

HEALTHY FOOD PREPARATION



Besides healthy groceries, we need to prepare food in fresh ways too!

FOOD FOR GOOD DEVELOPMENT



- 1 Cooking
- 2 Boiling
- 3 Steaming
- 4 Blanching
- 5 Grilling and roasting

COOKING

1. Vegetables should be cooked whole (not sliced or chopped)

3. Vegetables should be cooked in a very small amount of water



2. Vegetables in boiling water

4. Cooking in a pot



Cooked Food

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STEAMING



Steaming is used to prepare foods which contain a lot of water (e.g. spinach, cabbage, carrot, peas, meat...)



Time of preparation by steaming is about the same as for boiling



The loss of nutrients during steaming is less than for cooking in water



Steaming is recommended for preparation of food for children and for patients



STEAMED FOOD

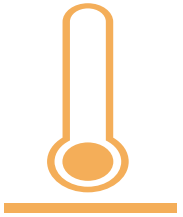


Appliance for steaming

BOILING



PREPARATION



TEMPERATURE



TASTE



DINNER





BLANCHING





ROASTING

1 | FOODS

2 | TEMPERATURE

3 | DISADVANTAGES

GRILLING



GRILLED FOOD

Very frequently
we grill meat,
fish and some
sorts of
vegetables.

FRYING

Most often we fry meat, fish, potatoes and pastries

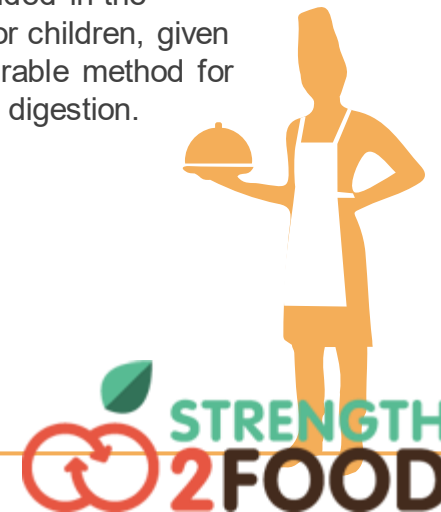
Some sorts of oils (e.g. rapeseed, pumpkin, soya) alter the taste and smell of the food when used at high temperatures

Frying is performed at 180 C, usually in a fryer.



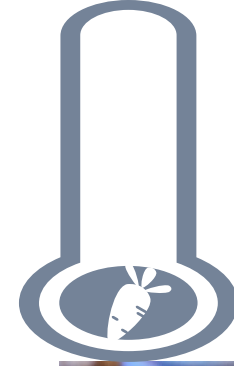
The oil can't be used twice for frying, because it's unhealthy

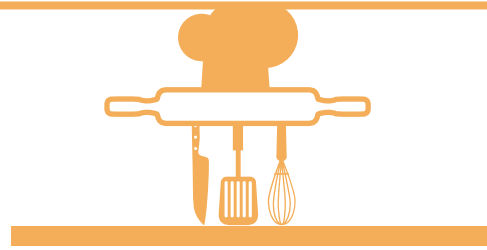
Frying should be avoided in the preparation of food for children, given that it's the least desirable method for food preparation and digestion.





FRIED FOOD





All of this advice is true both for the adults and for the children.

If you haven't prepared your food in these ways up till now, try to find some interesting recipes and start cooking in a new way!



**PREPARE YOUR FOOD IN A
HEALTHY WAY!**