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IM. ZENONA KLEMENSIEWICZA W KRAKOWIE

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Comenius
2012-2014



Education and Culture DG
Lifelong Learning Programme Comenius

Belgium • Bulgaria • Croatia • Germany • Greece
Holland • Italy • Poland • Portugal • Romania • Turkey

Zostało wydrukowane
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**The appetite grows
with what it feeds on**



Comenius Partners School 2012-2014



Belgium	Italy
Bulgaria	Poland
Croatia	Portugal
Grecce	Romania
Germany	Turkey
Holland	

Food, Food for Thought

Let's face up together a new challenge... food!

Comenius
Project



Dutch pancakes and shrimps... Belgian chocolate and fries...



In the beginning of November 2012 (4-11) the first groups of participants of the Comenius project 'Food, Food for Thought' from all 11 partner schools went on the first working meeting to Holland and Belgium. Everybody was excited about the possibility of meeting one another after such a long time of preparations.

Students and teachers from Friesland in Leeuwarden College and College O.-L.-V.-the-Doorn Eeklo arranged for us our

stay in their schools. It was wonderful. The opportunity to visit a large part of these beautiful countries was exceptional. We admired the sights of Amsterdam, Leeuwarden, Bruges and Ghent. We tried the seafood in the Zoutkamp harbor, Dutch pancakes on a ship in Leeuwarden, the famous Belgian chocolates in Bruges. The older part of the participants had the opportunity to taste

traditional Belgian beer brewed in the historic brewery in the heart of Bruges.

We participated in a number of interesting excursions and project lectures. We were in a sugar factory in Groningen, fish sorting in Lauwersoog, at the school and farm in Eeklo and we could try the traditional Belgian dishes cooked in the school workshops.

Unforgettable was the National Food Market, where we presented our national dishes and snacks, and we had the opportunity to taste delicious dishes from Greece, Turkey, Germany, Portugal, Poland, Bulgaria, Romania, Italy and Croatia.

Delicious!

We look forward to the next meetings in Bad Reichenhall and Krakow.



"Food, Food for Thought" 2012-2014

Description of the project activities

"This project wants to make participants aware of the importance of food in our lives. As half of our population over 30 is too fat

We will challenge our students to start cooking themselves, compose European dishes, invent new and healthy recipes, reintroduce traditional food, vegetables and herbs, apply new food and to reject sweets, junk and fast food, engage in sport and active lifestyle and to spread the project in their local community.

Our products will be booklets, videos on European recipes, healthy dishes, good restaurants, new and healthy snacks brought into the market and new lesson material.



and gradually more and more overweight, especially our youth, it is clear that all efforts must be made to try to stop this development. Our project aims at contributing to this goal.

Many do not know that obesity also is a risk for diabetes and coronary heart diseases. There is a correlation between low grades of education and unhealthy diets. We believe that in this project we have a chance in educating on this. Certainly since most partners in this project are from socially, economically problematic areas.

Alcoholism will be addressed and the effects of advertisements and sometimes misleading information in commercials and in labels on food products: modern versus traditional farming and animal friendly production.

Food fraternizes students preparing dishes together, listen to stories on food and enjoy cultural events around dinners at European meetings. Students will teach students.

Results will be dissimilated via the web, DVD, local press, project magazines, school project corners, and events where partners, press and parents are invited."

"Statistics has shown that lower education corresponds with healthier diets and lower life span expectations. So we think we here have a task.

Therefore we want to tackle this issue in this project.

- Healthy Aging
- Implementation into the curriculum, improved literacy and knowledge of science
- Enhanced sports engagement

- Entrepreneurship
- ICT and language skills
- Psychology and self esteem, obesity, bulimia and anorexia
- Alcohol
- School canteens
- Culinary heritage in contrast to junk and fast food
- New sorts of food
- Food supply and awareness
- Commercials, food additives and supplements
- Jobs"



mbo
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THE DUTCH SCHOOL COMENIUS TEAM

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Kees Van Der Ploeg
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Bert Overmars
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Theunis de Vries
Cees van den Berg
Theo Bijlsma
Rinny de Boer
Ria van der Meulen



Holland

Our little country lies at the edge of Western Europe near the North Sea.

So you can imagine, that fish always has been an important source of nourishment for us... especially eating herring which after the "invention" of salting and preserving raw herring in the 14th century became very popular here. During the process the intestines of the fish are removed and some of the digestive enzymes thus set free already make the meat tender and ready for consumption.

And so ever since we eat salted raw herring... as shown on the picture... usually with raw onions... and this typical Dutch tradition already existed long before the Japanese "sushi" became known in the West. But herring is also consumed as pickled herring, smoked herring (kippers) or even fried herring. So... you see... we are quite inventorous... and besides herring we also eat many other types of fish, shrimps, shell fish, etc. Therefore, visiting the fish industry, modern and old was a part of the meeting in Holland.

Of course... we like sweet and tasty stuff very much as well... so we have many sorts of cookies and sweets... and as gift the delegations could take some of our typical Dutch products. Then finally, we are world famous for our cheeses. The "cheese market" in Alkmaar for instance attracts many, many tourists every year from all over the world.

And so, cheese was one of our topics too during our meeting here.

The sugar factory near Groningen was in full production at the time of our meeting so that couldn't be missed either. It is Europe's largest sugar producer.

A typical Frysian liquor with extracts from local herbs should complete the impression of our dishes... of course after a typical Dutch dinner... here... two of our students serving a Dutch fried savoury to our guests, called "bitterbal".

Our school is a large one

It is located within the Van Institute for Bachelor Educations in the realm of agriculture and animal management, nutrition, bio-medical studies, petrochemistry, chemistry, forensic sciences, water technology. There are a few thousand students at this Institute.

With them we work together. Our education of vocational "Life Sciences" is part of both the Friesland College and Nordwin College, both colleges having some 20.000 students together divided over different educations. Our school counts some 400 students and comprises Laboratory Educations, Food Technology and Water&Environment Management. The number of teachers is some 30. Our Comenius project is open to anyone.

What we intend to do is to analyse food, make healthy snacks, traditional food, apply stevia as an alternative for sugar, perform physical exercises and measure blood values of cholesterol and glucose, with or with-

out healthy food, analyse labels and commercials, embark on the problem of alcohol consumption.

Some memories of our last meeting here in Holland and Belgium certainly concern our wonderful colleagues who prepared a lunch for us at the coast in Friesland, who were there when we were skating, who prepared the bags with the presents and took care of the sponsoring to get most of them and the very special colleague who walked with us through the pouring rain in Amsterdam all day, getting entirely soaked through and so tired that he had to take a hotel to take a rest first and then get back the next day. And in Belgium those nice colleagues who acted as tour-guides and as teachers for us to prepare a typical Belgium dinner. The picturesque Belgium brewery in the centre of beautiful Brugge I will never forget and the revealing guided tour through Gent we have appreciated very much. How to make a healthy and tasty dinner out of healthy ingredients together in a multi lingual setting was an extraordinary event! My special thanks also go to all our partners who took so many special regional foods with them to make our food market in Leeuwarden a big success! The last evening finally set in with the specific "Comenius atmosphere" thanks to all of you who took the special music with you... upon which we danced and sang... and felt a real European family... Thank you all for being with us...



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THE BELGIAN SCHOOL COMENIUS TEAM

Headmaster
Katleen Immesoete

Presenting your school and country isn't easy. Sure, you can give a tour and explain how everything works, but students gain more knowledge by experience. Live what you learn, as it were. That's why our merry band of teachers tried a completely different approach. Let the students and their teachers learn by doing, let them discover Belgium from their own approach. Therefore, most of our activities were based on exploration and discovery. Starting in the bus, by exploring our region, and the typical Belgian, rainy weather. At school, students got to see nooks and crannies that most of our students never get to see, and taste the first Belgian products...

As food and its consumption are culturally determined, we couldn't let a visit to Bruges, Venice of the North, and Ghent, a city that rivaled Paris in the Middle Ages, and was the heart of the Industrial Revolution on the continent, pass. A visit to a brewery, more typical food like "jenever" (gin) and mustard, an interview game with tourists, shopping time, a quest... our days



were too short. But to top it all, a cooking workshop with typical Belgian dishes.

Organising a cooking workshop for about 80 people is quite a daunting task. When we first decided that as a group activity about food, we would do cooking, a few problems arose. First of all, none of our school's kitchens were large enough to host the entire group. Even using them all at the same time wasn't possible. Only by splitting the group into two separate groups, we could manage. Secondly, none of the teachers involved ever taught a cooking class, and certainly not in English. Luckily, we

found our two colleagues Annick and Myriam more than willing to participate and teach everyone how to make chocolate mousse, pumpkin soup and waterzooi. Though Annick does not speak English, and explained everything in Dutch, miraculously, each and every participant in her kitchen, knew exactly what to do.

The workshop went extraordinarily well: everyone enjoyed themselves, students and teachers mixed and helped each other, and everyone got to know how to make a famous Belgian dish. But even more important, we ate what we cooked, and we liked it!

On Saturday evening there was a goodbye party in the Route. A last chance to taste the local beer and exchange e-mail addresses and phone numbers. Some participants brought typical music and as the night fell, and the beer started to have its effects, people started dancing and had fun.

Tired from all the activities and visits, happy with the new experiences and newly made friends but at the same time a bit sad having to leave already, the participants waved, kissed, hugged each other goodbye.





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THE BULGARIAN SCHOOL COMENIUS TEAM

Headmaster

Asya Chilingiryan – teacher of Physics

Natalia Pamukova – English teacher

Kalinka Patleeva – Biology teacher

We have got a very ambitious plan this school year – we started with making an inquiry about food habits and analyzing the results, then divided the whole group in several work teams dealing with different aspects of the project.

Some people are in the experimental group—they will be applying a healthy menu and special exercises created for them by our students, members of other work group. The “experimental” students will be weighed and measured “before and after” – in order to track the changes and state the results.

Several students have been preparing a few Power Point presentation about obe-

sity, bulimia, anorexia and alcoholism – the theme of our next meeting in Germany and Poland.

The “video group” is making a short video clip about profits of becoming healthy and fit.

After Christmas vacation all the students start monitoring their family food habits, writing down the meals and products they consume during the day. Then we are going to sum up and analyze the outcomes.

And last but not least, all the students will listen to several lectures on the above-mentioned topics.

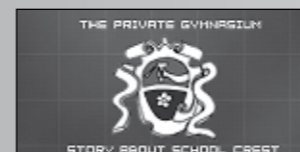


Our school

There 693 students in 25 classes in High school of natural sciences, Varna. They are taught by 50 teachers.

This is a secondary school where such subjects as Biology, Chemistry, Geography, Physics are studied in depth.

Our graduates are competitive in the fields of medicine, pharmacy, food technologies and many others.



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THE CROATIAN SCHOOL COMENIUS TEAM

Headmaster

Zwonko Pesic

Project coordinator

Marijana Pesic

Our Memories from the meeting in Holland and Belgium

We participated in Comenius project from 4.11.2012 to 11.11.2012. We had an opportunity to get to know other cultures and people from all over the Europe, and we did. We met some amazing people, new friendships we formed, as well as relationships. Every day was fun and relaxing, tours were both educational and interesting. Basically, we had the time of our lives and we would happily do it all over again.

What do we plan in the first year of our project?

– Participate in the first mobility in Belgium and Holland and present our country, our town and our school;

– Participate in the second mobility in Germany and Poland with the presenta-

About us

- Since 2005.
- 60 students in 4 grades
- Max 15 students per class
- Excellent teachers
- The school is located in a renovated part of st. Lawrence monastery



tion about the diseases related the food and alcoholics

– Be a great host with our partner Italy in May. The topic will be „How would we live without spices?“



2nd General Senior High School of Trikala
Katsimidou 7
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Greece



Headmaster

Evaggelos Dimou – Mathematician

Coordinator

Zoe Peristeri – English Teacher

Team

Asimina Petsa – Teacher of Sociology

Dimitra Adamou – Physical Education Teacher

Elissabet Tsourvaka – Computer Technology Teacher

Aris Lympikis – Maths Teacher

Evaggelos Kaperonis – Teacher of Agricultural Technology



ABOUT OUR TEAM

Our school is named 2nd Senior High school (Lyceum) of Trikala, and it is part of a bigger building that accommodates 2nd Gymnasium School (Secondary school) and 2nd Lyceum School (Senior High School).

It is a general lyceum that offers education for three years in students aged 15–17 years old and it is a preparing stage before

students taking examination for universities. The school consists of three stages 1st, 2nd stage and 3rd one. In the first year students are taught general courses and in the second and third year students are divided in 3 directions (theoretical, positive and technological) that have different courses and finally in the last year of lyceum they take school leaving exams that are

organized in the whole Greece (national examination) and depending on their grades they are introduced to different universities or simply take their diploma from school. The school is located in the south of our town Trikala, that it is a town with 90.000 inhabitants in central Greece, a beautiful and peaceful town that every visitor are fascinated by the river (which crosses the town), the tasty water, and... beautiful girls.

The word "Trikala" means tri: three kala: goods and I referred the three goods (tradition writes). The number of students in Lyceum are 300 and the teachers are about 40 of different specialties as Teachers of ancient Greek, history, modern Greek and literature, latin, philosophy, psychology, teachers of Maths, Physics, Chemistry, Biology, Teachers of Economy, Sociology, Teachers of Religion matters, Technology and Computers and Teachers of English and French and Physical Education Teachers.



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THE GERMANY SCHOOL COMENIUS TEAM

Headmaster

Dr. Reinhard Bochter

Coordinators of the project

Martina Leis

Hildegard Schütz-Popp



GERMANY

We were very happy to meet very nice Comenius partners on our first reunion in the Netherlands and in Belgium. Our group had a pleasant stay there. The students and teachers enjoyed it very much. We could make a lot of new friends from

different countries. The tours we made very interesting and we could visit a lot of nice places.

Due to the next topic of the project we will inform our students of the consequences of alcohol and drug abuse. In our

region consumption of alcohol is a problem among young people. Therefore they should learn about responsible consumption or alcohol abstinence. The students should be told to have the self-assurance to say no to drugs and alcohol. We intend to invite experts to inform the students about this problematic.

Another big issue is the problems of obesity and as well anorexia. In our school fortunately only a very little number of students have a high body-mass-index. But still everybody should be aware of the risk too much weight brings. A lot of young people e.g. consume too much soft drink which contains a lot of energy and don't make you feel full. Therefore posters should be created to inform all the students in school.





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THE ITALIAN SCHOOL COMENIUS TEAM

Headmistress
prof.ssa Maria Rita Di Maggio
Coordinator
prof.ssa Ida Mariolo
Teachers
Prof. Salvatore Gallo
Bonafede Concetta
Pizzo Maria
Giliberti Maria Rosa
D'Orazio Marilù
Morreale Giuseppina
Salaris Francesca



OUR SCHOOL



Luigi Einaudi is a professional school for commercial services which is located not far from the central area of the city of Palermo. Though our vocational school is located in an urban area, it has a school population mainly composed of students who come from an extra-urban area.

It includes 1 main building and two sister schools. The school has about 1 thousand students and 120 teachers. It is well equipped. There are 12 IT labs, two gyms, a library.

The mission of Einaudi school is to prepare students for job placement or further education leading to successful employment, to provide, integrated academic and vocational technical skills, empowering each student to achieve diverse career opportunities, and individual success in an ever-changing global society.

The curriculum is based over a five year period. In the first two years we receive a general academic education.

We study: Italian, History, French, English, Maths, Science, Physical Education, Religion



but we also start studying some more specific subjects: Business Administration, Law and Economics, and Information Technology.

At the end of the third year we have to do our first exam to get the Certificate of Qualification. At this point we can decide either to leave school or go on. The highest percentage of students go on to complete their studies.

In the fourth and fifth year students choose their Specific Professional Programme.

There are 6 specific programmes which cover different fields. All of them includes 120 hours of apprenticeship in companies and firms. At the end students will get the State Diploma and the Certificate from the Regional Board for their Specific Vocational Profile.

After finishing school students can go to University or look for a job. As a State supported institution, our approach fosters an atmosphere of tolerance, promoting equity and appreciation of diversity. Additionally, the school strives to develop in students an understanding of and a responsible commitment to the principles of freedom, respect, social justice, legacy, personal worth, economic independence, and concern for the environment.

In order to promote the full growth of the individual our school has many extracurricular activities for all students aiming at "developing the unique potential of each learner".

Projects are mainly focused on increasing the culture of:

- Legacy, Environment, Health, European citizenship (Comenius-Leonardo da Vinci).

- Our school also offers a lot of opportunities for sport, music, theatre and dance.

We can certificate our English skills and our IT competencies because the school is a certificate centre for Trinity College and ECDL.

We take part in a yearly national competition and we have won some important prizes for our school magazine, for our international projects, and for our best IT students.

Much of this is possible thanks to the support school gets from applying for European Actions which provide the school with the funds necessary for their fulfilment.

Our tasks in the project

We'll be the webmaster of the project website and will design moodle (web classroom) which will be used for exchanging teaching materials, and giving instructions to students, we'll also perform all the activities as planned in F.1 for each country. In particular for the food routes we have thought to develop food itineraries to places seized from mafia now turned into the hands of cooperatives. We'll have the support of Libera the known international organization which will also meet the students in a conference during our project meeting.



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THE POLISH SCHOOL COMENIUS TEAM

Headmaster
Andrzej Januszkiewicz
Marzena Lenar
Beata Krupa

Project coordinator
Ewa Seliga

Team
Joanna Barteczko-Kocjan
Barbara Biernat
Alina Godny – our web designer
Małgorzata Kaleta
Ewa Kasperek
Jerzy Parketny – newspaper publisher
Robert Stępień
Paulina Zdziejowska

Introduction "Food for Thought" – team work

A new school year... a new Comenius Partner Schools Project... new flavour, new taste, new smell... Great!

At the beginning of October during the first project meeting at school we collected 57 students to work in four project teams: Food and Psychology, Media and Advertisement in Food Industry, Healthy and Active Lifestyle and English Language Explorers.

We have a marvelous and dedicated group of teachers who are great lovers of tasty food, adventures and of course hard work.

During the first year of the project we are planning to do a lot of different activities which are difficult to point out due to limited space here, but the most important are:

1. Creating a school Comenius website.
2. Preparing, editing and printing 2 numbers of the project newspaper in cooperation with other partner schools.
3. Food glossary, family menu cards, BMI workshops.
4. Physical activity and healthy food classes, "Food fuels the human body" – exhibition.
5. The second Comenius meeting in our school, hosting students.
6. Meetings, lectures and discussions about proper nutrition and food diseases.
7. Visiting food companies, supermarkets.
8. Media and advertisement "The perfect body" – exhibition, happening.
9. Exchanging ideas, dissemination of the work results and contact with media and local authorities.

We would like to broaden knowledge about the proper way of nutrition among our students, showing them its importance and role in the world of science and modern technology.

Secondly we want to focus on food which is a common consumption good. Our special interest will be advertisement. Food has a considerable impact on modern world and style of life, so we want to pay special attention to printing industry and the way food and consumption is shown in the press.

We are going to work in four teams:

1. Psychology and food consumption.
2. Advertisements, media and food.

3. Active lifestyle.
4. English team.

We are going to publish 4 edition of the project newspaper and a mini-book with recipes and cooking habits in the partner countries.

We would like to organize some exhibitions and contests involving all participants.

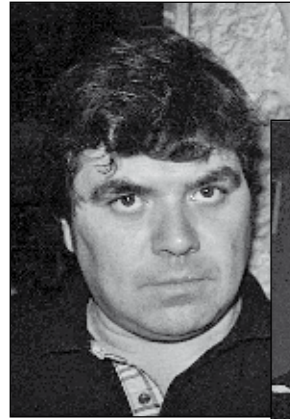
The results will be shown on our school project webpage.

We will be able to exchange ideas, practical skills, improve language fluency, see and understand other cultures, compare different attitudes towards the most up to date issues.





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THE PORTUGUESE SCHOOL COMENIUS TEAM

Headmaster

Fernando Fevereiro

Coordinator

Manuel Carvalho – Physics and Chemistry Teacher

Team:

Humberto Silva – Economy and Accountant agriculture teacher, Coordinator of department of maths and science

Ilídia Castro – English Teacher

José Carlos Lopes – Philosophy teacher

Manuel Teixeira – Biology and microbiology teacher

Teresa Bastos – Animal raising teacher

Fernanda Pinto – Food processing teacher

Paulo Nascimento – Gymnastics and sports teacher

Vitor Faria – French teacher

THE BASTO CUISINE

To describe this region's cuisine requires, first of all, a short historical digression and the consideration of a number of features which shaped the peculiar personality and lifestyle of the inhabitants of the Basto lands.

Basto lies among the green slopes of a mountainous setting comprising a few mountain ranges locally named Cabreira, Marão, Alvão, Barroso e Lameira. Rivers and creeks of limpid water flow gently amidst these hillsides giving shine to the woods of pinetrees, eucalyptuses, oaks, cork and chestnut trees, the same waters which run through fertile valleys where vineyards producing *vinho verde*, corn and rye are grown. Such woods cover more than half of the region's surface. Here and there, among rocky granite and schist slopes embellished by mimosae, genistae, furze and shrub, oxen of *maronesa* and *barrosã* breeds graze along with goats and sheep.

In order well to describe the Basto lands we must not overlook its cultural traditions: their distinctive words and expressions; the folk music still preserved which was once sung by groups of farmers when harvesting the corn and the grapes, cutting the rye, or on popular festivities; the traditional dances, tales and poems; the typical *entremeses* sort of popular theatrical

plays; the ancient villagers' games like *choca, roça, pião* and *malha*; some festivities such as Carnival and also New Year with the *serragem da velha* rite; and, finally, the monuments and archaeological remains which enrich the region's historical assets.

The inhabitants of Basto possess, undoubtedly, some particularities in their personality and way of living. Its cuisine also reflects this. There are a few culinary specialities in this region, mainly based on meat, being as it is an inland rural area. The main dishes are the following: Roast veal; *Cabidela* chicken; *Rojões* Minho style (mainly in the season when the pigs are slain); Roast kid or lamb (mainly in Easter time); *Cozido à portuguesa*; Corn mash; Cabbage with *migas*; *Milhos pobres*; Meat loaf; *Papas de sarrabulho*; Punched potatoes with grilled cod (mainly in the season of newmade olive oil); Cod Freixeiro style; Boiled cod with potatoes and cabbage; Fried cod pastries with rice and beans.

These dishes are served with local *vinho verde* wine (this being the region's most important product) and homemade corn and rye loaf called *broa de milho*.

As we can see, cod is the most usual fish ingredient in the local cuisine. This is explained

by the country's early history. The first written record of cod fishing by the Portuguese dates back to 1353, when the portuguese king Pedro I and the english monarch Edward II signed a treaty allowing Lisbon fishermen to catch cod off the english coast. Another crucial event was the discovery of Newfoundland by Gaspar Corte Real in 1500 or 1501. In 1504 there already were colonies of fishermen from Viana do Castelo and Aveiro on the shores of Newfoundland.

The region's typical desserts are the following: *Pão-de-ló*; Almond cake; *Cavaca alta*; *Rosquilhos*; Custard; Pudding; Capellini.

Afterwards, start cooking it (preferably in an iron pot) and let it boil on strong flame till the wine evaporates. Add the animal fat and let the meat cook slowly till it gains colour. Then add the paprika solved in a little wine. Take a little of the pot's cooking sauce aside into a pan and slowly fry the flour-filled tripe cut in 3 to 5 cm sticks, the *belouras* cut in 5 mm-thick slices, the liver and the blood cut in slices. As these ingredients turn fried, they are added to the meat cubes (*rojões*), to keep everything hot. Add the cooked chestnuts, after peeling them. Serve everything in a tray with golden potatoes and a frame of lemon slices and parsley.

Rojões (Minho style)

Ingredients:

800 g pork leg with fat but no skin;
0.35 l white *vinho verde* wine;
3 table spoons of animal fat;
4 cloves of garlic;
Laurel (2 leaves);
1 teaspoon of paprika;
Salt and pepper;
20 cooked chestnuts;
350 g of *belouras* or *bolachos*;
350 g of flour-filled tripe;
100 g pork liver;
100 g cooked blood.

Preparation:

We cut the pork meat in cubes some 10 cm wide, to be marinated for 2 hours with the wine, the smashed garlic, salt, pepper and laurel.



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THE ROMANIA SCHOOL COMENIUS TEAM

Mihai Ursachi

Coordinating teacher

Daniela Fechet

Mihaela Bucă,

Gabriela Kelemen

Luminița Stupu



About our school

Our school, "Gheorghe Asachi" Technical College, is situated in Onești, a town with about 50.000 inhabitants, settled in the North-East of Romania, in Bacau county. It is a technological high-school, with about 1.100 students aged between 15 and 19. Guided by 72 teachers, the students are prepared to become specialists in computer sciences or technicians in the following fields: services and economical, electronic and automation, electrical, mechanic, plumbing constructions and public works, ecology and the environment protection.

We enjoyed taking part in the first project meeting in Netherlands and Belgium. The project teams of both countries proved to be very creative. The project activities

we took part in were of a high quality, the participants were informed on the food traditions of the visited countries and on the food making process while visiting the factories.

We intend to inform as many persons as possible on the things we found out during this visit and to organize a "Comenius Corner" at school. Then, together, teachers and students will study the problems regarding the diseases caused by unhealthy eating and alcoholism as well as the best ways to prevent these diseases. The elaborated materials will be presented in the following project meetings.

Comenius project offered me the opportunity to visit other countries which have a lot of different things as compared



to my country. For example: culture, history, civilization and their way of organization. I'm really excited because I had the chance to find out many new things about the food industry and traditions of the visited countries, to meet new people, to discuss with them in English and at the same time to practice my own knowledge.

Mădălina Harapu,
a student from Romania

This experience was unique!

The two countries are among my favorite ones and I have wanted to visit them for a long time. This project gave me the chance and my dream came true sooner than I hoped. Through this project we were able not only to visit foreign countries but also to discover some of their customs and traditions.

I had the opportunity to visit the fish, sugar, chocolate, cheese factories, the brewery and the dairy farms. Although the program was very busy, we discovered Belgium cuisine, we visited schools and the remaining time was occupied by various funny activities.

Besides all that, we had the opportunity to meet and get to know young people of the same age from different parts of Europe. They became our friends; we keep in touch with them and hope to see them soon!

Elena Palade,
a student from Romania



Aydin Cumhuriyet Lisesi

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THE TURKISH SCHOOL COMENIUS TEAM

Headmaster
Mehmet Öztürk

Coordinator
Sevda Karabacak

Aydin Cumhuriyet Anatolian High School

It is a general high school and our students are trained according to the regulations determined by Turkish Ministry of National Education. We have science, literature, Maths and language departments in our school. Our school has also, theatre, literature, chess science and technology, scout and other similar clubs and all of our students take part in them in their spare time. Every year, we have several art exhibitions that include the paintings of our students, theatre shows in which our students act, poem and singing nights that are performed by our students as well. They also participate in lots of sports competitions such as basketball, volleyball, taekwondo, wrestling, judo etc... and win different medals.

Every year, our 12th grade students enter university exams and almost 70 per cent of them exceed the average level and they start their academic education in well qualified universities in our country.

We have applied to our Turkish National Agency for two different Project this year: our Comenius Project and a youth in action Project and both of them have been granted that makes us feel happy and arises great satisfaction for us. This is our first Comenius Project that is vital for our international academic experience. The location of our School. We are in Aydin city center that is in the Aegean Region, on the west part of Turkey. Our city is very close to Izmir, Pamukkale, Didim. Ephesus and Milet that are famous for their touristic attractions. Our Project "Food for thought" is very important for us because we will deal with not only the global issues such as obesity and other

diseases related to eating habits, and alcoholism but also learn lots of things about other cultures. Each country has significant cultural values that are peculiar to them and thanks to our Project, we will be aware of them and may be the participants of our Project will learn new things from each other this will be an opportunity to expand the looking of view of our teenagers. Due to our intercultural cooperation, the youngsters from different countries will be hand in hand to do something good for everyone and they will get rid of their prejudice and they won't consider national, racial and religious discrimination. These are the main things that lie on the basis of our expectations about this Project. May be this Project will be the stonemills of peace and happiness of the future generations.

We had wonderful time in Holland and Belgium if we don't consider the heavy rain in Holland and long and tiring walks in Belgium. Especially, the market in the host school was unforgettable for us. We will never forget our Dutch friend who wanted to pay for the food he tasted and the other girls who wanted to buy the Turkish desserts. Those people were so lovely. And We will never forget that lovely girl from Belgium who led us in Gent. She was so warm hearted and a nice person that she could not help crying when we could not find the right way and she could not help us but she tried hard and did her best although it was her second visit to Gent.

Our Comenius friends in Holland and Belgium did lots of things for us... We will always keep you in our minds! Thanks a lot...

There are 21 teachers and 51 students who participate in our Comenius team
THE TEAM OF OUR PROJECT

1. Sevda Karabacak
2. Ayşe Uzun
3. Ayşen Doyran
4. Gülay Gürkan
5. Songül Düzci
6. Şule Ünlü
7. Ayşen Sandıkçı
8. Hafize Kahraman
9. Necla Coşkun
10. Funda Öker
11. Zehra Gençsoyulu
12. Gülgün Sargın
13. Celal Karabacak
14. Vildan Cengiz
15. Esin Çarmıklı
16. Müjde Yunusoğlu
17. Fatma Doğru
18. Halil İbrahim Kolan
19. Işık Çelik
20. Cemile Yiğit
21. Nilgün Demiryas

And our vice principals who deal with our project:

1. İlhan Ergünoğlu
2. Orhan Kınalı
3. Kenan Kızıltan
4. Hüseyin Asar



Your memories from the first Comenius meeting

OK



Ahoy there!
Hi, guys, how are you doing?
Dear friends,
after such an exciting week in Holland and Belgium I hardly find words to describe how I feel... amazing days!
I hope you are all safe and sound starting to prepare for our next mobility:) I will always remember these wonderful November days in your incredible company – thank you very much for your friendship – you are real Comenius guys!:) Thank you once more time, Kees and Vanessa, for everything you've done for us!
Thank you all!
It was nice to see the old friends and get to know the new ones!
Hope to see you in Germany and Poland!
On behalf of the Bulgarian team,
Natalia

Dear Comenius-friends,
now, the German delegation is the last to say thank you for this wonderful time in the Netherlands and in Belgium. We enjoyed it very much and told everybody from our exciting experience. Our students wrote already an article for the local newspaper and everybody is excited about this wonderful project. To be honest, me too. In both senses as you can imagine!! Me and Hildegard, who took over the project from Uli, started as soon as I was back at school planning your next adventure in Germany! As I am just a simple natural scientist and not an English teacher, I can just admit to all other partners and say thank you Kees and Vanessa (together with your teams in the background) for this wonderful time!
See you soon,
Martina

Hi everybody!
As always, Natalia our enthusiastic, joyful, energetic, inspiring family member is the first to say hello again... and me too I hope, that you all are back safe and sound in your respective homes and places.
Dizzy and tired perhaps... but with feelings of gratitude about your experience. It has been a most remarkable week which we will not forget easily.
Here I would like to thank the Belgian team for their hospitality and all their efforts to make it a successful meeting. Highlights for me were the cosy old brewery in Brugge, the tour in Ghent and the cooking class at school.
The wonderful dancing we had together at the end was a rightful closure of our meeting.
Thank you all for being there and for being such good sports at moments which were a bit hard to chew such as getting stuck with the bus or being soaked by pouring rains in a wet and dark Amsterdam...
See you all a next time!
Regards,
Kees

Dear tasty friends,
I hope it will not be late to say thank you from the Italian delegation.
We had a great time staying with all of you. Thank you Dutch and Belgian partners for all the efforts you devoted in making this adventure possible... it was very difficult... such a big group to manage with... but finally you succeeded and we'll try to do our best to match your organization and your expectations.
Thank you Kees, dear old friend because you were very brave... and also patient, enduring, long-suffering and forbearing... (can't add other synonyms...) but a good Chef needs these qualities...
Once more I have to admit that you deserve the title not only of Commander in Chief but now of Gourmet Chef because you succeeded to take 11 ingredients and transform them in a very yummy dish flavored with friendship.
Wish you all the best.
Love
Italian delegation

Dear partners hello from Zoe and her group from Greece,
I am very happy you are all back safe and satisfied for this beautiful and creative week that we spent together in Holland and Belgium. I would like to thank Kees and Vanessa for their hospitality telling them that they tried hard to make our stay there as comfortable as possible. Of course this is a beginning to other meetings where we will be more aware of each other meeting places and countries as their culture and lifestyle.
Best regards from Greece,
I look forward to seeing you again
Zoe

POLGRAFIK

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Artur Wójcik

Wydawca:
Zespół Szkół Poligraficzno-Księgarskich im. Zenona Klemesiewiczza w Krakowie os. Tysiąclecia 38
Druk:
Warsztaty Szkolne ZSPK im. Wacława Anczyca

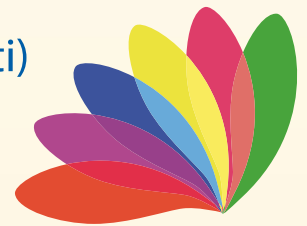
Comenius 2012-2014



Project



4th–8th November 2012 – Holland (Leeuwarden)
8th–11th November 2012 – Belgium (Eeklo)
24th–27th February 2013 – Germany (Bad Reichenhall)
27th February–3rd March 2013 – Poland (Kraków)
May 2013 – Italy (Palermo), Croatia (Split)
October 2013 – Bulgaria (Warna), Romania (Onesti)
March 2014 – Portugal (Celorico de Basto)
May 2014 – Turkey (Aydin), Greece (Trikala)



Food, Food for Thought

