



Healthy & Learning Lifestyle

Healthy Cooking Showdown



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

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Healthy Cooking Showdown

SHORT DESCRIPTION

This assignment combines home economics and chemistry to engage pupils in a hands-on culinary experience. Pupils will participate in a healthy cooking competition where they apply their knowledge of nutrition and chemical reactions to create delicious and nutritious dishes.

PUPIL TARGET

Secondary school pupils aged 14-16.

REQUIERED KNOWLEDGE, SKILLS AND COMPETENCES

Basic knowledge of nutrition, cooking techniques, and an understanding of chemical reactions in cooking.

**GROUP SIZE AND
WAY OF
EXECUTION**

Small groups (3-4 pupils). The assignment is executed through practical cooking sessions where pupils collaborate to prepare and present their dishes.

TIMEFRAME

2-3 weeks.



FULL DESCRIPTION OF THE ASSIGNMENT

a) Introduction

Provide an overview of the assignment and its objectives. Explain the importance of healthy cooking, nutrition, and the role of chemical reactions in food preparation.

b) Recipe Research and Selection

Pupils research and explore different healthy recipes that incorporate specific ingredients and cooking techniques. They consider nutritional value, flavor profiles, and presentation.

c) Cooking Session

Pupils collaborate to prepare their chosen healthy recipes. They apply their knowledge of cooking techniques, nutrition, and chemical reactions to ensure optimal flavors and textures.

d) Presentation and Evaluation

Each group presents their dish to the class. They explain the nutritional benefits, cooking methods employed, and the chemical reactions that occur during the cooking process. Peers and the teacher evaluate the presentation, taste the dishes, and provide feedback.

MATERIALS NEEDED

Ingredients for cooking, cooking utensils and equipment, access to a kitchen or cooking facilities, evaluation forms for presentation and taste evaluation.

LEARNING GOALS

- Apply nutrition knowledge to create healthy and balanced meals.
- Understand the role of chemical reactions in cooking and how they affect flavor and texture.
- Enhance teamwork and collaboration skills through group cooking activities.
- Improve presentation and communication skills.

SCHOOL SUBJECTS COVERED

Home Economics, Chemistry.

HASHTAGS

#HealthyCooking #NutritionInAction
#CulinaryChemistry





FOLLOW-UP ASSIGNMENT

Global Healthy Recipe Exchange

DESCRIPTION OF THE ONLINE ASSIGNMENT

In this online collaborative session, secondary school pupils from different countries will come together to share their favorite healthy recipes. Building on the "Healthy Cooking Showdown" assignment, participants will discuss the cultural significance of their recipes, exchange cooking tips, and create a collaborative recipe collection representing diverse cuisines from around the world.

ORGANISATION AND WAY OF EXECUTION

Participants will be divided into small groups comprising individuals from different countries. They will engage in discussions, share their favorite healthy recipes, and compile them into a collaborative recipe collection using online collaboration tools. Each group will present their favorite recipe and explain its cultural significance to the whole group.

LEARNING GOALS

- Foster cross-cultural understanding and appreciation for diverse cuisines.
- Exchange healthy cooking tips and techniques.
- Create a collaborative recipe collection representing global culinary diversity.
- Reflect on the connection between food, culture, and health.





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Learning
Hub
Friesland

Geseme
Medical experts.
Safety specialists.

Klare Koek.



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