

ACTIVITY: ENERGY BALLS

1. Objective

To learn about food security and nutrition while preparing an easy, nutrient-rich recipe.

2. Process

After attending the food security and nutrition presentation, groups of 4 students will be formed. Each group must answer the questions asked by the teacher to obtain the resources necessary to prepare the recipe. Each question corresponds to one ingredient or more, or you can swap ingredients with another group. In the end, all the groups must acquire the ingredients, either by exchanging ingredients or answering additional questions and preparing the recipe.

3. Questions for the activity

QUESTION	INGREDIENT
1. What are food-related diseases? Mention one in each category.	Chickpeas
2. What is family food security?	Red beans
3. Outline the measures to prevent food poisoning.	Dry corn
4. What do nutritional needs depend on?	Lentils
5. Mention three measures or healthy eating guides.	Dry wheat
6. What are the nutritional needs and their main characteristics?	Soybean grains
7. Name three foodborne diseases.	Green banana
8. What is contaminated food? Define its divisions.	Natural peanut
9. Make a diagram of the food pyramid and classify the following foods/activities in it: corn, trout, onion, apple, cheese, cassava, soccer, potato, banana, lemon, garlic, sunflower oil, eggs, soda, water, basketball, fries, ham.	Honey
10. What do microorganisms need to multiply?	Extra
11. Mention the types of microorganisms and their effects on food and the body.	Extra
12. What are eating disorders and their main characteristics?	Extra

4. Recipe

Sampa is a highly nutritious energy food traditional from Tibet and just needs nine ingredients. This food is used in times of food crisis and can be taken regularly to cleanse the body and give rest to the digestive organs mistreated by our eating habits. A small ball of this food represents the ration of a meal of the day, and stored hermetically can last indefinitely.

a. Ingredients

The ingredients are usually the following, but other similar ones, such as quinoa, can substitute them. The proportions of all the grains, the natural peanuts, and the bananas (without shell) will be 1:1. The ratio of honey to grains will be 1:3. If you don't have dry corn, popcorn or cornmeal can be used.

- Chickpeas
- Red beans
- Dry corn
- Lentils
- Dried wheat
- Soybean grain
- Green banana
- Natural peanut
- Honey



Source: De rutas por la naturaleza. (n.d.). *Sampa: antigua receta del Tibet*.
<https://derutasporlanaturaleza.es/?p=1078>.

b. Preparation

- **Toast:** Toast each of the grains separately over low heat and let them cool. In the case of peanuts, use the grinder to grind them, but trying not to grind it too much because it will turn into peanut butter; it should remain in more or less large pieces. In the case of the plantain, clean and cut into slices and dry them in the sun or the oven (preheat the oven to 180°C for 10 minutes, and bake the plantain until it is completely dry, that is, it is crunchy, about 50-60 minutes).
- **Grind:** With the help of a mill, grind each of the already toasted ingredients separately until obtaining the flour for each one.
- **Mix:** Once ground, mix the ingredients in a non-metal container. Slowly, add the honey while kneading to unify the entire mixture evenly.
- **Form:** Take small portions to form balls of 2 to 3 cm in diameter.
- **Store:** Let the balls dry by covering them with a cloth or fabric that prevents insects from perching on them. The ideal consistency of the balls is that they are not very hard

but have a certain degree of malleability without being too sticky. Then, store in airtight containers, preferably glass.



Source: Recetas ABC. (n.d.). *Sampa: alimento energético para tiempos de escasez*. <https://recetasabc.com/sampa-alimento-energetico/>.

5. Complementary material

290chek. (2010, August 16). *Tagong-Monasterio Tíbet-Festival Religioso.AVI*. [Video]. YouTube. Retrieved February 6, 2023, from <https://youtu.be/dcJPIydaryE>.

Aventura a tu Alcance - Bushcraft y Supervivencia. (2016, April 21). *Como Hacer SAMPA / La Mejor RACIÓN DE EMERGENCIA Casera / Comida de SUPERVIVENCIA / MRE* [Video]. YouTube. Retrieved February 6, 2023, from <https://youtu.be/8ZRaaAHEArc>.