



One of the most important parts of the HIE-BIL project is to present to our schoolmates, parents, and teachers the productions of the program. To do this, we planned a **Cooking Club Challenge**. The purpose of this challenge was to encourage our friends, family, and teachers to cook using healthy recipes.

One of the Cooking Club Challenge workshops took place on the 6th of March 2024. For the workshop we invited the Headmistress of our school to cook healthy burgers with us.



Before the workshop, we found many burger recipes and discussed with our teachers the ingredients and method of cooking and serving suggestions of these recipes. We also asked the Headmistress to give us her burger recipe so we could suggest changes to make it healthier. During this process we applied all the knowledge we had from all the recipe modifications we had to do for the program.



Next, we went to the grocery store and bought the ingredients needed for the recipe we chose to follow (fresh minced lean meat (no fat), fresh vegetables (e.g. lettuce, tomato, cucumber, and parsley)) and also picked fresh oregano from our school garden.

We began the preparation by washing and cutting the vegetables and mixing the ingredients for the burgers and shaping them, applying all the rules for hygienic food preparation.

We chose to cook our burgers using a non-stick pan, without any oil, as the method of cooking is very important and we wanted to avoid frying in oil. At the end, we all enjoyed a healthy, delicious lunch and decided that from now on, we will use this recipe at home too.



The Headmistress was involved during the preparation and cooking of the burgers and was very excited to be a part of our workshop and have a healthy burger recipe to use. She expressed how satisfied she is with the skills and knowledge we gained through the HIE-BIL program and that its impact is obviously very important to all of us. She said that she was impressed by the way we cooperate with one another and with our teachers and she congratulated both students and teachers for the hard work and the time we spent fulfilling all the requirements of the program.

This workshop was a wonderful experience for all of us!

