FUNDACIÓN EROSKI contigo

SCHOOL OF NUTRITION

SESSION 10
Class chef
TEACHER'S GUIDE

With the collaboration of: basque culinary center

Energy to grow

Technical description

SESSION SUMMARY

- Introduction: watching the BCC video.
- Teacher's explanation: presentation of the interactive game "Weekly menu".
- Activities: creating a balanced weekly menu.

GENERAL TARGETS

- Raising awareness, encouraging and teaching about the need to implement healthy eating habits.

- Making pupils aware of the importance of a balanced diet and the relation between this and health.

- Remembering the importance of a balanced diet in covering our growth and development requirements.

- Recognising the importance of distributing our daily food intake across five meals.

- Learning how to plan a balanced diet (based on the food pyramid) by developing a weekly menu.

SPECIFIC TARGETS

- Understanding the concept of a weekly menu and its values.

- Learning to eat a balanced diet without falling into monotony.

- Discovering the scientific and cultural basics of being a good cook and understanding the advantages of cooking.

- Making pupils aware that cooking isn't just a way of fuelling our bodies, it also extends into the way we relate to our social and natural environment.

- Learning to make the most of foods to avoid waste.

- Encouraging family activities: participating in the weekly shop, in creating dishes, at meal times and clearing up after cooking.

- Transmit the importance of responsible consumption and savings, both of time and money.

- Get to know the BCC and what it does.

Technical description

CONTENTS

- The concept of a weekly menu and its values.
- The Basque Culinary Center: what it is and what it does.
- Diversity of dishes that can be made with the same food type.

KEY COMPETENCIES

- Competency in linguistic communication.
- Competency in maths and basic competencies in science and technology.
- Digital competency.
- Competency in learning how to learn.
- Social and civil competencies.
- Sense of initiative and entrepreneurial spirit.
- Cultural awareness and expression.

Developing the session

The teacher explains the activity that the class will perform as well as its importance.

The activity consists in creating a balanced weekly menu. It can be done in two ways:

- Online, visiting the "Energy to grow" website

- Offline. If the computer upon which you plan to perform the activity does not have Internet connection, take the following steps:

1. Visit the "Energy to grow" website on a computer with Internet connection.
2. Download the 'Balanced menu.exe' file and save it on an external storage device, such as a USB or a CD. It must have at least 500MB of storage capacity.
3. Insert the USB or CD in the computer upon which you wish to install the application. If it is a CD, you can click directly on the application icon to install it. If it is a USB, we recommend you to make a copy of the application on the desktop, then click on the icon to install it.
4. Once the application is installed, we open it and start the activity.

Student's book

Developing the session

BEFORE STARTING

The game does not save any kind of information.

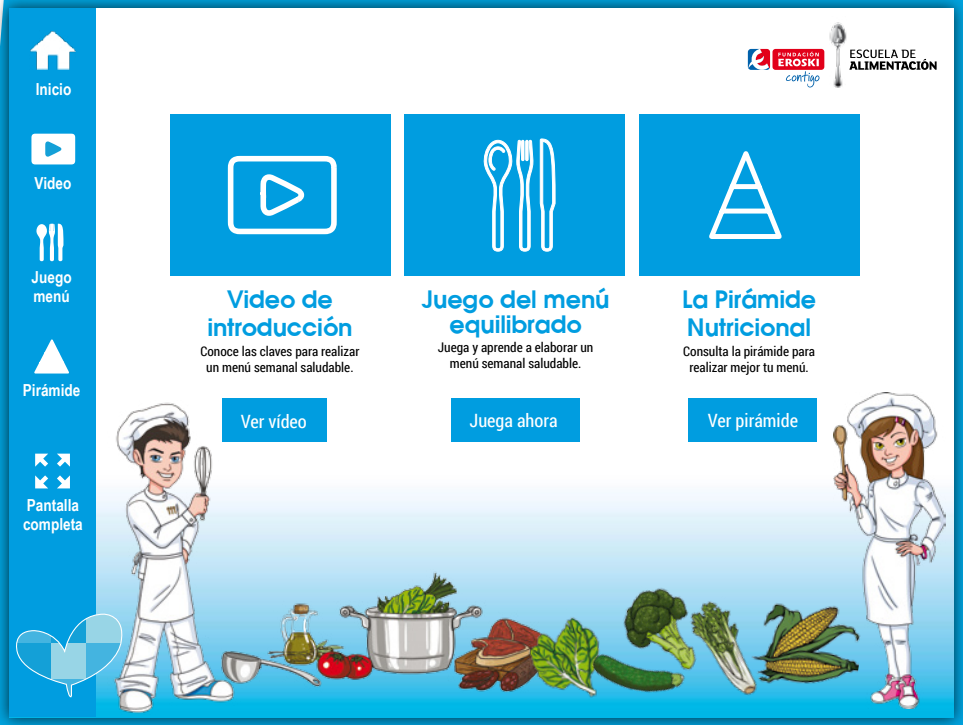
If you close the screen you will lose the selections you have made.

INITIAL SCREEN

Upon opening the application the initial screen appears with the different parts of the activity.

- Introductory video.
- Balanced Menu game.
- Nutritional Pyramid.

The three-banded icon of the browsing menu appears at the top left throughout the entire application, which takes us directly to any of the section.



Student's book

Developing the session

INTRODUCTORY VIDEO

It is a 3-minute video explaining the importance of planning a balanced menu, with the collaboration of the Basque Culinary Center.

Student's book

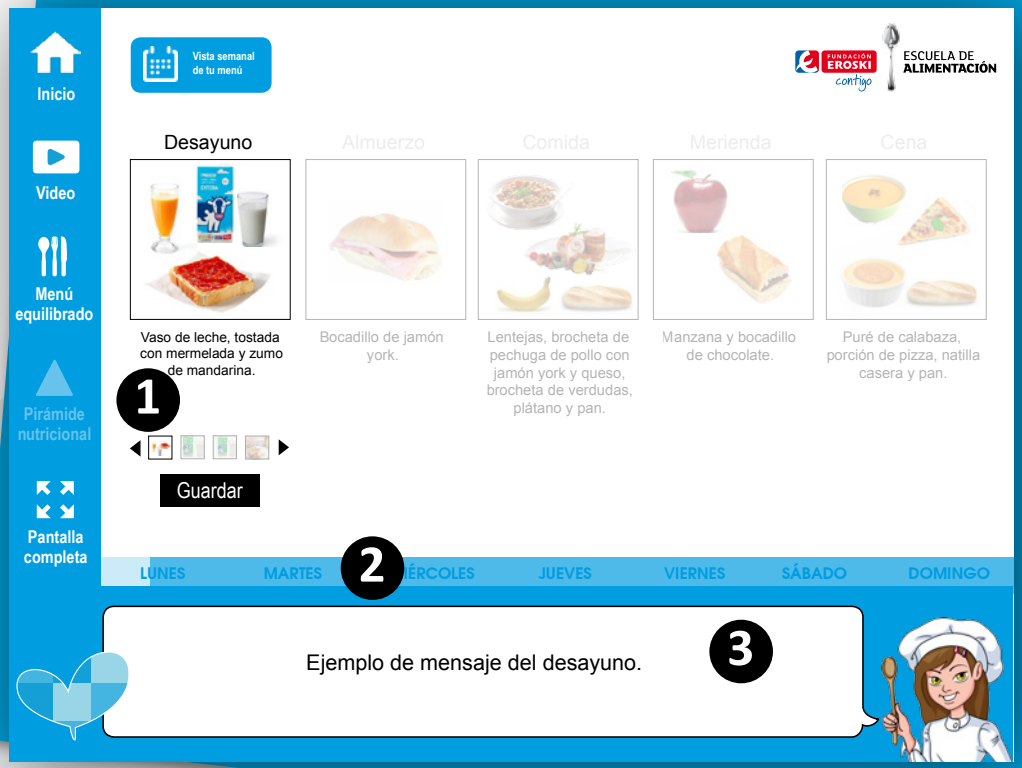
Developing the session

BALANCED MENU GAME

The aim of this game is to create a balanced weekly menu.

The teacher will instruct the students to choose the dishes for each meal of the day.

- The different options for each meal can by seen by clicking on the black arrows. (1)
- All meals for the entire week should be selected. There is a progress bar on the dishes, indicating the day of the week that is being completed. (2)
- At the bottom, "Tix & Loy" give messages and advice to help pupils choose the meal correctly. (3)
- By selecting an option that has already been chosen, an alert appears making the pupil choose a different one. To make it easier to get it right, the second time only the available options are displayed. This way, it highlights the importance of eating a varied diet.
- Breakfast, as it is more of a routine meal, is the exception to this rule. Here the same may be chosen for each day.
- Some non-balanced dishes have been introduced so that the students learn that there is no problem if they eat these foods every now and then. By selecting them an alert appears in yellow. Pay attention to this so they understand its importance.



Student's book

Developing the session

Weekly view of your menu

The options chosen can be consulted at any time by clicking on the "Weekly view of your menu" button.

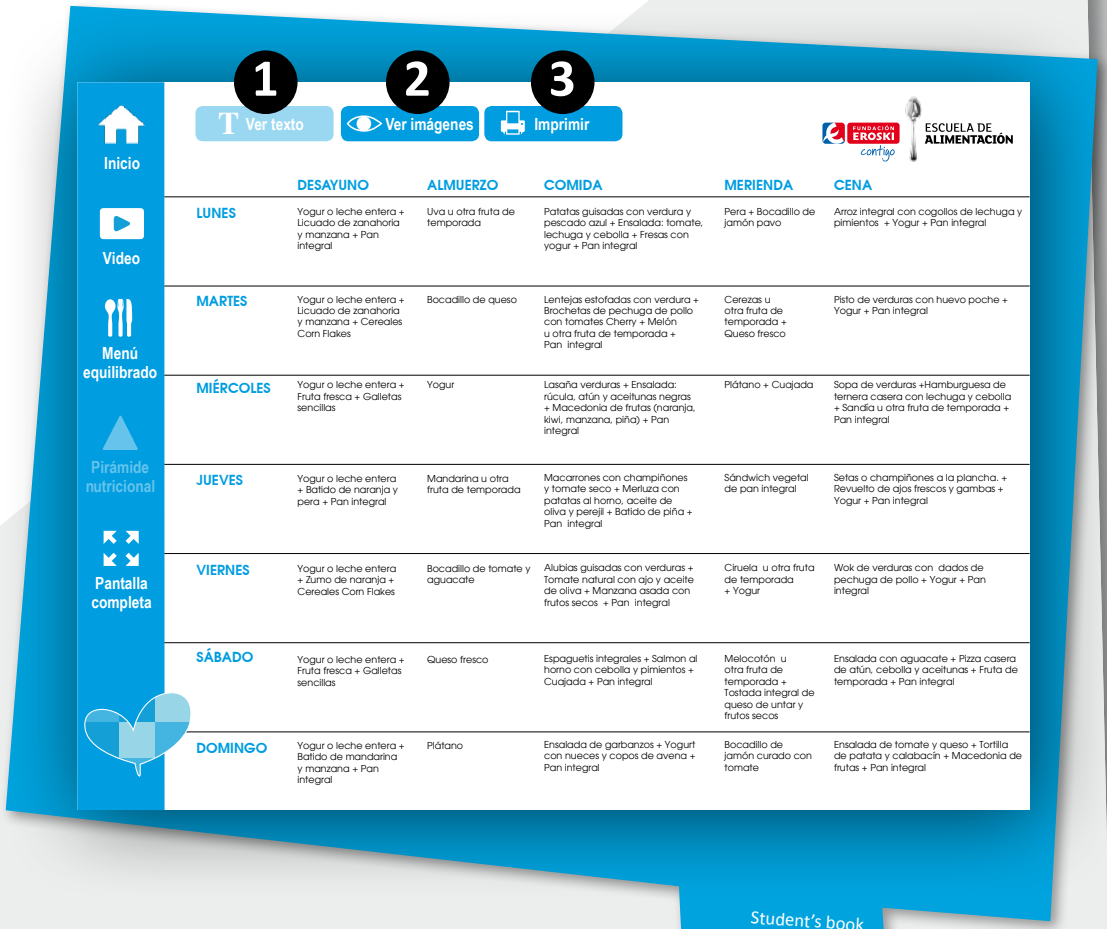
You can see the weekly view in text mode (1) or in image mode (2) by clicking on the corresponding button.

When the weekly menu is complete, it can be printed from the screen. (3)

It would be best for each student to leave with a printed copy of his/her menu to create the recipes at home with his/her parents.

The recipes for the dishes indicated in the weekly menu are available on the "Energy to grow" website.

This makes it easier for them to follow the recipe.



	DESAYUNO	ALMUERZO	COMIDA	MERIENDA	CENA
LUNES	Yogur o leche entera + Licuado de zanahoria y manzana + Pan integral	Uva u otra fruta de temporada	Patatas guisadas con verdura y pescado azul + Ensalada: tomate, lechuga y cebolla + Fresas con yogur + Pan integral	Pera + Bocadillo de jamón pavo	Arroz integral con cogollos de lechuga y pimientos + Yogur + Pan integral
MARTES	Yogur o leche entera + Licuado de zanahoria y manzana + Cereales Corn Flakes	Bocadillo de queso	Lentejas estofadas con verdura + Brochetas de pechuga de pollo con tomates Cherry + Melón u otra fruta de temporada + Pan integral	Cerezas u otra fruta de temporada + Queso fresco	Pisto de verduras con huevo poche + Yogur + Pan integral
MIÉRCOLES	Yogur o leche entera + Fruta fresca + Galletas sencillas	Yogur	Lasaña verduras + Ensalada: rúcula, atún y aceitunas negras + Macedonia de frutas (naranja, kiwi, manzana, piña) + Pan integral	Plátano + Cuajada	Sopa de verduras +Hamburguesa de ternera casera con lechuga y cebolla + Sandía u otra fruta de temporada + Pan integral
JUEVES	Yogur o leche entera + Batido de naranja y pera + Pan integral	Mandarina u otra fruta de temporada	Macarrones con champiñones y tomate seco + Merluza con patatas al horno, aceite de oliva y perejil + Batido de piña + Pan integral	Sándwich vegetal de pan integral	Setas o champiñones a la plancha. + Revuelto de ajos frescos y gambas + Yogur + Pan integral
VIERNES	Yogur o leche entera + Zumo de naranja + Cereales Corn Flakes	Bocadillo de tomate y aguacate	Alubias guisadas con verduras + Tomate natural con ajo y aceite de oliva + Manzana asada con frutos secos + Pan integral	Ciruela u otra fruta de temporada + Yogur	Wok de verduras con dados de pechuga de pollo + Yogur + Pan integral
SÁBADO	Yogur o leche entera + Fruta fresca + Galletas sencillas	Queso fresco	Espaguetis integrales + Salmon al horno con cebolla y pimientos + Cuajada + Pan integral	Melocotón u otra fruta de temporada + Tostada integral de queso de untar y frutos secos	Ensalada con aguacate + Pizza casera de atún, cebolla y aceitunas + Fruta de temporada + Pan integral
DOMINGO	Yogur o leche entera + Batido de mandarina y manzana + Pan integral	Plátano	Ensalada de garbanzos + Yogurt con nueces y copos de avena + Pan integral	Bocadillo de jamón curado con tomate	Ensalada de tomate y queso + Tortilla de patata y calabacín + Macedonia de frutas + Pan integral

Student's book

Developing the session

NUTRITIONAL PYRAMID

The food groups to which the menu meals correspond can be checked against the Nutritional Pyramid. To do this, click on the 'Nutritional Pyramid' button.

You can browse the different dishes by clicking on the black arrows (1) or by choosing one of the boxes from the bottom section (2).

To see the pyramid with all the food groups, select the 'Complete Pyramid' option. (3)

Student's book

Developing the session

If you do not have the means of performing this session interactively, we will now provide you with the following model so you can carry out the weekly menu manually on paper.

MENÚ SEMANAL EQUILIBRADO

	DESAYUNO	ALMUERZO	COMIDA	MERIENDA	CENA
Lunes					
Martes					
Miércoles					
Jueves					
Viernes					
Sábado					
Domingo					

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BALANCED WEEKLY MENU

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

DISHES SUGGESTED BY THE BCC

BREAKFASTS	MORNING SNACKS	LUNCHES	AFTERNOON SNACKS	DINNERS
Yoghurt + Orange juice + Wholemeal bread	Grapes or other seasonal fruit	Roast potatoes with vegetables and oily fish + Salad: tomato, lettuce and onion + Strawberries with yoghurt + Wholemeal bread	Pear + Cooked turkey ham roll	Wholemeal rice with mini-gem lettuce and peppers + Yoghurt + Wholemeal bread
Full-fat milk + Carrot and apple smoothie + Cornflakes	Cheese roll	Stewed lentils with vegetables + Chicken breast and Cherry tomato skewers + Melon or other seasonal fruit + Whole-meal bread	Cherries or other seasonal fruit + fresh cheese	Vegetable stew with poached egg + Yoghurt + Wholemeal bread
Full-fat milk + Fresh fruit + Plain biscuits	Yoghurt	Vegetable lasagne + Salad: rocket, tuna and black olives + Fruit salad (orange, kiwi, apple, pineapple) + Wholemeal bread	Banana + Custard	Vegetable consommé + Home-made beef burger with lettuce and onion + Watermelon or other seasonal fruit + Wholemeal bread
Full-fat milk + Orange and pear smoothie + Wholemeal bread	Mandarin or other seasonal fruit	Macaroni with mushrooms and dried tomato + Hake with oven-baked potatoes, olive oil and parsley + Pineapple smoothie + Wholemeal bread	Salad sandwich on wholemeal bread	Pan-fried mushrooms + Scrambled egg made with fresh garlic shoots and prawns + Yoghurt + Wholemeal bread
Yoghurt + Orange juice + Cornflakes	Tomato and avocado roll	Stewed beans with vegetables + Fresh tomato with garlic and olive oil + Baked apple with dried fruits + Wholemeal bread	Plum or other seasonal fruit + Yoghurt	Wok-fried vegetables with cubed chicken breast + Yoghurt + Wholemeal bread
Full-fat milk + Fresh fruit + Plain biscuits	Fresh cheese	Wholemeal spaghetti + Oven-baked salmon with onion and peppers + Custard + Wholemeal bread	Peach or other seasonal fruit + Wholemeal toast with spreading cheese and nuts	Avocado salad + Home-made tuna, onion and olive pizza + Seasonal fruit + Wholemeal bread
Yoghurt + Mandarin and apple smoothie + Wholemeal bread	Banana	Chickpea salad + Yoghurt with walnuts and oats + Wholemeal bread	Cured ham and tomato roll	Tomato and cheese salad + Potato and courgette omelette + Fruit salad + Wholemeal bread