



## Prepare a delicious salad

Your task is to prepare a delicious salad with your group. The salad should fit the tastes of all the participants and, most importantly, it should be big enough to feed everyone, but not too big (we don't want to waste food). Talk about your ideas and then try them out to see if they meet the needs of your group.



### STAGE 1



#### Empathising & identifying needs

Think about your needs and the needs of the group, ask questions and work out guidelines for the next steps

##### At this stage:

Check how many people will be eating the salad. Find out what they like and dislike. Ask about allergies and other food limitations.



### STAGE 2



#### Analysing needs & resources

Think about the resources you have and what you need to finish your task

##### At this stage:

Work out a general plan and decide what to take into account to achieve your goal:

- total cost of the salad: PLN/Euro .....
- average portion per person: .....
- maximum time needed to make the salad: ..... minutes.

Also, check the kitchen utensils you have and decide what you have to bring (e.g. dishes/bowls, cutting boards, etc.). Decide how to get the necessary groceries. Note down important data so that it is easy to come back to them later on (e.g. in the form of a table).



### STAGE 5



#### Testing

Test the selected ideas

##### At this stage:

Present proposed salad types to the rest of the group; inform your peers about the ingredients and the cost. Then, if possible, make the actual salad in accordance with your assumptions. See if you met your assumptions.

**Congratulations! You have shown that you can make a delicious salad!**



### STAGE 4



#### Prototyping

With the use of the available resources prepare sample projects based on your ideas

##### At this stage:

Count the ingredients you need based on your previous assumptions. Make a detailed shopping list including all the products, their amount and estimated cost. Take into account both products sold per item and per kilogram. Check whether the total amount to pay matches your planned budget.



### STAGE 3



#### Generating ideas

Organise a brainstorming session and find solutions that meet the needs of the group

##### At this stage:

Think about the ingredients of your favourite salad and in the recipe. Take note of various ideas that meet the needs and present them in any form you want (e.g. a drawing or a description).

