

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
3. Outline the measures to prevent food poisoning.	Dry corn

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

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>.