wheat dish, whose recipe usually involves cooking in stock or broth, adding spices, and other ingredients such as vegetables or meat, and employing some technique for achieving cooked grains that do not adhere to each other.





## **2. Where is come from?**

The earliest documented recipe for pilaf comes from the tenth-century Persian scholar Avicenna (Ibn Sīnā), who in his books on medical sciences dedicated a whole section to preparing various dishes, including several types of pilaf. In doing so, he described the advantages and disadvantages of every item used for preparing the dish. Accordingly, Persians consider Ibn Sina to be the "father" of modern pilaf. Thirteenth-century Arab texts describe the consistency of pilaf that the grains should be plump and somewhat firm to resemble peppercorns with no mushiness, and each grain should be separate with no clumping.





Another primary source for pilaf dishes comes from the 17th-century Iranian philosopher Molla Sadra.

Pilau became standard fare in the Middle East and Transcaucasia over the years with variations and innovations by the Persians, Arabs, Turks, and Armenians.

During the period of the Soviet Union, the Central Asian versions of the dish spread throughout all Soviet republics, becoming a part of the common Soviet cuisine.



### 3. Where it is made?

Pilaf and similar dishes are common in Balkan, Caribbean, South Caucasian, Central Asian, East African, Eastern European, Latin American, Middle Eastern, and South Asian cuisines. It is a staple food and a popular dish in Afghanistan, Albania, Armenia, Azerbaijan, Bangladesh, Bulgaria, China (notably in Xinjiang), Cyprus, Georgia, Greece (notably in Crete), India, Iraq (notably in Kurdistan), Iran, Israel,[8] Kazakhstan, Kenya, Kyrgyzstan, Mongolia, Nepal, (Pakistani cuisine) Pakistan, Romania, Russia, Serbia, Sri Lanka, Tanzania (notably in Zanzibar), Tajikistan,[9] Turkey,[10] Turkmenistan, Uganda, and Uzbekistan.

### 4. Etymology





## 5. Recipe

One of our most popular traditional Romanian recipes that contain rice is called pilaf. I would say that it is a bit similar to risotto, but we don't add any butter or wine to it. Another difference would be the fact that we like to cook the rice until it's soft – with risotto, you would normally stop cooking it when it's still al dente.

I always use chicken stock to cook the rice, some recipes say that you can just use water. It is definitely better to use chicken stock, the savor of the chicken will be absorbed by the rice, and the flavors will combine nicely.





## Ingredients

- 1 chicken breast
- 2 chicken thighs
- 2 onions
- 1 carrot
- 10 champignon mushrooms
- 350 g rice (1.8 cup)
- 60 g (4 tablespoons) oil
- 1 bunch parsley
- Salt and pepper to taste





## Directions

In a medium pot, bring to a boil the chicken breast, chicken thighs, one carrot and one onion. Simmer until the chicken is cooked through.

Take the chicken parts out of the pot and dry them with a paper towel. Cut the carrot into slices and discard the onion. Keep the chicken stock – we'll add it later.

Heat 30 g (2 tablespoons) oil in a pan, and add one chopped onion. Cook it until it's translucent.

Add the chicken and cook it for 3-4 minutes, stirring occasionally.

Add the rice and cook it for 2-3 minutes, until it gets a bit translucent.

Start adding the chicken stock to the rice. Add about 2 ladles at a time, so that the rice is always covered completely in stock.

Repeat step 6 until the rice is cooked through. If you're not sure, just take one rice grain and see if it's soft enough.

Add the salt and pepper.

In a separate pan, cook the mushrooms in 30 g (2 tablespoons) oil, until they are browned.

Add mushrooms and the chopped carrot to the chicken rice.

Garnish the chicken rice with mushrooms with chopped parsley and **enjoy!**