

STEM@CGI – At Home!

“STEM@CGI At Home” offers weekly STEM based activity packs with practical STEM activities for children. **Get your family involved, learn and have fun!**

Food!

Food plays a vital role in our day-to-day lives, whether it be baking and cooking as a hobby or eating a balanced diet to remain healthy. **Eat well. Live well.**

This week, you will code a digital recipe book with Trinket and research what makes a balanced diet.



ACTIVITY – RECIPE

Introduction

In this project, you'll learn how to create a webpage for your favorite recipe.



[Access this activity](#)

What you will need

A computer capable of running [Trinket](#) to write HTML & CSS online

What you will learn

In this activity, you will learn how to write HTML, consolidating the use of nested tags & CSS for colors.



BONUS ACTIVITIES

A balanced diet

A balanced diet consists of a variety of healthy and tasty foods. These are defined into three food groups: fruits and vegetables, protein foods and whole grain foods. Each group contains the vitamins and minerals that our bodies need to function properly.



[Download PDF](#)

In this activity, you will learn what a balanced diet is, why it is important for your health and the foods that make up a balanced diet.

Stay healthy and safe!

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