At first we watched a movie called Supersize me with our teacher. It was about a guy who ate only at McDonald’s for 30 days. After those days the man didn’t feel good at all. We discussed the movie and we realised how important it is to eat healthy food. After that we started planning in groups a healthy food.

The food we planned to do was pasta and chicken. We made a salad with cucumber, tomato, lettuce and some feta cheese. All of the vegetables needed to be washed with cold water before cutting them. For dessert we had a fruit salad. It’s a delicious but healthy dessert. We made it with apple, pineapple, oranges and some fruit juice, without added sugar of course. We used whole-grain pasta to make the pasta as healthy as possible. We boiled it with salted water! The chicken took longer until it was cooked. At first we fried the chicken with some vegetable oil. Then I added crushed onion and some spices, peppers for example. After that I added some wheat flour and mixed them all. Finally I added water and a vegetable bouillon cube. After a while I added low-fat cream and mixed the whole thing. Then I put them all on my plate: half of it was salad, ¼ was the chicken and ¼ was pasta.

The food was super delicious and I was surprised that this healthy food can be so yummy. I especially liked the dessert, but all of it was great!!

Viivi Juntti

  