



Healthy & Learning Lifestyle

*Healthy Lifestyle Challenge:
Exploring the Science of
Nutrition and the Art of
Culinary Delights*



Co-funded by the
Erasmus+ Programme
of the European Union

Healthy and Learning Lifestyle is funded under the Erasmus+ programme, Key Action 2:
Strategic Partnerships Call 2020 with agreement number: 2020-1-NL01-KA201-064672



Healthy Lifestyle Challenge: Exploring the Science of Nutrition and the Art of Culinary Delights

SHORT DESCRIPTION

This multidisciplinary assignment combines science and culinary arts to engage secondary school pupils aged 14-16 in a hands-on exploration of healthy eating habits and culinary skills. The assignment encourages pupils to prepare nutritious meals and understand the scientific principles behind healthy food choices, without involving research or writing for the pupils.

PUPIL TARGET

Secondary school pupils aged 14-16.

REQUIRED KNOWLEDGE, SKILLS AND COMPETENCES

Basic understanding of scientific concepts related to nutrition, basic culinary skills or a willingness to learn, and the ability to work collaboratively in a team.

**GROUP SIZE AND
WAY OF
EXECUTION**

Small groups (3-4 pupils). The assignment is executed through practical cooking activities and scientific discussions.

TIMEFRAME

2-3 weeks.



FULL DESCRIPTION OF THE ASSIGNMENT

In this assignment, pupils will explore the science behind healthy eating habits and develop culinary skills to create nutritious meals. The assignment consists of the following tasks:

a) Task 1 - Nutritional Analysis

Pupils analyze the nutritional content of common food items, comparing their macronutrient and micronutrient compositions. They discuss the importance of a balanced diet and identify nutrient-rich foods.

b) Task 2 - Recipe Development

Pupils work in groups to develop a recipe for a healthy, balanced meal. They consider taste, texture, and nutritional content when creating their recipe.

c) Task 3 - Culinary Skills Workshop

Pupils participate in a culinary skills workshop where they learn techniques such as knife skills, cooking methods, and meal presentation. They practice these skills while preparing their chosen recipe.

d) Task 4 - Meal Preparation

Pupils prepare their selected recipes, focusing on proper ingredient measurement, cooking techniques, and food safety practices.

e) Task 5 - Scientific Presentation

Pupils present their prepared meals to the class, discussing the nutritional benefits and the scientific principles behind their recipe choices.

MATERIALS NEEDED

Ingredients for recipe preparation, kitchen equipment and utensils, access to nutritional databases or resources, presentation materials.

LEARNING GOALS

- Develop an understanding of the science behind healthy eating habits and nutrition.
- Enhance culinary skills and knowledge of cooking techniques.
- Foster teamwork and collaboration in recipe development and meal preparation.
- Improve presentation and communication skills through scientific discussions.

SCHOOL SUBJECTS COVERED

Science, Culinary Arts.

HASHTAGS

#HealthyLifestyleChallenge #NutritionScience
#CulinaryDelights





FOLLOW-UP ASSIGNMENT

International Recipe Exchange: Sharing Healthy Culinary Traditions

DESCRIPTION OF THE ONLINE ASSIGNMENT

In this online collaborative session, secondary school pupils from different countries come together to share their traditional healthy recipes. Building on the "Healthy Lifestyle Challenge" assignment, participants engage in a cultural exchange of recipes, exploring diverse culinary traditions and promoting global understanding and appreciation for healthy eating.

ORGANISATION AND WAY OF EXECUTION

Participants will join an online meeting platform where they will be divided into small groups comprising individuals from different countries. Each group will share a traditional healthy recipe from their culture, discussing its nutritional value, cultural significance, and preparation methods. Participants will exchange ideas, ask questions, and appreciate the diversity of culinary traditions.

LEARNING GOALS

- Foster cultural understanding and appreciation for different culinary traditions.
- Promote global connections and collaboration through shared recipes and cultural experiences.





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Learning
Hub
Friesland

Geseme
Medical experts.
Safety specialists.

Klare Koek.



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