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TEACHER-STUDENT PRACTICE KIT

FUN ACTIVITIES, GAMES & ROLEPLAYS TO PROMOTE CLEAN COOKING WITH ELECTRONIC PRESSURE COOKERS

SUPPORTED BY



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Tanzania

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Vienna Office
Andromeda Tower, 15th Floor Donau City Strasse 6
1220, Vienna, Austria
Telephone: +43 676 846 727 200

Website: www.SEforALL.org

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OVERVIEW

This Teacher-Student Practice Kit is designed for teachers to educate students about the benefits of clean cooking using the Electronic Pressure Cooker (EPC). It includes 10 activities, 10 games, and 5 role-plays, focusing on the shift to clean cooking, the effects of non-clean cooking, and the advocacy for a cleaner, healthier environment. The kit encourages creativity, participatory learning, and the use of surrounding materials to make lessons engaging and memorable.

TEACHER'S GUIDE

Teaching Approach:

- **Participatory Learning:** Encourage students to share ideas, participate in discussions, and lead some activities, Foster group discussions and peer learning.
- **Creative Use of Surroundings:** Use available resources like leaves, stones, recycled materials, and school supplies.
- **Make It Fun and Engagement:** Turn lessons into games, stories, and creative challenges; Use storytelling and real-life examples to make lessons relatable; Incorporate music, dance, or art into activities; reward participation with small incentives (e.g., stickers).
- **Reflective Learning and Lesson Takeaways:** At the end of each activity, guide students to reflect on what they've learned and how they can apply it in real life.
 - After each activity, game, or roleplay, discuss the key lessons.
 - Ask students to share how they can apply what they learned in their communities.

1. ACTIVITIES

1.1 ACTIVITY 1: CLEAN VS. DIRTY COOKING

- **Objective:** Identify the differences between clean and non-clean cooking methods.
- **Method:** Create two columns on a board (Clean Cooking/EPC vs. Dirty Cooking). Students draw or write examples under each.
- **Materials:** Whiteboard, markers, or indoor chalk and board or outdoor piece of stick and ground.
- **Takeaway:** Understand the benefits of clean cooking over traditional methods.

1.2 ACTIVITY 2: TREE OF LIFE

- **Objective:** Understand how clean cooking saves trees.
- **Method:** Draw a large tree on a poster. Each leaf represents a tree saved by using an EPC. Students add leaves as they learn new benefits. Connect the concept of not using firewood or charcoal by alternating it with using EPC that doesn't need trees
- **Materials:** Poster paper, green paper leaves, glue.
- **Takeaway:** Connect clean cooking to environmental conservation.

1.3 ACTIVITY 3: SMOKE VS. FRESH AIR EXPERIMENT

- **Objective:** Demonstrate the effects of smoke from dirty cooking.
- **Method:** Light a candle (supervised) and cover it with a jar to show how smoke builds up. Discuss how EPC prevents smoke. Another way you can take students to the firewood stove shows them the wall of the kitchen as the effect of smoke (you can show them another effect of charcoal, ashes, burned pots, etc.
- **Materials:** Candle, jar, matches, or Existing kitchen using the firewood
- **Takeaway:** Visualize how smoke harms air quality, environment and health.

1.4 ACTIVITY 4: HEALTHY HOME DRAWING

- **Objective:** Show the difference between a smoky and a smoke-free home.
- **Method:** Students draw a before-and-after picture of a kitchen using traditional vs. EPC methods. The teacher can come with the Picture (if possible); Students draw a picture of their home/neighbor kitchen or school kitchen that uses firewood and another picture that uses the Electronic pressure cooker for cooking.
- **Materials:** Paper, crayons (any color), pencils.
- **Takeaway:** Clean cooking leads to a healthier home environment.

1.5 ACTIVITY 5: MY EPC STORY

- **Objective:** Create a short story about how an EPC improved a family's life.
- **Method:** Students write or draw a story, then share it with the class.
- **Materials:** Story templates, pencils, crayons.
- **Takeaway:** Develop storytelling skills and advocate for clean cooking.

1.6 ACTIVITY 6: ADVOCACY POSTERS

- **Objective:** Create posters promoting clean cooking with EPC.
- **Method:** Use bright colors and bold messages to create eye-catching posters; Students can also draw without color by using pencils.
- **Materials:** Pencil, Posters, markers, paint/color/Pencil.
- **Takeaway:** Practice visual communication and advocacy skills.

1.7 ACTIVITY 7: ENERGY HUNT

- **Objective:** Identify clean and dirty energy sources at home and school.
- **Method:** Students list items that use energy and suggest ways to make them cleaner.
- **Materials:** Notebooks, pens.
- **Takeaway:** Understand energy conservation in daily life.

1.8 ACTIVITY 8: EPC COOKING CHALLENGE

- **Objective:** Learn how the EPC works through a safe, supervised demonstration.
- **Method:** Teacher demonstrates using an EPC to cook a simple meal, highlighting safety and benefits. Everyone tries the food at the end and discuss the taste of the food.
- **Materials:** EPC, simple ingredients (if available).
- **Takeaway:** Experience firsthand the efficiency and cleanliness of an EPC.

1.9 ACTIVITY 9: CLEAN COOKING PLEDGE

- **Objective:** Make a personal commitment to advocate for clean cooking.
- **Method:** Students write a pledge and decorate it, sharing it with the class.
- **Materials:** Pledge cards, art supplies.
- **Takeaway:** Build a sense of responsibility and leadership.

1.10 ACTIVITY 10: ROLE MODEL RECOGNITION

- **Objective:** Recognize classmates who show leadership in promoting clean cooking.
- **Method:** Create "Clean Cooking Champion" badges to reward positive actions.
- **Materials:** Paper, markers, safety pins.
- **Takeaway:** Encourage advocacy and leadership.

2. GAMES

2.1 GAME 1: CLEAN COOKING QUIZ

- **Description:** Test knowledge of clean cooking, Review clean cooking facts in a quiz format.
 - **Objective:** Test knowledge about clean cooking and EPCs.
 - **Materials:** Quiz questions, a buzzer (optional).
 - **Process:** Divide students into teams and ask questions.
 - **Takeaway:** Reinforces learning in a fun way.
- **Learning Goal:** Teamwork and reinforcing the clean cooking message.

2.2 GAME 2: SMOKE MONSTER TAG - SMOKE-FREE CHARADES

- **Description:** One student is the "smoke monster," and others avoid them by standing near "EPC safe zones."
 - **Objective:** Act out the benefits of clean cooking.
 - **Materials:** None.
 - **Process:** Students act out scenarios (e.g., cooking with EPCs, healthy lungs).
 - **Takeaway:** Creative expression of clean cooking benefits.
- **Learning Goal:** Understand how EPCs create healthier spaces.

2.3 GAME 3: ENERGY DETECTIVE - CLEAN COOKING BINGO

- **Description:** Students find and mark items in their home/surroundings that use clean or dirty energy. Students can practice this game after the teacher teaches them about clean and dirty energy.
 - **Objective:** Identify clean cooking terms and concepts.
 - **Materials:** Bingo cards, markers.
 - **Process:** Call out terms related to clean cooking.
 - **Takeaway:** Reinforce vocabulary and concepts.
- **Learning Goal:** Improve awareness of energy sources.

2.4 GAME 4: TREE SAVERS

- **Description:** Collect "leaves" (green paper) by answering clean cooking questions correctly.
- **Learning Goal:** Show how clean cooking saves trees.

2.5 GAME 5: EPC MEMORY MATCH

- **Description:** Match cards with clean cooking benefits to win.
 - **Objective:** Assemble a puzzle showing the parts of an EPC.
 - **Materials:** EPC Cards/puzzle (pre-made).
 - **Process:** Teams race to complete the puzzle.
 - **Takeaway:** Learn about EPC components.

2.6 GAME 6: CLEAN KITCHEN CHALLENGE

- **Description:** Race to set up a "clean kitchen" using safe items and tools.

2.7 GAME 7: FACT OR MYTH

- **Description:** Read statements about clean cooking, and students decide if they are true or false.
 - **Objective:** Make choices that help or harm the Earth.

2.8 GAME 8: HOT POTATO (CLEAN COOKING VERSION)

- **Description:** Pass a rolled Small Ball around. The students sing - and when the teacher says stop, the student holding the ball shares a clean cooking fact.

ROLE-PLAYS

3.1 ROLE-PLAY 1: THE FAMILY SWITCHING TO EPCS

- **Scenario:** A family discussing whether to switch to an EPC and the benefits it could bring.
 - **Scenario:** In a family, each member debates switching to an EPC and finally adopts it.
 - **Scenario:** A student teaches their family about the EPC and convinces them to switch from firewood to clean cooking.
 - **Roles:** Child, parents, and siblings.
 - **Outcome:** The family agrees to try the EPC.
 - **Takeaway:** Highlights the decision-making process and benefits.

3.2 ROLE-PLAY 2: THE CLEAN COOKING ADVOCATE

- **Scenario 1:** A student acts as a leader and explains to the community why the EPC is a good choice. This can be done at the school assembly as well.
 - **Scenario:** A community leader advocates for clean cooking at a village meeting.
 - **Takeaway:** Shows the importance of community advocacy.
- **Scenario 2:** Students present at a school assembly about clean cooking and demonstrate how to use the EPC.
 - **Roles:** Presenters, audience, and teacher.
 - **Outcome:** The school starts a Clean Cooking Club.

3.3 ROLE-PLAY 3: THE SMOKY KITCHEN VS. CLEAN KITCHEN

- **Scenario:** Show the difference between a traditional kitchen and an EPC kitchen.
 - **Scenario:** A cooking competition where one team uses an EPC and the other uses charcoal.
 - **Takeaway:** Demonstrates the efficiency and cleanliness of EPCs.

3.4 ROLE-PLAY 4: DOCTOR'S VISIT

- **Scenario:** Students act as a cook or family member affected by smoke and visit a doctor.
 - **Scenario:** A patient with respiratory issues learns about clean cooking from a doctor.
 - **Takeaway:** Connects health issues to non-clean cooking.

3.5 ROLE-PLAY 5: A VISIT TO THE EPC SHOP

- **Scenario:** Students role-play buying an EPC and asking questions about its benefits.
 - **Scenario:** Students act as salespeople promoting EPCs to potential buyers.
 - **Takeaway:** Teaches persuasive communication and EPC benefits.

CREATIVE TIPS FOR TEACHERS

- **Use Local Materials:** Turn everyday items into teaching tools (e.g., fallen leaves as tree symbols).
- **Engage All Senses:** Include sounds (songs about clean cooking), visuals (posters), and touch (crafts).
- **Encourage Peer Learning:** Let students teach each other through games and role-plays.
- **Celebrate Success:** Reward participation with stickers, certificates, or "Champion" badges.
- **Adapt Activities:** Modify games to suit different age groups and learning levels.

END OF KIT: CERTIFICATE OF COMPLETION

Provide a template for a "Clean Cooking Champion" certificate for students who complete all activities and games.



ABOUT SEforALL

Sustainable Energy for All is an independent organization, hosted by UNOPS, with a global mandate to accelerate progress on the energy transition in emerging and developing countries. We work at the intersection of energy, climate, and development. We collaborate with governments and partners worldwide to end energy poverty, accelerate the deployment of renewable energy solutions, and combat climate change.

Our vision is a world where everyone, everywhere, can lead a dignified life on a healthy planet, powered by sustainable energy. We promote this vision by pushing for higher ambitions, stronger policies, greater finance flows, increased localization and green jobs, and faster results toward an energy transition that leaves no one behind.

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