



The same recipe, two techniques

OBJECTIVE

Understand how **different cooking techniques** influence the **taste, texture, nutritional value** and **sustainability** of food, developing confidence and critical thinking in the kitchen.

YOUR MISSION

Choose a simple food and try **two different ways** to cook it.

Step 1 – Choose the food

Select a food:

- ☐ Broccoli
- ☐ carrot
- ☐ Egg
- ☐ Fish
- ☐ Already cooked legume
- ☐ Other: _____

Step 2 – Choose the techniques

Cook the same food using **two different techniques**:

- **Technique 1:** _____
- **Technique 2:** _____

(e.g. steaming and sautéing / baking and roasting / stewing and grilling)



Step 3 – Take a close look

Compare the results:

Observed appearance	Technique 1	Technique 2
Flavour		
Texture		
Smell		
Colour		

Step 4 – Personal preference

- Which technique did you prefer? _____
- Why?

Step 5 – Scientific and sustainable look

Answers:

- Which technique do you think best preserves nutrients? Why?

- Which could be more sustainable in terms of energy and waste?



FINAL REFLECTION

What did you learn about the importance of **cooking techniques** in your food choices?

FOODWISELAB TIP

Cooking isn't just about following recipes—it's about understanding how **time, temperature, and method** transform food and influence health and the planet.