



Ingredients for a Successful Cooking School

Fred Hardinge, DrPH, RD
Associate Director
General Conference Health Ministries Department



1



“The medical missionary work should be a part of the work of every church in our land. Disconnected from the local church it would soon become a strange medley of disorganized atoms.” 6T 289



2



“Every church should be a training school for Christian workers. . . There should be schools of health, cooking schools and classes in various lines of Christian help work. There should not only be teaching but actual work under experienced instructors.” MH 148-49



3



Principles for a Successful Cooking School -- 1

1. Prayer & preparation
2. Content in harmony with divine counsel
3. Scientifically accurate
4. Balanced
5. Practical: emphasis on cooking
6. Be flexible, use tact & discretion



4



Ingredients for a Successful Cooking School -- 2

7. Consistent: practice what you preach!
8. Make it fun! Use humor when appropriate.
9. Sell only education.
10. Use local, available foods.
11. Remember: change is progressive!



5

The Ladder of Health A Paradigm for the Growing Christian

Application of Broad Principles:

Minimal use of chemical therapeutics
Tea, coffee & similar drinks
Toxic input: movies, TV, reading
Gluttony
Vegetarian diet
Weight control
No water with meals
No snacks
Stress control
Light evening meal
Use of irritating spices
No baking powder
Milk, eggs, cheeses
Sexual practices
Chewing gum
Etc. . . .

Minimum Core:

Alcohol
Tobacco
Unclean meats
Sexual purity

Broad Principles:

Good nutrition
Exercise
Water & pure air
Avoid toxic input
Sunlight
Rest & sleep
Trust in God



6



Ingredients for a Successful Cooking School -- 3

12. Don't be afraid to say: "I don't know."
13. Plan ways of getting close to people.
14. Help the family make changes.
15. Use a comprehensive approach.
16. Get help! Don't do it alone.



7



Choosing Recipes

- Healthful
- Tasty
- Aesthetically pleasing
- Consistent with principles
- Not complicated
- Available ingredients



8



Demonstration Principles

- Must believe in what you are doing!
- Be fully prepared ahead of time.
- Don't demonstrate a first-time try!
- Locate table for good visibility.
- Pre-measure ingredients.
- Speak slowly and clearly.
- Don't under-estimate the small stuff!



9



Demonstrators Personal Hygiene

- Neatly, modestly dressed: solid, pastel colors best.
- Hair away from face.
- Wear an apron.
- Pleasant, relaxed voice.



10

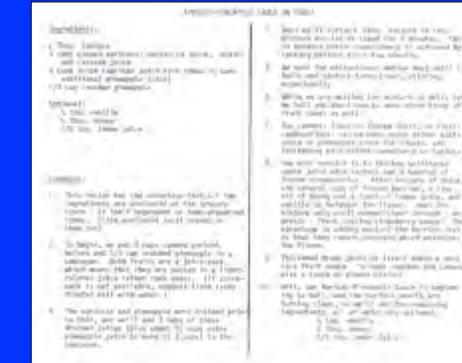


Demonstration Miscellaneous

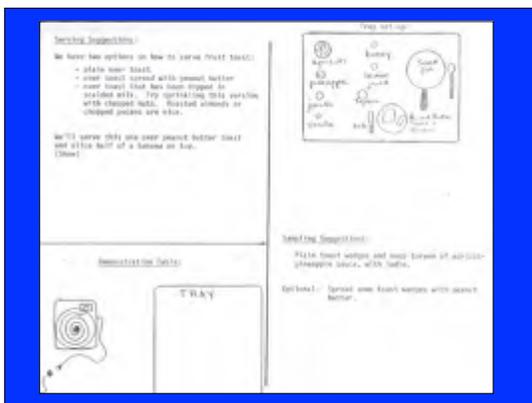
- Glass bowls
- Clean equipment
- Each demo on a tray
- Damp towels
- Use recipe cards
- Pre-measure ingredients
- Make the table & room look nice!



11



12



13

Serving the Food Samples

- A. At the beginning of program
 - More likely to sample all recipes
 - Avoids eating between meals
- B. Following each demonstration
 - Often requires only one recipe
 - Guests watch, then taste
- C. At the close of the program
 - Often requires only one recipe
 - Have to keep the food warm

14

The Sample Table

- Centerpiece
- Pleasing arrangement
- Nice serving dishes & spoons
- Use a table cloth
- Prepare recipe name tent cards
- Have a trash can handy
- Use smaller plates or cups

15

Christ's method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed sympathy for them, ministered to their needs, and won their confidence. Then He bade them, "Follow me." MH 143

16

"Many have no faith in God and have lost confidence in man. But they appreciate acts of sympathy and helpfulness. As they see one with no inducement of earthly praise or compensation come into their homes, ...their hearts are touched. Gratitude springs up. Faith is kindled. They see that God cares for them, and they are prepared to listen as His world is opened." MH 145

17

"When connected with other lines of gospel effort the medical missionary work is a most effective instrument by which the ground is prepared for the sowing of the seeds of truth, and the instrument by which the harvest is reaped." Medical Ministry, 204

18



**“It is through the social relations
that Christianity comes in contact
with the world...Social power,
sanctified by the Spirit of Christ,
must be improved in bringing souls
to the Saviour.” MH 496**



© 2014 Mission