

The food pyramid and diary :
a reflection on eating habits

descrizione

the module is planned both for a 5th primary school and for a 3th year of lower secondary school.

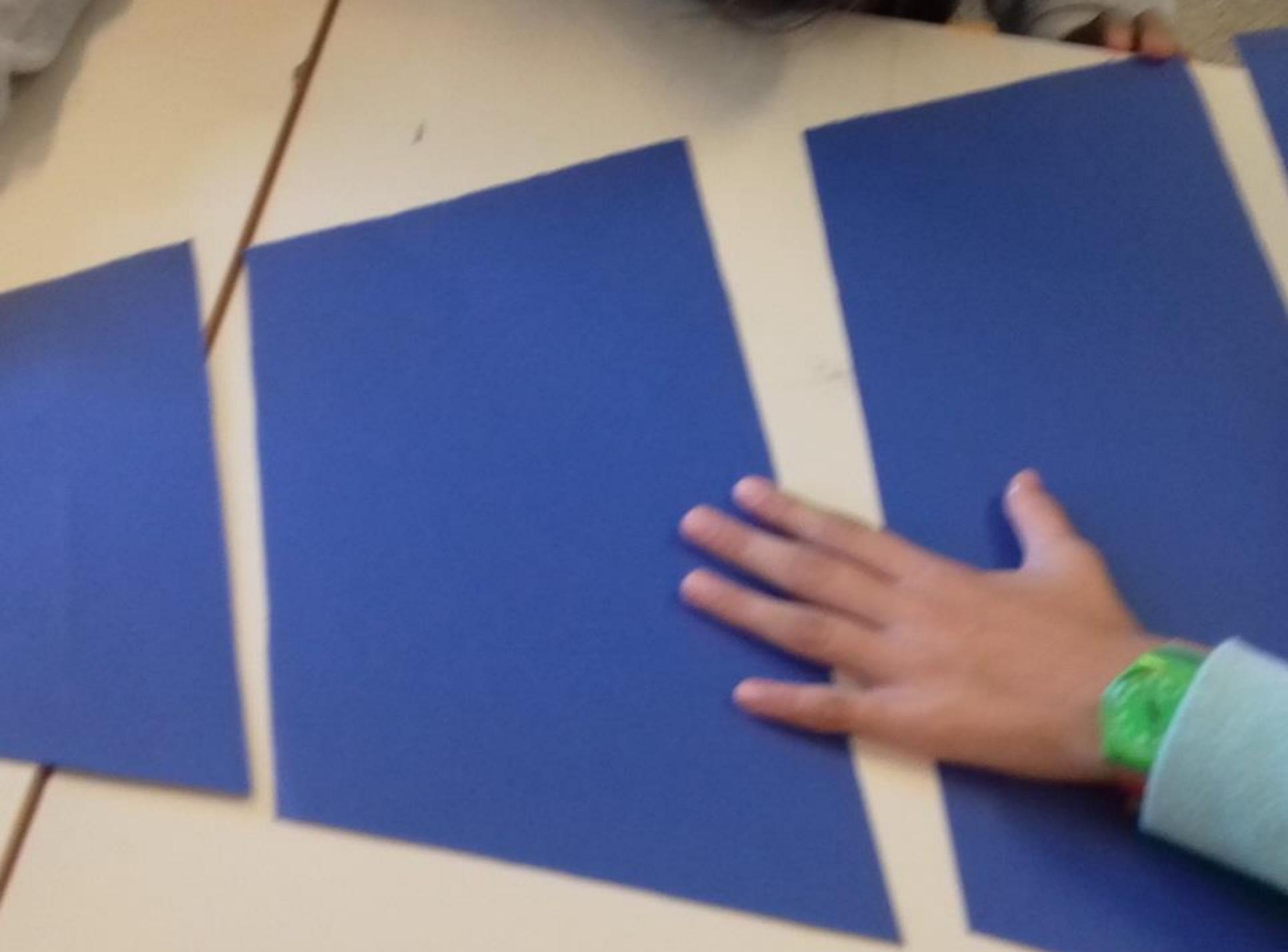
The aim of the interaction between 2 school levels is the sharing of knowledge, materials and experience both for students and teachers.

The learning unit is divided into 3 sections

1st section : the food pyramid is presented

2nd section : the food diary in the week

3th section : food in the world and in our territory







The Grain Group

This group gives us carbohydrates for the energy that we need to study, work etc.

What will you find in this group?
Bread, cereal, pasta and rice.



The Fruit Group

This group of foods provide vitamin C and A. They fight the infection and prevent diseases.

We will find in apples, bananas, oranges, strawberries, pear, kiwi, melons, pineapple, and many more.



The Vegetable Group

Vegetables give us vitamin A that keeps our skin healthy. It has contains vitamin C too.

This group is in broccoli, corn, peas, green beans, lettuce, celery, carrots, potatoes, mushrooms etc.



The Meat Group

Meats help you build strong muscles and it also provides the protein that your body needs.

We find in beef, pork, chicken, turkey, fish, eggs and nuts.



The Milk Group

The milk group helps keep your bones and teeth strong and healthy because they provide calcium. We can find in milk, yogurt, cheese etc.

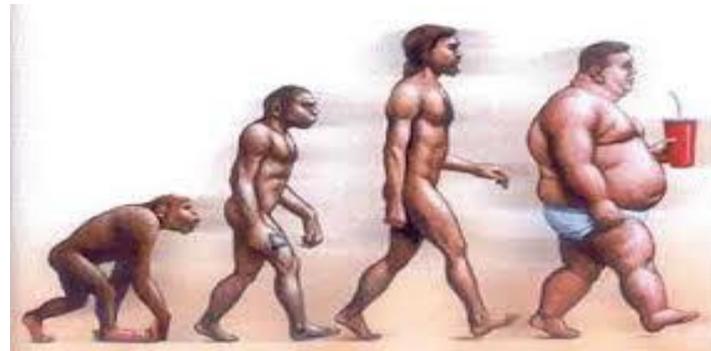


junk food

Junk food is unhealthy. It is bad for our health.

The junk food contains: Potato chips, donuts, cakes, cookies, candy, soft drinks, and other salty snacks.

You shouldn't eat a lot of this group.



IN FRUIT AND VEGETABLE THERE ARE THE FIVE
COLOURS OF HEALTHY (the rainbow)





YELLOW AND ORANGE

Apricots
Oranges
Ananas
Carrots
Lemons
Clementines
Mandarins
Melons
Papaya
Sweats Potatoes
Peperoni gialli
Yellow peaches

Red

Black cherries
peppers

Tomatoes

Red turnips

Radishes

Red currants

Red grapes

Watermelons

Red oranges

Cherries

Pomegranates

Red onions

Strawberries

Raspberries

Red Apples



Artichoke
Cucumber
Kiwi
Endive
Lettuce
Lime
Green pepper
Pea
Celery
Spinac
Grapes
Savoy
Courgette



Verde



Fig
Aubergine
Bilberry
Blackberry
Prune
Blackcurrant
Plum
Black grapes

Viola – Blu

Banana
Cauliflower
Onion
Fennel
Potato
Pear
Leek
Turnip



Bianco

Second part : The food Diary

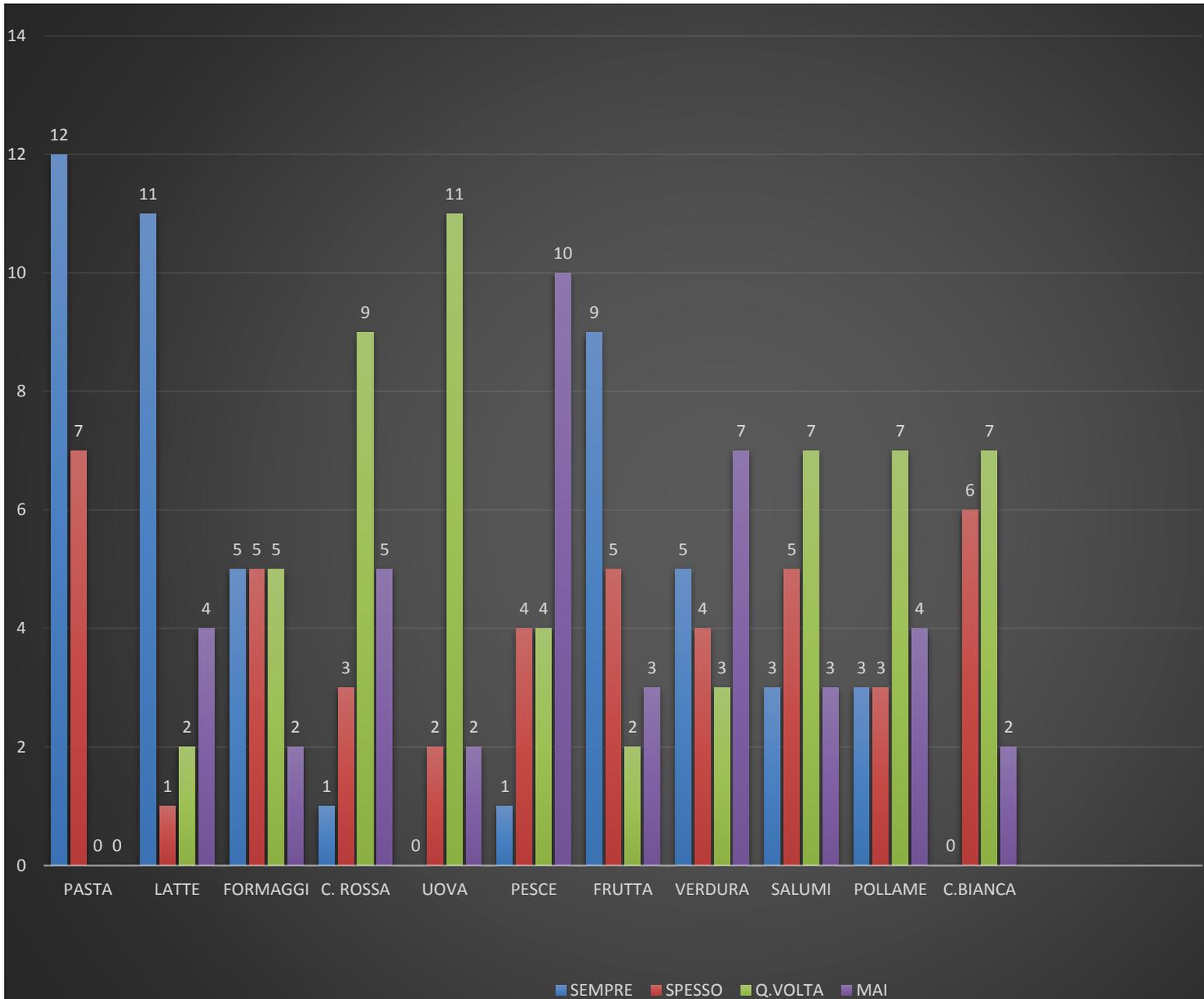
- Registrazione quotidiana dei pasti di ogni alunno
- Scoperta di abitudini e piatti diversi
- Frequency test on food :
 - always
 - often
 - sometimes
 - never

What is a food diary?



Tabella riassuntiva

Cibo	sempre	spesso	q. volta	mai
riso	x	xxxxx	xxxxxxxxxxx	x
pasta	xxxxxxxxxxxxx	xxxxxxx		
latte	xxxxxxxxxxxxx	x	xx	xxxx
formaggi	xxxxxxx	xxxxx	xxxxx	xx
c. rossa	x	xxx	xxxxxxxxxxx	xxxxx
uova		xx	xxxxxxxxxxxxx	xx
pesce	x	xxxx	xxxx	xxxxxxxxxxx
frutta	xxxxxxxxxxx	xxxxx	xx	xxx
verdura	xxxxx	xxxx	xxx	xxxxxxxxx
salumi	xx	xxxxx	xxxxxxxx	xxx
pollame	xxx	xxx	xxxxxxxxxxx	xxxx
c. bianca		xxxxxxx	xxxxxxxx	xx
Pane	xxxxxxxxxxxxx	xx	xx	xx



■ SEMPRE ■ SPESSE ■ Q.VOLTA ■ MAI

What did we learned????

- Having breakfast is very important
- Le abitudini alimentari variano da paese a paese
- Ogni paese ha prodotti e piatti tipici
- Perché non rivisitare le ricette di altri paesi introducendo i nostri prodotti tipici locali?

Having breakfast is very important





OUR RAINBOW RECIPES FROM ALL OVER THE WORLD



RECIPE: JACKET POTATOES

YELLOW LIKE POTATOES



INGREDIENTS:
YOU NEED
FOR FOUR
PEOPLE:
POTATOES: 8
medium large
BACON: 100 g
CHEDDAR:

100g



PREPARATION:

To prepare the jacket potatoes, washed potatoes under running water, rubbing to remove loose soil, then pat dry with a clean cloth. Then carefully wrap them in aluminum foil and place on a baking tray lined with baking paper. Bake at preheated conventional oven at 200 ° for about 1 hour and a half.

While the potatoes are cooking, grate the cheddar cheese, then saute the bacon in a pan to roast. So, once toasted, place it on a tray lined with paper towels.

When the potatoes are cooked, baked and taking care not to burn yourself, place them on a cutting board: cut for length, then pour into the slot of each one or two teaspoons of grated cheddar. Then add a teaspoon of bacon. The cheese melts with the warmth and tasty bacon will add a touch to your jacket potatoes! Serve hot!

YELLOW LIKE BYREK



INGREDIENTS *You need for 2 people:*

- 350g flour
- 2 eggs
- a little salt
- 1/2 litre of milk
- 150g butter
- Grated cheese

PREPARATION:

Take flour, water, salt, eggs and with these ingredients you make the dough. You have to leave it to stand for 15 minutes. Then with the dough, make the crisp puff pastry, then put it in a big bowl where you also put some salt, two eggs and some milk. Take the dough, wet it and put on it some butter and grated cheese. Then put everything on a baking tin finally put in the oven at 180°C for 40 minutes. The masterpiece is done.



BROWN LIKE PICADILLO ALA HABANERA



Ingredients:

2 lbs. ground beef -1 yellow onion, chopped -1 green pepper, chopped -1 can (8oz) tomato sauce-½ cup pimento -stuffed green olives - 4 garlic cloves, minced
2 tbsps. olive oil -1 small box raisins -1 tsp. Cumin -1 tsp. oregano
Salt & pepper, to taste.

Directions:

In a large pan, heat the olive oil and saute the onions, green pepper and garlic. Add the ground beef and cook until brown. Be sure to break up any large chunks of beef and drain any excess oil. Add the tomato sauce, cumin, oregano and olives. Lower the heat, cover and let simmer for 20 minutes

Add raisins, salt and pepper to taste. Let simmer for five minutes and serve immediately

Best served with: White rice, tostones, black beans and rice.

Enjoy!



YELLOW LIKE PANCAKE



Ingredients

3 large eggs 115g plain flour 1 heaped teaspoon baking powder 140ml milk a pinch of salt

First separate the eggs, putting the whites into one bowl and the yolks into another. Add the flour, baking powder and milk to the yolks and mix to a smooth thick batter. Whisk the whites with the salt until they form stiff peaks. Fold into the batter – it is now ready to use.

Heat a good non-stick pan on a medium heat. Pour some of your batter into the pan and fry for a couple of minutes until it starts to look golden and firm. At this point sprinkle your chosen flavouring (see below) on to the uncooked side before loosening with a spatula and flipping the pancake over. Continue frying until both sides are golden.

You can make these pancakes large or small, to your liking. You can serve them simply doused in maple syrup and even with some butter or crème fraîche. Or if you choose to sprinkle with a flavouring, try one of these...



RED LIKE COVERED STRAWBERRIES

INGREDIENTS

1/2 pound of your favorite semi-sweet, milk, or white chocolate, coarsely chopped. (I suggest using Calibaut Belgian semi-sweet chocolate. It melts evenly to a smooth, creamy consistency, and it tastes very robust but not too sweet.)

12 large, ripe, vine strawberries, preferably with the stems still on, dried very well.

Toothpicks

PREPARATION

Melt the chocolate in a double boiler over hot, but not simmering, water. If you do not have a double boiler, use a heavy bottomed sauce pan over a very low flame, and stir often to avoid scalding. Remove from heat when no lumps remain.

Using a toothpick to hold the strawberries, dip them one at a time into the chocolate to about 3/4 up the side of the berry. Wipe excess off on the edge of the pan.

Place the other end of the toothpick into Styrofoam so that the strawberries can cool upside down. If you don't have Styrofoam, lay the strawberries carefully on the waxed paper. If the melted chocolate starts to thicken while you're working, slowly reheat it.

Refrigerate the chocolate covered strawberries until ready to serve.



BREAD LIKE MOROCCAN BREAD



INGREDIENTS:

250 gm flour-2 eggs-2 tbsp butter-1/4 cup of sugar-1 tsp baking powder-1 tbsp yeast-1/4 cup dry-milk-1 cup of warm milk-1 pinch of salt-1 egg yolk-1 pinch fennel seeds-1 pinch aniseeds-3 pinches sesame seeds for decoration.

PREPARATION:

In a big bowl combine flour, sugar, dry milk, salt, fennel seeds, aniseeds, baking powder and yeast. Then add butter, eggs, warm milk, warm water. Work by hands to have a soft dough, knead it well and let it double in size. Divide the dough into 6 balls and place them separated in a buttered baking pan. Let the mini brioche double in size for 1 hour, then brush it with 1 egg yolk and sprinkle with sesame seeds. Bake in hot oven for 30 minutes. Moroccan mini brioche is ready to be served. Serve with Moroccan mint tea.

BROWN LIKE CHOCOLATE TEA CAKES!



Ingredients:

-300 gr dark or milk chocolate

For the biscuits:

-60 g flour tpe "00" -1/2 teaspoon baking powder -a pinch of salt -30g butter -30 g
caster sugar - 1 medium egg yolk-1/2 tablespoon milk

For the marshmallow:

-3 medium egg white -100 g caster sugar -1 tablespoon golden syrup

Preparation:

-Combine the flour, salt, baking powder and sugar in a bowl. Add the butter and rub the mixture together using the tips of your fingers until it looks like breadcrumbs.

-Add the egg yolk and milk and knead the mixture together with your hands to form a dough.

- Turn out onto a floured surface and roll out. If you are using a silicone mould like mine then cut out 6 circles using a 7 cm cutter. If you are using a different size mould then adjust accordingly.
- Place on a baking tray covered in baking paper and bake in the oven for 15 minutes until firm. Remove from the oven and leave to cool.
- Melt 200g of the chocolate in a heatproof bowl over a pan of boiling water, make sure not to overheat and burn it. Once melted, leave to cool a little.
- Once the chocolate is a little thicker spoon approximately one tablespoon into each of the domes in the mould. Coat each dome completely, and then leave to set, checking periodically that the chocolate is still completely covering the sides of the dome.
- Dip the biscuits into the remaining chocolate and cover completely. Place on backing paper and leave set.
- To make the marshmallow put all the ingredients into a heatproof bowl over a pan of boiling water and whisk using an electric mixer until the mixture turns thick and hold soft peaks. This may take several minutes. If it is not thick enough, just keep whisking. Then leave the mixture to cool.
- Melt the rest of the chocolate.
- Place the marshmallow into the chocolate-coated domes and fill up to the top. Then take a chocolate-covered biscuit and spread more melted chocolate onto one side, then place onto the dome, and leave to seal. Then leave them to set.
- Once set gently turn out the domes from the silicone and they are ready to serve.



GREEN LIKE BASIL SAUCE "PESTO"

Ingredients:

2 cups fresh basil leaves-1/2 cup freshly grated Parmesan-Reggiano cheese-1/2 cup extra virgin olive oil-1/3 cup pine nuts -3 garlic cloves -1 pinch salt

Special equipment needed: a food processor.

Preparation:

Place the basil leaves and pine nuts into the bowl of a food processor and pulse several times. Add the garlic and Parmesan cheese and pulse several times more. Add the olive oil in a steady small stream and pulse again. Stir in some salt to taste.

Toss with pasta for a quick sauce or spread onto crackers or toasted slices of bread.



MILANESE RICE (YELLOW)

Ingredients you need for 4 people: Rice 350gr./ Butter / Onion / A brown and add a cup of hot broth pocket of Saffron / just prepared into another A stock cube soup 1.5l / parmigian cheese.

Preparation : First, chopped a few onions and fry with some butter: then add rice. After that make it brown and add a cup of hot broth, just prepared into another pan, then put saffron.Mix frequently and add very hot broth. The baking is 18 minutes: after that, add a little butter. Finally serve the rice with grated cheese.



GREEN LIKE MINT CAKES



INGREDIENTS

-YOU NEED(FOR 4 PEOPLE)

- 4 dl of fresh cream
- 1 dl of milk
- 25g of sugar
- a bunch of fresh mint
- 2 tablespoons of mint syrup
- 10 g of jelly sheets

TO DECORATE

- 100 g of dark chocolate or chocolate
- sugar silver

TOOLS

- sweets mould



30 minutes + 4 hours of cooling

● PREPARATION

Soak the jelly in a bowl of cold water for at least 10 minutes. Pour the milk and cream in a small saucepan, mix the sugar and washed mint, bring to a boil over low heat, turn off the heat and leave to infusion for 10 minutes in a covered container. Remove the mint, add to the still hot mixture the drained and squeezed jell and let it melt by blending with a wooden spoon. Finally incorporate the mint syrup. Spread the mixture in the recesses of the mould, let it cool and move to the fridge to harden for at least 4 hours. Misshapen the desserts and garnish with the melted chocolate and silver balls highlighting the patterns of the mould.



CANNOLO SICILIANO:

BROWN LIKE THE SHELLS, WHITE LIKE RICOTTA CREAM

INGREDIENTS (for 4 people)

pinch salt pinch ground cinnamon marsala wine, as needed soybean oil, for deep frying ricotta cream 60
grammi ricotta 20 grammi sugar liquid cream, as needed 1 teaspoon vanilla extract
1-2 grammi diced candied citron 1 grammi chocolate chips

preparation:

fry the shells until golden brown, 10 to 15 minutes, and cool down on paper towel-lined sheet pan.
once cool, remove the metal or wooden sticks and store in an airtight container until ready for use.

for the ricotta cream: mix the ricotta cheese with the sugar. add the cream as needed.

add the vanilla extract, cinnamon oil, citron and chocolate chips.

refrigerate until needed.

fill each cannoli with the ricotta with a pastry bag or spoon.

Brown like Greek

roast lamb



Ingredients

1 large leg of lamb, about 3kg/6lb 8oz 6 garlic cloves 1 bunch oregano zest and juice 1 lemon
6 tbsp olive oil 1½ kg new potatoes 400g can chopped tomatoes large handful pitted baby kalamata olives

Preparation

Heat oven to 240C/fan 220C/gas 9. Pound the garlic, half the oregano, lemon zest and a pinch of salt in a pestle and mortar, then add the lemon juice and a drizzle of olive oil. Stab the lamb all over with a sharp knife, then push as much of the herb paste as you can into the holes. Tip the potatoes into a large roasting tin, then toss in the remaining olive oil and any remaining herb paste. Nestle the lamb amongst the potatoes, roast for 20 min, then reduce the temperature to 180C/fan 160C/gas 4. Roast for 1 hr 15 min. for medium-rare, adding another 15 min. if you prefer your lamb medium. Baste the lamb once or twice with the juices and toss the potatoes. When the lamb is done to your liking, remove from the tin and let it rest. Throw the rest of the oregano in with the potatoes, scoop from the tin and keep warm. Place the roasting tin over a medium flame, add the canned tomatoes and olives to the pan juices, then simmer for a few min. Serve the lamb with the potatoes and sauce and a simple salad.



RED LIKE EGG FETTUCCHINE

INGREDIENTS

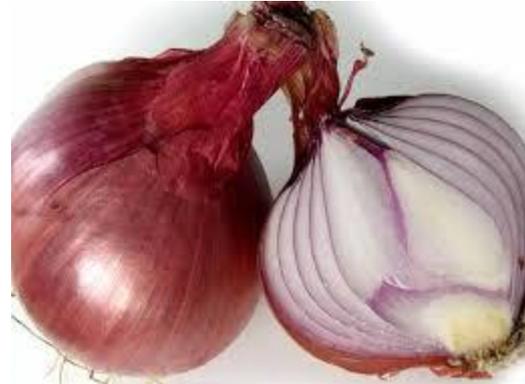
2 crabs-1 pound (or 500 gr) egg fettuccine-3 tablespoons unsalted butter-1 clove garlic, minced of chile flakes-2 cups sweetcherry tomatoes, halved-Pinch sea salt-Pinch brown sugar

Freshly ground black pepper -2 cups half-and-half-1/2 cup plus a pinch freshly grated Parmesan cheese-1/2 cup fresh sweet peas-1/4 cup minced fresh parsley

preparation

In a large pot, bring enough water to cover two crabs to a boil. Add the crabs and cook for about ten minutes. Shell the crab and set aside all the crabmeat. Next pin a separate pot, bring water for the pasta to a boil. Add salt. Cook the egg fettuccine according to package directions for "al dente". Drain. In a pan heat the unsalted butter. Add the garlic, pinch of chile flakes and saute until it becomes golden and fragrant, about 2 minutes. Add the sweet cherry tomatoes, sea salt brown sugar and freshly ground pepper to the pan. Cook for about 8 minutes, until tomatoes begin to create a nice, light sauce. Add in the half-and-half and bring to a boil. The moment it starts to boil, turn heat down to medium-low and add a big handful of minced parsley. Stir and let it simmer for about 8 minutes. Mix in the crabmeat and wait about 2 minutes.

I prodotti tipici inserisci immagine



The experience on our territory



E ora.....portiamo il nostro lavoro sul
territorio



TORTILLA DE PATATAS DE CENCERATE
45 min.

INGREDIENTES

- 3 patatas de Cencerate
- 1 cebolla de Bodega
- 4 huevos
- aceite de oliva Virgen Extra
- sal

PREPARACION

Primero partimos las patatas en trozos por la mitad y cortamos a juliana. Cortamos por la piel. Cortamos las patatas de cada lado y hacemos cortes verticales y luego horizontales, así se quedan planas y se cocinan mejor. Ponemos todo en un plato. En una sartén agregamos abundante aceite, y cuando está a temperatura media alta, agregamos las patatas y seguimos cocinando la cebolla. Mientras, y después cocinar por 20 minutos, vamos añadiendo las rebanadas del aceite. Agregamos 2 patatas picadas de sal y damos una vuelta, invertimos todo con un bol grande y cuando las patatas ya están con un poco de aceite, agregamos los últimos patatas al bol, damos unas vueltas para que las patatas se impregnen bien de huevo. Y en la misma sartén sin agregar más aceite, cocinamos que sigan cocinando y colocamos la tortilla del bol. Y cocinamos a fuego bajo por 5 minutos. A la larga de este tiempo, con la ayuda de una lengua de cocina vamos rotando la tortilla, de modo que se haga bien la tortilla en la cacerola. Notamos que la tortilla está cuajada cuando vamos en la base ya tiene una consistencia. Con un plato más grande que la sartén, tapamos, damos la vuelta a la tortilla y colocamos de nuevo en la sartén. Cocinamos a fuego bajo por 5 minutos más y la tortilla ya está en el plato.

TORTILLA DI PATATE DI CENCERATE
45 min.

INGREDIENTI

- 3 patate di Patatas de Cencerate
- 1 cipolla di Bodega
- 4 uova
- olio extra vergine d'oliva
- sale

PREPARAZIONE

Prima si divide le patate, subito dopo tagliare a julienne.

Tagliare e metà la cipolla e sbucciarla. Tagliare le patate a fare dei tagli verticali e orizzontali, in modo che diventino come dei cubi molto piccoli. Mettere a tutto in un piatto. In una padella aggiungere un abbondante dose di olio, a qualcosa oltre ad una temperatura medio-alta, aggiungere le patate e cuocere dopo la cipolla. Mescolare il liquido (vapore) per 20 minuti, mentre invertire il liquido bisogna toglierlo dalla fiamma. Aggiungere 2 porzioni abbondanti di olio e dare una mescolata. Nel frattempo, in una ciotola grande rompere le uova e amalgamare con energia. La padella scaldare più forte e con l'aiuto di una spatola, scolare bene l'olio e aggiungere alla ciotola l'uovo al sale. Cuocere fino a quando non avrà un'aspetto soffice e spugnoso. Le ultime patate alla ciotola, infine dare una mescolata in modo che le patate si impregnino di uovo. Nella stessa padella aggiungere dell'olio, scaldare chi sia caldo e risolvere l'impatto nella padella. Cuocere a fuoco lento per 5 minuti. Nel frattempo, con l'aiuto di una spatola girare la tortilla, notando che sarà pronta quando la base avrà una certa consistenza.

Con un piatto più grande coprire la padella, voltare la tortilla e rimetterla di nuovo nella padella. Cuocere a fuoco lento per altri 5 minuti e la tortilla sarà pronta.

SOUPE A L'ONIGNON DE BREME
Preparación: 25 min.
Cocción: 20 min.

INGREDIENTES
(para 4 personas)

- 100 g de cebolla roja
- 30 g de burro
- 25 cl de vin blanc
- 1 cullera a soupe de farina
- 1 litro
- 6 tranches de pain de mie
- sel, poivre
- 1 cullera a soupe d'huile

PREPARACION

Peler et émincer les oignons, faites-les revenir dans le mélange beurre, huile.

Saupoudrez le mélange de farine, mouillez d'eau chaude et de vin blanc et assaisonnez.

Couvrez et laissez bouillonnor doucement pendant 20 minutes.

Faites glisser le pain, disposez chaque tranche dans le fond de 4 petits bols individuels supportant le passage au four. Saupoudrez d'un peu de fromage râpé. Versez la soupe par-dessus.

Saupoudrez à nouveau de fromage et faites gratiner.

ZUPPA DI CIPOLLE DI BREME
Preparazione: 25 min.
Cottura: 20 min.

INGREDIENTI
(per 4 persone)

- 100 g di formaggio comé (o grater) grattugiato
- 30 g di burro
- 25 cl di vino bianco
- 1 cucchiaino di farina
- 1 litro acqua
- 6 fette di pane in cassetta
- sale, pepe
- 1 cucchiaino d'olio

PREPARAZIONE

Pelate e affettate finemente le cipolle, fatele rinvenire in olio e burro. Spolverizzate con la farina, bagnate con acqua e vino bianco, salate e pepate. Coprite e lasciate sobbollire per 20 minuti.

Fate grigliare il pane, disponete ogni fetta sul fondo di quattro piccole ciotole individuali resistenti al passaggio in forno. Copergiate il pane con un po' di formaggio grattugiato. Versatevi sopra la zuppa.

Copergiate di nuovo con il formaggio e fate gratinare in forno.





