



STEAM & Sports

Lesson 1 - Preparing Balanced Meals

Preparing Balanced Meals

Concept

This lesson engages students in hands-on meal preparation, encouraging them to apply knowledge of nutrition, cooking techniques, and teamwork. The goal is to develop practical cooking skills while reinforcing the importance of a balanced diet in maintaining a healthy lifestyle, particularly for physical performance. Students will:

- (Biology) Understand how different food groups contribute to overall health and energy levels.
- (Chemistry) Observe how cooking affects the chemical composition of food.
- (Physical Education) Learn how nutrition supports sports performance and daily activity.
- (Art & Photography) Document their cooking process through images and creative presentation.

Learning objectives and Outcomes

Upon completion of this lesson, students will know:

1. The nutritional value of different food groups and how they support physical activity.
2. Basic principles of food safety and proper cooking techniques.
3. The impact of cooking methods on the nutritional quality of ingredients. After this lesson, students will be able to:
4. Prepare a simple, balanced meal using local ingredients.
5. Work collaboratively to complete a cooking project.
6. Document the cooking process through images and descriptions

Methodology

1. Hands-on cooking activity
2. Team collaboration and task delegation
3. Photography and creative documentation
4. Reflection and discussion on nutrition

Educational standards in connection with sports

- Understanding the role of carbohydrates, proteins, and fats in sports performance.
- Learning about the importance of meal timing in relation to exercise.
- Practicing teamwork and coordination in a kitchen setting

This lesson includes elements of these school subjects

1. Biology
2. Chemistry
3. Physical Education
4. Art & Photography

Timeframe

45 min

Students Age

10-15 years

Material needed

- 1.. Ingredients for the selected meal
2. Cooking utensils and kitchen equipment
3. Cameras or tablets for documenting the process
4. Printed recipe templates for notetaking



Short description of the content

Students will actively prepare a balanced meal using local ingredients. They will analyze how different nutrients contribute to health and sports performance. Through documentation, they will capture the cooking process and reflect on their experience.

Sequence of Lesson

Engage (10 min):

- Discuss favorite meals and their nutritional value.
- Review the importance of a balanced diet for an active lifestyle.
- Introduce the meal that will be prepared and distribute tasks.

Explore (40-60 min):

- Students work in teams to prepare the dish while following safety guidelines.
- As they cook, take notes.
- Observe and discuss how cooking methods impact, they document steps through photos capturing the texture, color, and nutritional value of ingredients.

Elaborate (10 min):

- Students present their completed meals and describe their preparation process.
- Each group discusses their observations regarding nutrition and cooking techniques.

Evaluate (5 min):

- Students reflect on their teamwork, cooking experience, and knowledge gained.
- Discuss how meal preparation can influence their eating habits.

Lesson Developer

Name: Beata Marinov

Organization: OŠ Bakar, Hrvatska

Date: ožujak, 2025



STEAM & Sports



UNIVERSIDAD
DE BURGOS

FUTURE MINDS



Learning
Hub
Friesland



steamandsports.eu



Co-funded by
the European Union

