

HEALTHY MEALS AND TRADITIONAL MEALS

SLOVAK RECIPES, CZECH RECIPES,
FINNISH RECIPES



FIT SCHOOL CHILDREN

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Základní škola, Třemošnice, okres Chrudim
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HEALTHY MEALS



1
portion
=
379
kcal

Potato cakes

Ingredients:

- 6 potatoes
- 1 onion
- 3 cloves of garlic
- 1 egg
- pinch of salt
- ground black pepper
- 2 tbsp flour
- cooking oil

Procedure:

- Peel the potatoes and wash them.
- Grate the potatoes, onion and garlic.
- Add an egg, flour, salt, ground black pepper and mix it together.
- Take a spoon and put spoonfuls of the mixture into frying pan of very hot oil, making small round „cakes“.
- Put the cakes on paper towel to soak up excess cooking oil.
- Serve on a plate.

To use these calories:

- jog for 1 hour
- cycle for 1 hour
- play golf for an hour and a half
- walk for 3 hours
- play volleyball for 2 hours



1
portion
=
650
kcal

Vegetable gratin

Procedure:

- Slice the vegetables
- Butter a shallow ovenproof dish
- Layer the sliced vegetables into the dish
- Sprinkle with ground black pepper
- Pour over the cream and put pieces of butter on the top
- Sprinkle with grated cheese.

Ingredients:

- tomato
- cucum
- potatoes
- grated cheese
- cream
- black pepper
- 25g butter

To use these calories:

- do athletics for an hour
- play basketball for an hour
- play badminton for an hour and a half
- do zumba for an hour



1 portion = 292 kcal

Healthy Finnish food

Outdoor grilled sausages with mixed salad

Light Sausages



Sport activities to spend 292 calories

- Football 49 min
- basketball 51 min
- swimming 1 h 20 min
- walking 1 h 50 min
- volleyball 1 h 18 min
- dance 1 h 32 min

Green salad ingredient:
 1 piece Iceberg lettuce, 2 piece cucumber
 5 tomatoes, 1 tin pineapple

Potatosalad ingredient:
 6 boiled cooled potatoes, 1/2 onion chopped
 2 pickle cucumber, 2 decilitre lightmajonese
 1/2 lime juice



100g = 71 kcal

Finnish Salmon Soup

Procedure:
 Cut the potatoes roughly into 1-inch cubes
 In a large saucepan, simmer the chopped onions in the butter over medium heat until soft
 Add peeled and diced potatoes and then enough water to just cover the potatoes.
 Turn up the heat to high, cover the saucepan with a lid, bring to a boil and cook the potatoes until they are just soft, adjusting the heat down as necessary
 Add the cubed salmon to the pot and cook until it is mostly opaque (this will take about 5 minutes, if that). Do not stir the soup so as not to break up the salmon
 Add the fish stock and milk, along with a sprinkling of salt and pepper to taste.
 Cook for 5-10 minutes.
 Take off the heat and stir in the fresh dill
 Serve with rye bread and butter

Ingredients:
 1 Teaspoon Butter
 1 Yellow Onion finely chopped
 4-5 Potatoes
 1/2 kg Fresh Salmon Fillet cubed
 500ml milk, 500ml water
 1 cup Fresh Dill finely chopped
 5 pieces Bay Leaf
 Dash of sea salt
 Dash of pepper
 1 fish stock cube

Sport activities to spend 71 calories

- Football 9 min • basketball 9 min
- swimming 15 min • walking 20 min
- volleyball 14 min • dance 17 min



1
portion
=
255
kcal

Risotto with chicken meat and vegetables

Ingredients:

500g chicken breast
75g butter/oil, 200g rice
200g vegetables (carrots, peas, corn)
100g grated cheese, 1 onion
salt, pepper

Procedure:

Fry the cut onion in oil/or butter/softly, add the cut chicken meat and roast it.
Add boiled (or steamed) rice, vegetables, salt, and pepper, pour some water into it and stew it all until it is soft.
Sprinkle each portion on the plate with grated cheese.

4 portions

To use these calories:

Running Uphill 21 min
Running (10km/h) 29 min
Swimming (breaststroke) 34 min
Cycle 38 min • Tennis 42 min
Bowling 54 min • Walk 82 min
Working on PC 194 min
Learning in a Class 214 min



1
portion
=
303
kcal

Grilled salmon with potatoes

Procedure:

Mix melted butter with chopped herbs. Salt cleaned salmon fillets, sprinkle them with lemon juice and leave them to mature. Spread the fillets with mixture and place them on grill. Grill salmon on each side until golden. Spread the fillets with the rest of the mixture.
Peel the potatoes, cut them and cook in salted water with caraway seeds until they are tender. Serve salmon with potatoes.

Ingredients:

1 kg salmon, salt
2 tablespoons of lemon juice
75g butter
herbs (parsley or another according to taste)
1 kg potatoes
caraway seeds

To use these calories:

Running Uphill 25 min
Running (10km/h) 34 min
Swimming (breaststroke) 40 min
Cycle 45 min • Tennis 50 min
Bowling 65 min • Walk 97 min
Working on PC 230 min
Learning in a Class 254 min



TRADITIONAL MEALS



1
portion
=
950
kcal

Dumplings with sheep cheese

Procedure:

Peel the potatoes and grate them.
Add salt, egg and flour.
The mixture has good consistency, if a spoon stands up in the mixture.
Pour the mixture through the dumpling sieve into the pot with boiling water
Let them cook for 10-15mins.
Stir the dumplings gently while cooking.
Cut the bacon into pieces and roast it.
Pour the water away from the cooked dumplings.
Put them into big bowl with sheep cheese, Greek yoghurt and roasted bacon.

Ingredients:

800g potatoes
(5 potatoes)
1 teaspoon salt
300g flour
1 tbsp plain/white yoghurt
300g sheep cheese
150g bacon

To use these calories:

- jog for 2 hours
- cycle for 2 hours and a half hour
- play squash for an hour and a half
- swim for 3 hours



1
portion
=
556
kcal

Cheesecake

Ingredients:

500g curd
400g flour
50g powder sugar
100g butter
pinch of salt
lemon zest (skin)
2 egg yolks
vanilla sugar
raisins, yeast, milk

Procedure:

Make the dough by mixing milk, yeast and sugar and leave it to rise.
Sift the flour and sugar, then add the pinch of salt, melted butter, grated lemon zest, 1 egg yolk and the yeast made in step 1.
Make the above into the dough and leave it to rise on warm place.
Make the filling: mix the butter with vanilla sugar, curd, 1 egg yolk and raisins.
Then roll the dough with the rolling pin on a floured board.
Put the dough on a greased baking pan, cover it with the filling made in step 4.
Bake in the oven at 180°C

To use these calories:

jog for hour and a half
cycle for an hour and a half
play squash for an hour
swim for 2 hours



Karelianpies

Procedure porridge filling:

Place milk, water, rice and salt into a large saucepan and bring to a simmer. Be sure to stir regularly and when it starts to thicken stir continuously so it does not stick to the bottom. It is ready once thickened and all the liquid is absorbed. It will resemble porridge.

Ingredients:

Porridge filling:
1 litre milk
2 decilitres water
2 decilitres short grain rice
Salt to taste

Ingredients:

Crust:
1,5 decilitres cold water
1 decilitre plain flour
3 decilitres rye flour
1 tsp salt

Calories in 100g:

(P 4,1 H 23,6
R 3,2 in one pie 60g)





100 g
=
145
kcal

Procedure crust:

Mix cold water, salt, rye flour and plain flour into a hard dough. Roll the dough out into a log and cut it into 24 pieces. Roll each piece into a ball and press into a flat round cake on a floured board. Using a rolling pin, roll each cake into a paper thin round shape. Use flour sparingly to ensure surface and dough do not stick. Stack up the rolled out circles with a sprinkle of rye flour in between each sheet.

Once the filling has cooled down brush off excess flour and spread about 2 tablespoons of rice porridge in the middle of the dough in an oval shape. Ensure the filling reaches the top and bottom of the circle but leave the sides empty. Start to shape the pie by pinching the top end into a point, then with hands on either side of the circle pinch the sides from the top end to the bottom. As you pinch the dough will drag in, pinch the bottom end to a point (like the top).

Place finished pies onto a baking tray and bake in the oven at 275-300oC for approx 15 minutes until the crust is crispy and lightly browned. After you remove from the oven brush the top with butter while hot, and EAT!

To make the egg topping mix boiled eggs with creamed butter (6 eggs to 1/2 cup butter) and salt, then smother on top.

Different ways to spent 145 kcal

- football 18 minutes
- basketball 19 minutes
- volleyball 29 minutes
- dance 34 minutes
- walk 41 minutes



100 g
=
127
kcal

Minced meat soup

Procedure:

Sear the minced meat in the frying-pan
Chop the onion small pieces
Cut the potatoes and vegetables into easy-to-eat pieces.
Put the minced meat, potatoes and vegetables in water and salt into a pan and bring to a boil. Add black peppercorns and chopped onion. Let it boil about 40 minutes until vegetables are soft.
Taste and add salt and pepper if needed. Garnish with parsley

Ingredients:

- 500g minced cow meat
- 1 liter water
- 2-teaspoon salt
- 10 whole black pepper
- 1 Onion, 2 Carrots
- 1 celery, 5 potatoes
- Fresh parsley

Sport activities to spend 127calories

- Football 16min
- basketball 16 min
- swimming 26 min
- walking 36 min
- volleyball 25 min
- dance 30 min

Roast sirloin in sour cream sauce with dumplings

Procedure:

Cut through the meat with pork bacon fat, cover it with salt and pepper and fry it in oil in a frying pan on all sides. Then put it in a roasting pan and put the roasting pan into the oven.

When the meat is ready, put the cut vegetables in cubes into the sauce of meat, add the onion and the other spices.

When the vegetables are ready add hot boiling water under meat with vegetables, put the dish cover on the roasting pan

and put it all into the oven to bake. Time to time pour the meat with its own meat sauce and hot bouillon until the meat turns soft.

When meat is soft take it out of the roasting pan and keep it warm.

Take the soft vegetables and sauce of baked meat and mix it

Mix the milk with 25grammes of flour add it into the mixture made of the vegetables and the meat sauce.

Add cream to make sauce smoothen and a bit of lemon and perhaps a bit of salt.

Slice the meat and serve it with the sauce and rolls dumplings.

4 portions



Ingredients:

800g beef meat (rump or sirloin)
 100g pork bacon fat
 100g fat - oil or butter
 300g vegetables – carrots, celery root, parsley root, 1 onion
 5 marbles of black pepper
 5 marbles of new spice
 2 bay leaves, 25g smooth flour
 200ml milk, 350ml cream
 Salt, Lemon juice



1 portion = 440 kcal

Dumplings

Procedure:

Put sieved flour into a bowl.

Make a little hole into the flour and put the leaven, a half of the lukewarm milk into it and let it rise. Mix the second half of the milk with the egg, salt and put the mixture into the bowl to make dough.

Mix the dough with wooden spoon until the dough is glossy, doesn't make bubbles and doesn't stick the spoon. Cover the dough with flour, put a dish towel over the bowl and let the dough to rise. Cut the rolls in cubes. When the bowl is almost full of risen dough mix it with cubes made of rolls. Take the dough out and make two cylinders of dumplings and let them have a rest for a while. Boil water in a big cooking pot with a spoon of salt and put the cylinders of dumplings into it. Cook them for 20 minutes on both sides (10minutes each side).

Take the cooked dumplings out of water, prick them with a fork and slice them with a thread. (Make 1,5cm wide slices)

6 – 8 portions

Ingredients:

500g coarsely ground flour
 20g yeast (leaven)
 250ml milk
 1 egg
 2 rolls (2 or more days old)
 Salt

To use these calories:

Running Uphill 37 min
 Running (10km/h) 50 min
 Swimming (breaststroke) 59 min
 Cycle 65 min • Tennis 73 min
 Bowling 94 min • Walk 141 min
 Working on PC 335 min
 Learning in a Class 369 min



1
portion
=

340
kcal

Chicken schnitzel

Ingredients schnitzel:

800 g chicken breasts
100 g all-purpose flour
200 g bread crumbs
2 eggs, salt, frying oil

Ingredients potato salad:

750 g potatoes, 2 eggs, 1 carrot,
1/4 celery, 60 g peas, 1 onion
2 – 3 pickled cucumbers
200 g mayonnaise
1 tablespoon of mustard
salt, pepper

To use these calories:

Running Uphill 28 min
Running (10km/h) 39 min
Swimming (breaststroke) 46 min
Cycle 50 min • Tennis 57 min
Bowling 73 min • Walk 109 min
Working on PC 259 min
Learning in a Class 285 min

Procedure schnitzel:

Clean the breasts and cut them so they are of the same thick. Pound them and salt both sides. Dust each breast with flour, coat them in egg mixture (eggs mixed with water) and in the bread crumbs. Fry the breasts (each side) in the sufficient amount of oil until golden. Place on a serviette and let the oil drip off.

Procedure potato salad:

Boil potatoes with the skin on and peel them when they are cold. Boil eggs for about 10 minutes and peel them. Cook cleaned carrot and celery in salted water. Dice all into small pieces, chop onion and pickled cucumbers. Add peas. Mix all ingredients together adding mayonnaise, mustard, salt, pepper and pickles (according to your taste). Refrigerate and leave salad to mature.