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1st Game Cheerful breakfast

1. Introduction: Strengthening healthy eating, making it a habit.
2. Target group: All individuals in the family
3. Key words: Low calorie, healthy meals
4. Purpose of the Game: Avoid from health-threatening harmful foods, take vitamins and minerals with food.
5. Indoor or Outdoor Game? Indoor game.
- 6- Specific reason why this practical game has been developed :To consume low calorie, having healthy foods
7. Materials: Tomatoes, onion, pepper, olive oil, egg, salt
8. Descriptions & Instructions:

Step 1: Pour olive oil in medium size pan.

Step 2: Chop onions into cubes.

Step 3: Add olive oil.

Step 4: Peppers are sliced in thin

Step 5: Roast with onions.

Step 6: The tomatoes are peeled and chopped and poured to the pan.

Step 7: When the tomatoes get soften and start to get drain, the eggs are broken.

Step 8: Add salt and serve it.

https://www.youtube.com/results?search_query=menemen+nas%C4%B1l+yap%C4%B1%C4%B1

9. Results of the game: While all family members are fed healthy and low calorie foods, 100 calories will be consumed by cooking.

10. Queries & Considerations: Healthy eating is possible with healthy foods. Regular nutrition brings healthy nutrition.

11. Conclusions: Healthy nutrition is possible with healthy foods, and regular nutrition of the family members also provides healthy nutrition. For heart and body health; it is important that a regular and healthy diet is adopted and maintained throughout life. Our homemade food is the most important factor for healthy eating.