



Title

Vitamins and Shopska salad

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Table of activities

School subject	<i>Biology</i>
Topic	<i>Vitamins</i>
Age	<i>14 years</i>
Required time for activity	<i>90 minutes</i>
Required materials	<i>Flour, chocolate, milk, eggs, baking soda, baking powder, baking tray</i>
Cultural concept	<i>Making the national Bulgarian dish Shopska salad</i>



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Teaching concept

The goal of this activity is to learn about the nutritional benefits of different types of vegetables, including those found in Shopska salad, and how they contribute to a balanced and healthy diet. The activity may also involve discussing the role of vitamins in maintaining good health, but the focus is on the practical application of this knowledge in preparing and enjoying a healthy dish.

Cultural concept

Shopska salad originates from Bulgaria and was named after the Shopi tribe who lived near Sofia, as well as in the territories of Serbia and North Macedonia. This salad is highly popular in the surrounding areas, particularly during summer months, as it is refreshing and rich in vitamins. The salad is composed of cucumbers, tomatoes, peppers, onions, ham, salt, oil, vinegar, and fatty salty cheese.

Biological concept

The human body requires vitamins and minerals to function properly, and we obtain them from the food we eat. Fruits and vegetables are particularly rich in vitamins, which is why salads like Shopska are a valuable source of these essential nutrients.

Aim of activity

The objective of this activity is to encourage students to apply their knowledge about vitamins and minerals, and to foster healthy eating habits. Through the process of making Shopska salad, students will learn about the specific vitamins and minerals present in the salad and analyze their nutritional benefits.

Activities

This activity consists of three main steps. Firstly, students study the recipe for making Shopska salad and research the vitamins and minerals present in each of the salad's ingredients. Secondly, students organize the information they have gathered and present it in a table format, highlighting the importance of each vitamin and mineral, their role in the body, and other food sources of these nutrients. For instance, tomatoes contain vitamins A, C, K, B6, folic acid, and potassium. Vitamin A is crucial for eyesight and the immune system, and it can also be found in milk, carrots, peaches, apricots, and spinach.

In the final step, students prepare the salad and taste it. It is recommended that they use organic products sourced from local gardens. This activity not only allows students to learn about the nutritional benefits of salads but also promotes healthy eating habits and supports the local community.

Additional materials



Figure 1. Material needed for Shopska salad



Figure 2. Prepared Shopska salad



Figure 3. Decorating Shopska salad



Figure 4. Onion for Shopska salad