**Participatory cooking demonstration guidelines**

**Pumpkin Coconut Halwa**

**Technical note:**

Pumpkin coconut halwa is a nutritious dessert or snack prepared using a combination of foods from three basic food groups: pumpkin from the protective food group, coconut and molasses from the energy giving food group and gram flour from the body building food group. Gram flour provides protein and iron which are important for blood building, calcium which is important for bone building and many other nutrients. Pumpkin provides vitamin A which is needed for healthy eyes and protecting our body from infections, and molasses and coconut provide energy needed for an active life.

**Cooking demonstration:**

**Step 1: Introduce participants to the recipe**

First tell the name of the recipe (Pumpkin Coconut Halwa) and then tell the ingredients of the recipe. Emphasize that this food is a balanced snack for children and adults as it provides three types of food groups such as energy giving, body building and body protecting. These types of foods combining vegetable, grams and energy giving foods are particularly important in the diets of growing children and pregnant and lactating women.

Ingredients for a demonstration for 30 participants:

|  |  |
| --- | --- |
| ***Ingredients*** | ***Quantity*** |
| ***Amount*** | ***Household******Measurement*** |
| Pumpkin | 1 kg | 1 big size |
| Coconut | 500 g | 2 pieces |
| Gram (chickpea) | 100 g | 1 cup |
| Molasses | 500 g | 5 cups (small) |

**Step 2: Now divide the group into 4 and distribute ingredients for preparatory tasks of the cooking demo as described in the below tables**

*Everyone wash their hands before starting the work*.

**Group 1:** Receive pumpkin to wash, peel and chop.

|  |  |
| --- | --- |
| ***Ingredients*** | ***Quantity*** |
| ***Amount*** | ***Household Measurement*** |
| Pumpkin | 1 kg | 1 big size |

**Group 2:** Receive gram (chickpea) to clean and roast then grind it.

|  |  |
| --- | --- |
| ***Ingredients*** | ***Quantity*** |
| ***Amount***  | ***Household Measurement*** |
| Gram (chickpea) | 100 g | 1 cup |

**Group 3:** Receive coconut and will grind it finely with grinder.

|  |  |
| --- | --- |
| ***Ingredients*** | ***Quantity*** |
| ***Amount***  | ***Household Measurement*** |
| Coconut | 500 g | 2 pieces |

**Group 4**: Arrange utensils, water fuel and will take the molasses and other ingredients from the group members then start cooking.

**Step 3: After distribution of ingredients details of preparatory tasks and cooking methods are to be described in following manner**

**Group 1:** First wash the pumpkin. Peel a thin layer of the skin and chop the pumpkin into thin slices. Boil water and cook the chopped pumpkin in a little amount of it for 20 minutes. Keep it aside on a clean plate.

**Group 2:** Clean the chickpea. Roast the chickpea well on a pan and grind them into a fine powder. Keep aside on a clean plate.

**Group 3:** Break the coconuts, grate and grind the flesh finely. Sauté the coconut on a pan until it turns light brown. Keep it aside on a clean plate.

**Group 4:** Prepare the cooking area: arrange the burner or a stove and pots and pans. After completion of preparatory tasks, group 4 will collect all the prepared ingredients for cooking.

**Step 4: Now the facilitator will ask to group leaders to share their group findings**

During sharing of group findings conversations between group leaders and the facilitator are following: Facilitator will say “till now we all have completed preparatory tasks, let’s listen who did what?”

**Group 1:**

**Facilitator:** **What have you done?**

**Group leader:** First we washed our hands then we washed pumpkin and chop it into thin slices. After that we cooked it with little amount of water for 20 minutes.

**Facilitator:** **What are the benefits of eating pumpkin?**

**Group leader:** Pumpkin is a body protecting food. It helps to increase immunity. It also contains nutrients which keep eye healthy. Pumpkin is good for children and pregnant and lactating women.

**Group 2:**

**Facilitator:** **What have you done?**

**Group leader:2**: First we washed our hands then we washed chickpeas. After washing we roasted it well we grinded it into a chickpea powder.

**Facilitator:** **What are the benefits of eating chickpeas and other grams?**

**Group leader: 2** Chickpeas and other grams are body building foods. They are also sources of other nutrients which are important for blood and bone building and children’s growth.

**Group 3:**

**Facilitator:** **What have you done?**

**Group leader: 3:** First we have washed our hands then we grinded the coconut finely. Then we took the grinded coconut flesh and we roasted it until it turned brown.

**Facilitator:** **What are the benefits of using coconut in this recipe?**

**Group leader: 3:** We get oil from coconut which provides energy to the body for active life.

**Step 5: Cooking**

After completion of group work group 4 will start cooking. Other participants will actively observe the cooking demo.

**Cooking steps for pumpkin coconut halwa:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Instruction** | **Notes** | **Time of cooking** |
| **1** | Melt the molasses on a hot pan. | *Do it on a small fire so it doesn’t burn* | Until molasses melts |
| **2** | Add the precooked pumpkin and mix. |  | Cook for 1 minute |
| **3** | Add the roasted coconut and mix. |  | Cook for 1 minute |
| **4** | After that mix the roasted gram dust and cook it all together. | *Keep on steering so it doesn’t burn* | Until the mixture becomes sticky |
| **5** | Continue cooking the mixture. | *Keep on steering so it doesn’t burn* | Cook for 10 minutes |
| **6** | Put the mixture on a greased plate and keep until it cools down. | *Greasing the plate will help to slice the halwa into bars easily.* | Wait app. 10-15 minutes until it cools down. |
| **7** | Cut into small bars  | *This halwa can be preserved for 4-5 days if stored properly rolled into wax paper or in a container.* |  |

Now distribute halwa for testing to all.

**Step 6: Take feedback from the participants by asking questions below:**

* How is the food?
* How many food groups are in Pumpkin Coconut halwa?
* Is there anything new in the cooking method?
* Do you anticipate any problems when practicing this recipe at home?