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ONLINE ACTIVITY 1

Let's prepare a healthy menu



Pictograms: ARASAAC (<http://www.arasaac.org/>)



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The trainer has already designed and uploaded the online session to the e-Training platform. Things to be done online:

Trainees must read and download, (if they want), the training materials (PPT, Word document, complementary readings, practical activities, etc.) for Topic 8.

By using the App proposed, **Cook Book**





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Trainees will perform the next tasks (it is suggested that this can be done at home with relatives or in the centre with professionals or in a supported house if available).

- Identify healthy recipes that they really like through the App Cook Book.
- Prepare a 3 days plan for healthy menus.
- Go to the supermarket to buy the ingredients to cook of the recipes identified.
- Cook the recipe
- Share and enjoy the meal.
- Make some pictures and videos while they are doing the tasks an uploaded them in the training platform.



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Duration:

- The time needed to perform the tasks during one week, always before the next F2F session.

Tools:

- Access to the App through device (smartphone, tablet or, computer)
- Training materials available in the training platform.
- PPT 1_Let's prepare a healthy menu.
- Video Guidelines App_Cook Book.