



1st Practical exercise

Funny Kitchen for Children

1. Introduction: In order for children to gain healthy eating habits, educators must ensure that children are prepared for the healthy preparation of the food, their cooking methods, and the information about the amount of food that needs to be known.

2. Target group: Children who need healthy growth

3. Key Words: Healthy Cooking, Healthy Foods

4. Purpose of the practical exercise:

- Healthy nutrition to the kids,
- Determining the appropriate serving rates,
- Point out which foods are good for which organs

5. Specific reason why this practical exercise has been developed: Teaching the right and proper nutrition for growing and developing children

6. Materials: Plate, Spoon, Vegetables, Pot, Oven

7. Description & Instruction:

Step1: A brief information is given about which organs in the body uses which nutrients as useful and then application is started. It will be easier to lose weight by reducing sugar and carbohydrates by eating a balanced and regular diet.

Step 2: Children are expected to implement food hygiene without losing nutritional value.

Step 3: With the instructors who will help the children cook, expect the children to gain a habit of cooking using the right cooking methods.

Step 4: Cooked meals are prepared according to age and needs.

Step 5: As a result of the application, children are provided with the appropriate methods to prepare their own food.

8. Results of the practical Exercise

- Children learn to eat regular and balanced
- Learn the contents of foods and calorie values
- Learn to cook healthy

9. Queries & Consideration

It starts a healthy life with proper diet and nutrition for children.

With a balanced and regular diet, it is easy to lose weight by reducing sugar and carbohydrates.



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



To calibrate food with calorie counts which makes possible to prepare the diet according to taste.

10. Conclusions:

- Regular / healthy calorie consumption
- Obtaining healthy eating behaviors
- Learning how to cook healthy food
- Psychological happiness starting with weight loss

Annex: Sample recipe of CAKE for 1st Practical exercise title which has 180 calories

- First, 3 eggs are broken into a pan.
- Then add 1 cup of sugar and beat for 5 minutes.
- 1 glass of milk and 1 cup of oil is added.
- 1 package of baking soda is added.
- Add 2 cup flour and mix.
- Pour into cakes. Cooked at 175 ° C for 15 minutes.