

Cooking of food is essential the world over, but creates severe health, safety and environmental issues not often explored. They range from health problems from smoke from fires, dangers to small children from burns, long hours of work for women both cooking and collecting wood, to deforestation for charcoal production, cultural pressures favouring traditional recipes, and health issues from insufficiently or badly cooked food.

Cooking is something we all do; we can empathise with the problems it causes poor people, so this global bite can be particularly telling. People often ask why in hot sunny countries solar cookers are not more popular; or why three stone cookers are used rather than more energy efficient “improved” stoves. By reflecting on the answers, they begin to understand the nature and impact of dire poverty on the lives of millions of people, especially women.

Ingredients:

- GLADE'S collection of cookers from different countries is a must for this Bite. We chose four as the focus of the Bite – a miniature version of a brazier from Zambia made from recycled metal, a model of a three stone hearth using stones and wood from the garden, a small pottery cookstove from Indonesia and a home-made solar cooker. When space allows, other cookers from GLADE's collection would make a wonderful display.
- Photographs from the GLADE collection showing the cookers in use – these are very important as they give clues to the problems the cookers cause.
- Additional photos illustrating deforestation; charcoal; women carrying wood; women and children in smokey atmosphere.
- Display materials – labels for the cookers, a bright cloth to display them on



- Additional printed materials from the GLADE collection and from the web for people to read.
- Laminated question grid “What's for dinner?” and spots to stick on it. The grid asks people to judge which cooker requires lowest initial outlay to buy, which has lowest fuel cost, which cooks most efficiently, which uses a sustainable fuel source, and which has no major health hazards associated with it.

Method: length of time **10 minutes**

Age range: 10yrs upward

- Set up the cooker exhibition, with photos which give hints about the problems and literature for people to look at. Put the question grid and spots in front.
- Enter into discussion with passers by and ask them to stick spots as appropriate – many will rightly argue that there are no clear answers, but the point is the discussion.

Global issues raised: Health and safety issues, children's rights, gender inequality, cultural issues, poverty and hunger, exploitation, deforestation and other environmental issues

Where to use this global bite: Shows which involve food displays etc; fairs and fetes

Variations on the theme: Cooking for real is a possibility – but beware of all the health and safety issues.