

A recipe card for Spanish Omelette. The top left features a dark blue circle with the title 'SPANISH OMELETTE' in white. Below it, 'PREP TIME: 10 minutes' and 'TOTAL TIME: 50 minutes' are listed. An 'INGREDIENTS' box lists: 7 Potatoes, 1 Onion, 6 Eggs, Olive oil, and Salt. The 'INSTRUCTIONS' section contains seven steps, each underlined, describing the process from cutting onions and potatoes to cooking the omelette and serving it. The card is decorated with colorful kitchen icons like a scale, knives, a pan, and a grater. The Erasmus+ logo is at the bottom left.

SPANISH OMELETTE

PREP TIME: 10 minutes

TOTAL TIME: 50 minutes

INGREDIENTS:

- 7 Potatoes
- 1 Onion
- 6 Eggs
- Olive oil
- Salt

INSTRUCTIONS

Cut the onions and potatoes into medium-size squares.

Pour them into boiling oil until they begin to go golden.

Lightly beat the eggs and then mix them with the potatoes.

Pour the mix into the pan and cook on a low-heat for fifteen minutes.

When it is ready on one side, with the help of a frying pan, turn it over.

When the other side is cooked, place it on a serving dish.

And you've got a Spanish Omelette!



Documents to deliver to the students in the MICRO-WORKSHOP.

-Presentation of the Spanish team.

The Spanish team, within the Erasmus + project "STEMcooking Discovering Science and Maths through cooking", will hold a micro-workshop to analyse the electricity consumption when cooking a typical Spanish meal: the Spanish potato omelette.

To do this, we will cook two omelettes, one with an electric stove and the other one with an induction hob, we will compare both of them and check which one consumes more electrical energy.

Next, we will distribute the ingredients to prepare the omelettes.

1st Projection:

A video will be projected. In the video two students will comment, in their High School, some aspects about the typical dish that we are going to make: the potato omelette.

The students investigate the origin, the types of existing omelettes and their different ingredients. They will present the results of a survey on several people about the acceptance of the omelette. After that, some scenes of how the omelette was made at the High School or at home will be shown.

2nd Projection:

In the following video, two students will analyse the economic cost of making a potato omelette. In order to do this, they show how they searched for information in the library and on the internet. They have researched aspects of electric power, calculation of energy consumed, units of electricity consumption, price of electrical power, etc. All this lead them to ask themselves: how is the electricity bill of a house calculated?

They calculate what it would cost to make an omelette and realise that not only energy consumption intervenes in the total amount of the bill but also other aspects such as taxes and fixed fees. Therefore, they must be aware of the need to save electricity. The video ends with a series of energy saving tips.

