

FOOD AND HEALTH



1 ST GASTRONOMIC CONVENTION

21-12-17

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BASIC INFORMATION FOR PARTICIPANTS

- ❖ You have to work in groups of at least 5 members (every group is a restaurant)
- ❖ Once you've decided your menus you will make a presentation of the restaurant and their menus
- ❖ There will be a jury that is going to rate your presentation taking into account the calories of the menu and how healthy it is
- ❖ At the end the jury will choose a winner in base of the standards explained before
 - ❖ Each restaurant can take their star dessert to let the jury try it
 - ❖ There will be a vote of everyone to decide the best dessert (this is apart of the main contest)

SOME OBJECTIVES OF LEARNING

Recognise the importance of feeding and the health

Know the nutritional needs

Understand the requirements for a complete and balanced diet

A HEALTHY DISH

A healthy dish is that which has a balanced proportion of nutrients

The proportions of the dish is

50% vegetables or fruit

25% proteins (meat, fish, legumes, or walnuts)

25% grain (wheat, rice, pasta)



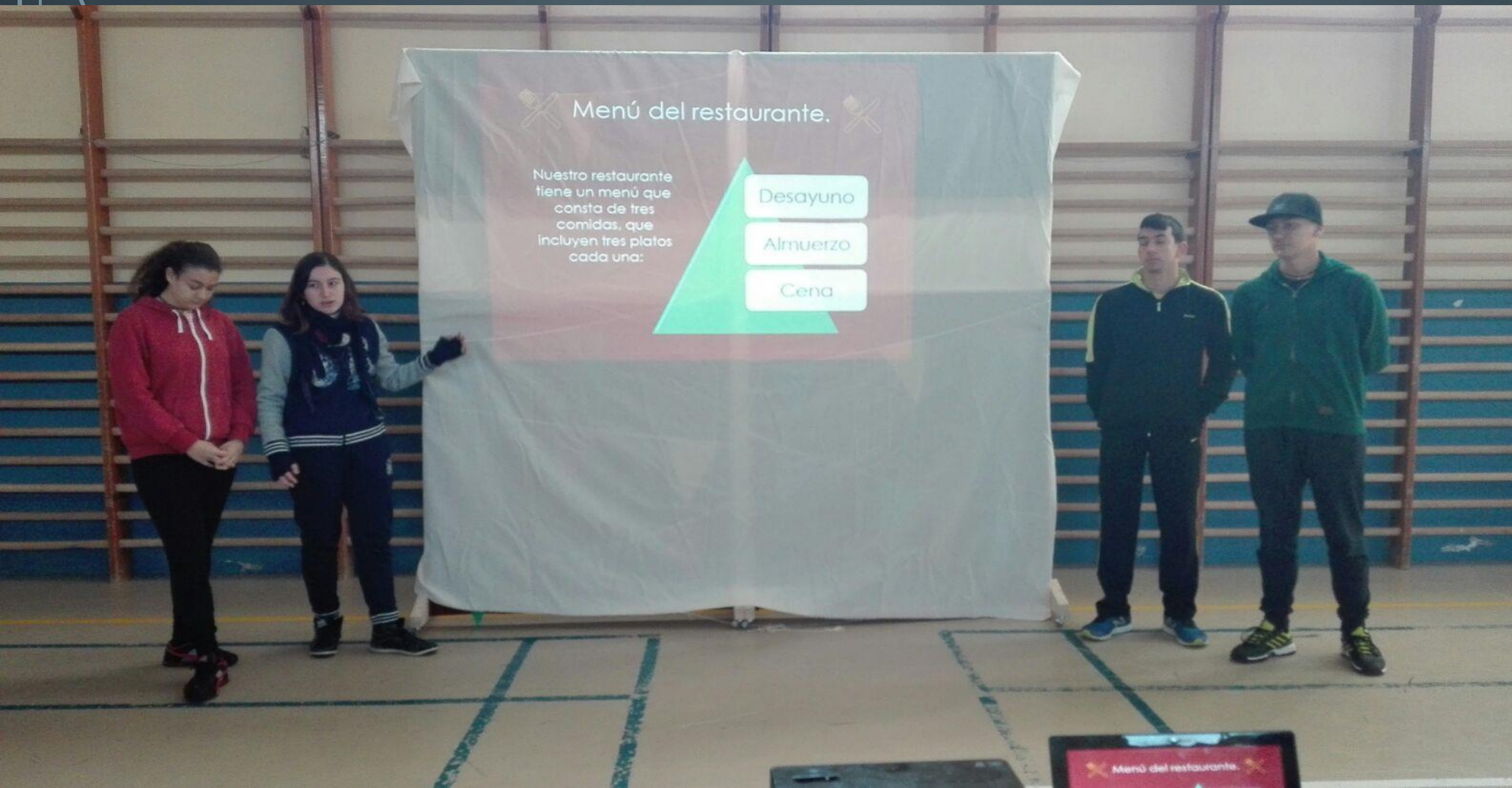


embre de 2017
TOS Y SALUD

“¿Quieres Dinner-o?”



“The Twins”



A healthy recipe

For this recipe we will need :

2 bananas

300gr of Strawberries

125 gr of flour

250 gr of milk

A spoon of olive oil

A Little bit of salt

Chocolate/Candy Sirope
(optional)

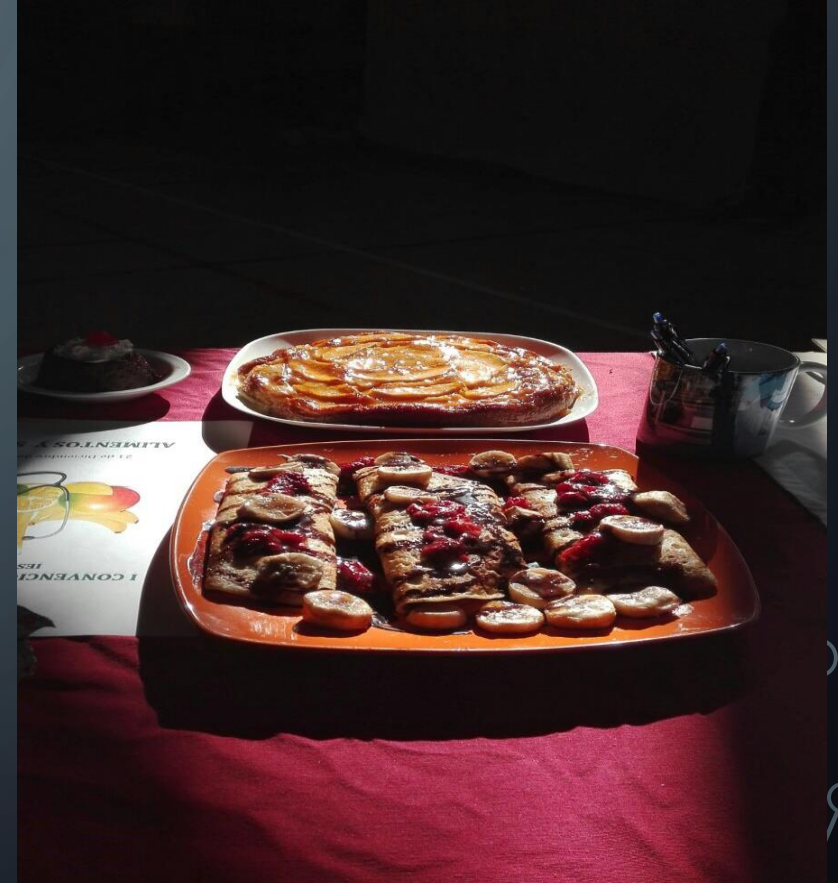
Neutral gelatin

To cook it:

Drop it in the beater all the ingredients except the bananas ,strawberries and the sirope and then and turn it on for two minutes, then let it rest for a half hour

Meanwhile the paste rests we dissolve the gelatin in cold water Now we cut all the fruit and soak them in the gelatin

Next we take off the paste of the fridge and roll it with the fruit inside you can put too some fruit over the crêpes and finally put the sirope



OUR CARD

“LOS GEMELOS”

MENU:

BREAKFAST:

- TWO INTEGRAL TASTINGS.
- A CUP OF CEREALS TO CHOOSE.

LUNCH:

- BOILED VEGETABLE.
- BOILED MEDIUM POTATO.
- SALAD OR VEGETABLE WITH POTATO.
- CHICKEN OR RABBIT MEAT.
- BELLY OF RED TUNA TO THE PLATE.
- **STAR DESSERT: BOMBARDED CREPES.**

DINNER:

- SALAD.
- FISH IN THE OVEN / STEAM / GRILLED / BOILED.

DRINKS:

- WATER.
- NATURAL JUICE
(TO CHOOSE BETWEEN LEMON AND ORANGE).
- MILK.
- COFFEE.

