

Eat for Goals! new cookery app

Idioma Undefined

Eat for Goals! is a new cookery app which gives young people the opportunity to cook the same heart-healthy recipes as some of the world's top footballers. Based on the successful Eat for Goals! book, the app encourages young people to eat healthily and lead an active lifestyle, in order to reduce their risk of heart disease and stroke.

Eat for Goals! was originally created under the patronage of the Union of European Football Associations (UEFA), World Heart Federation and the European Commission. Now it is available in a new format with Eat for Goals! app.

The app shows young people how to cook the same healthy recipes as some of their favourite football stars, with the aim of encouraging them to eat healthily and lead an active lifestyle.

Once the app is downloaded, young people aged 7+ are encouraged to 'score a goal' to see recipes from 11 of their favourite football legends: Frank Lampard, Cristiano Ronaldo, Kaká, Carles Puyol, Steven Gerrard, David Villa, Yaya Touré, Paul Pogba, Lotta Schelin, Rachel Yankey and Samuel Eto'o.

Each player shares what he or she loves to eat and gives the recipe for his or her favourite dish. As well as seeing what football stars like to eat, the app also provides interesting food facts and step-by-step instructions, making it easy for even the less-experienced to make delicious, healthy meals in no time at all!

Want to learn more? Check out [World Heart Federation](#) [1]site

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[1] <http://www.world-heart-federation.org/what-we-do/awareness/children-youth/eat-for-goals/>
