



Global Teenager Project - Learning Circles

Today's Learners are Tomorrow's Leaders

WHAT WE EAT AND HOW WE GROW IT

A PUBLICATION BY POLJANE PRIMARY SCHOOL PUPILS



Poljane, June 2011

TODAY'S LEARNERS – TOMORROW'S LEADERS

FROM PRIMARY SCHOOL POLJANE



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Poljane, June 2011

1. INTRODUCTION

The 9th grade (third level) decided to enter GTP Learning Circles in the end of February 2011. This is a very interesting project in which the participating schools choose a theme and then cooperate with other schools by sending emails about the theme chosen. Each school gives some questions and other schools answer them.

Our theme was about food – **What we eat and how we grow it**. Beside our school, there were 13 schools participating in this learning circle. They were from different countries: The Netherlands, Romania, Ukraine, Bangladesh, Cameroon, Latvia, South Africa, and Ghana.

List of participating schools and Learning Circle codes:

EG1, B M laboratory School, Bangladesh
EG2, LYCEE BILINGUE DE NEW BELL, Cameroon
EG3, Ichthus Lyceum VWO group 2, The Netherlands
EG4, Riga Secondary School No 47, Latvia
EG5, Lyceum25, Ukraine
EG6, Lorentz Lyceum, The Netherlands
EG7, Ichthus Lyceum VWO group 1, The Netherlands
EG8, GRUPUL SCOLAR TEHNIC, Romania
EG9, Tudor Vladimirescu" High School, Romania
EG10, Tudor Vladimirescu" High School, Romania
EG11, Bryanston High School, South Africa
EG12, Morning Star School Limited, Ghana
EG13, Tuskegee International School, Ghana
EG14, Primary School Poljane, Slovenia

Timeline for GTP English Learning Circle February 2011

1. Preparation , February 14 - February 20 2011

Week 0

Accepting invitation from wiki group and placing test messages. Introduction workshop, teachers prepare their students for participation in the Learning Circle. Discussion of responsibilities, skills, knowledge, awareness. Sorting things with GTP Country Coordinator, with the help of the facilitator.

2. Introductions, February 21 - February 27 2011

Week 1

Official opening of the Learning Circle with the facilitator's welcome message. Teacher and students introduce themselves: Class letter and Teacher letter and a class picture.

3. Questions, February 28 - March 13 2011

Week 2-3

Each class formulates a question on their Learning Circle theme according to criteria for quality research sponsored question.

4. Research and Answers, March 14 - April 17 2011

Week 4-5-6-7-8

Each class researches and responds to all the questions from the other classes in the Circle and at the same time receive answers to their questions.

5. Summaries, April 18 - May 01 2011

Week 9-10

Each class summarizes the answers received from other Learning Circle partners.

6. Closing, May 02 - May 08 2011

Week 11

Complete Survey and place goodbye message.

Official closing of the Learning Circles by the goodbye message of facilitator.

2. FIRST STEPS

When we decided to join the project, we wrote our class letter and sent it to other schools. We also included some photos.

CLASS LETTER FROM PRIMARY SCHOOL POLJANE, SLOVENIA

*My name is **Jan Božnar**. I am almost 15 years old now. I am very interested in English and also computers. It's amazing what can be done if you combine the two. I come from Dolenčice, a small and peaceful village. My school is the school of Poljane, a good and also efficient school. My class is diverse and unique, and we are all very good friends.*

*I'm **Jernej Habjan**, and I live in Log, Slovenia. I'm 14 years old and I like cycling, playing computer games and running. I really like learning English in different ways. I regularly run at Ljubljana Marathon and I enjoy beating my sister Mateja and my brother Matjaž. My favourite subjects at school are Art, Physics and PE.*

Our village Log is peaceful, kind and very active. There are many hills around my home village.

Our school Primary School Poljane has very good teachers, there is a lot of space to move, and our classes are very nice, because there are only about 20 students. The teachers can listen to everybody.

There are 10 students in our English class and our teacher is Bernarda Pintar. We like talking in English, sometimes we spend the whole lesson chatting. I have very good schoolmates, everybody is special in a funny way, and our teacher is understanding, ready to help.

*My name's **Boris**. I am 14 years old. I am very interested in drawing.*

I live in Srednja vas 7. It's a small village, west of Škofja Loka.

Our school is very big. It is also full of interesting teachers.

Our class is a group of cool people: 4 boys and 6 girls, and a teacher, of course.

*My name is **Grega Stanonik**. I'm 14 years old and I live in Slovenia, Europe. I'm in the ninth grade now. I live in Poljane, a little village in Poljanska valley. Poljane is an old village. A lot of famous people (writers, painters, actors, lawyers ...) were born here.*

Our school is in a very good condition and it has advanced equipment. Our school is quite small because it has just around 300 students. We are the third level English class, this is the best at our school. Our English class counts 10 pupils. We are a good team because we talk a lot about interesting things and the lessons aren't boring.

My name is **Tanja Buh.** I'm 14 years old(I will soon be 15). I like art and all about it, fashion and fashion designing, music on MTV :), ... I like dancing very much, too.

I live in Slovenija in a small village called Zadobje. I've got three younger sisters, who are really three angels. I'm a student of Elementary School Poljane. In my life I want to be an architect.

About Poljane, I can say, that this is a beautiful, calm village, with very diverse nature.

Our school is a very beautiful one. We are ECO (ecologically-oriented) school, too.

There are 4 boys, 6 girls and a teacher in our English class. I think, that we are very funny, in a good sense. We can have fun, but we can work hard, too.

Nežka Dolenc: I'm 14 and a half years old. I am interested in many things like taking care of babies, cutting and designing hair.

I live in Srednja vas. It's a small village between Gorenja vas and Poljane. There is beautiful nature with many farms around.

Our school is very famous for some paintings of a well-known painter Ivo Šubic. It's a great school with great teachers!

Our class is very interested in English. We have a great teacher and we are really active in studying English.

I don't enjoy learning much but I survive over the school year. I enjoy taking care of babies so I would love to be a nanny. But there is no school in our surroundings so I will probably be a hairstylist. I also love spending time with my friends, I like going to different restaurants and I like meeting some new people. My hobbies are cycling, taking care of babies and something like that.... I like many different things.

My name's **Veronika** and I'm 14 years old. I like running, watching films, some sports like volleyball or football and I like spending time with my friends.

I live in Gorenja Ravan. It's a small village near Poljane.

My school is very cool, because we have nice teachers, good food ... and it is situated in a peaceful area.

I like our class, because we don't have ordinary lessons, we talk about everything and we have a lot of fun and laugh together.

My name is **Marija** and I'm 14 years old. I'm going to be 15 in May. I love skiing, playing the guitar and I love cooking.

I'm from Četena Ravan: a small village with 40 people and we love each other.

I'm a student from Primary School Poljane. This is a school with 300 students. It stands in a nice place, with a big playground and a gym.

At school I like Biology, Geography and Art.

In our English class there are 10 students. We have a teacher Bernarda, who teaches us English. Our lessons are very funny and I like it.

*Hi. My name is **Tina** and I'm 14 years old. I like playing volleyball, watching films, going out with my friends, listening to music ... I live in Javorje. This is a small sunny village and people here are nice. At our school (Primary School Poljane) there are about 300 students. We have nice teachers and we are all like friends. Our English class is small, just 10 students. We are friends and it's really good. We have very interesting lessons together.*

THE MAP

When we had received other schools' messages and class letters we decided to make a world map and mark the countries where our participant schools came from.



MARKING OUR PARTNERS' COUNTRIES



ARTISTS

THE MAP AND THE GTP SIGN



We hanged the GTP sign and our map up on the wall outside our classroom.

3. WE WERE RESEARCHING ...

After receiving questions from all the participating schools we decided who would answer certain questions. Everyone did his or her task well and this resulted in a quite a long document. You can take a look at it in the following pages.

Each of us answered his or her question(s). Our answers are listed in the order of participant schools' codes – from EG1 to EG13.

ANSWERS FROM EG14, PRIMARY SCHOOL POLJANE, SLOVENIA

JAN BOŽNAR

EG1, B M laboratory School, Bangladesh, Question:

Rice is the main food of our country. With rice, we also eat vegetable, fish, meat etc.

1. What is the main food item of your country?
 2. Do you eat rice? If not, have you ever had it?
 3. What food grains do you grow in your land?
-

1. What is the main food item of your country?

The main food item of our country is bread and different kinds of meat, like sausages.

There are also a lot of traditional kinds of food, like žganci. The most common ingredient of food here in Slovenia would probably be meat and flour. But we also eat a lot of food originating from other countries like Italia. Our culinary is based on the Balkan kitchen, which is the reason why we have so much meat. But we also have a lot of grain based food that came to Slovenia from our northern neighbours like Austria, Europe's biggest supplier of wheat.



THE TRADITIONAL SLOVENIAN DISH – SAUSAGE WITH ROASTED SAUERKRAUT DRESSED WITH CRACKLINGS

2. Do you eat rice? If not, have you ever had it?

We eat rice, but it is prepared in a different way than in countries like China, Japan and etc. We always mix the rice with beef and vegetables. It is never just solely rice that we eat just as an add-on. We eat bread in that matter instead. Every single Slovenian probably eats rice, even the kind they prepare in Chinese restaurants (there are a lot of those here in Slovenia).



THIS IS ONE OF THE WAYS WE PREPARE RICE.

3. What food grains do you grow in your land?

In our country the consumption of bread is quite big. That is why we need a lot of different kinds of flour. That is also why we need a lot of different kinds of grain, which is again the reason that we grow wheat, corn, oats, barley ... But we do not use them just to make bread but also our traditional food - a cake like »potica«.

Slovenia also imports quite a lot of grain from other countries.

GREGA STANONIK

EG2, LYCEE BILINGUE DE NEW BELL, Cameroon, Question:

In Cameroon, we produce and eat a wide variety of traditional food because of our ethnic diversity. Some of our traditional food are pounded cocoyam's and yellow soup, cassava leaves and cassava plant, porridge maize, cassava fufu (cassava flour) and vegetable locally called "ERU", porridge bananas etc.. Our question is:

- What is the traditional food of your country? And are they produced on a large scale or primitively.
-

We have many traditional kinds of food in Slovenia. I'm going to write something about our typical, Slovenian dishes, that other nations may not know. Some dishes have the names that cannot be translated to English because they are special and made according to old recipes.

PREKMURSKA GIBANICA

Prekmurska gibanica (prekmurian layer cake) is typical for the region of Prekmurje, the eastern part of our country. It is a layered cake. It contains poppy seeds, walnuts, apples, raisins, and cottage cheese fillings. Although native to Prekmurje, it has achieved the status of a national speciality of Slovenia. The unique sweetmeat shows the variety of agriculture in this region. The name *gibanica* comes from dialectical expression *güba* and in this case refers to a *fold*.



PREKMURSKA GIBANICA

KREMNA REZINA

Kremna rezina or »kremšnita« is a popular pastry commonly found in the town of Bled, a Slovenian town found in the Alps, a European mountain range that extends from eastwards from Austria to France. Commonly known simply as kremšnita, meaning "cream slice", by the local populace of Bled, the dessert is a cream cake that consists primarily of vanilla and custard.



KREMNA REZINA

JEŠPRENJ OR RIČET

Ješprenj or ričet is a dish made of barley, smoked meat and vegetables (carrots, beans, tomatoes, leek, celery, potatoes ...) with onions, garlic, laurel, parsley, marjoram ... We usually prepare and eat it in autumn and winter.



JEŠPRENJ OR RIČET

KRANJSKA KLOBASA, CARNIOLAN (OR SLOVENE) SPICED PORK SAUSAGE

The noun »klobasa« refers to a small sausage generally served whole (in contrast to »salama«) in Slovenia. Kranjska klobasa contains at least 68 % pork (aside from bacon), 12 % beef, and at most 20 % bacon. It may contain as much as 5% water, table salt, garlic, and black pepper. No other ingredients are permitted. The meat must be cut in pieces 10 to 13 mm and bacon 8 to 10 mm. The filling is stuffed into pork intestine with a diameter of 32 to 36 mm. They are formed in pairs of 12 to 16 cm lengths and a weight of 180 to 220 grams. Pairs are linked together with a wooden skewer. The sausages are hot smoked and heat-cured at about 70 °C (158 °F).

Kranjska klobasa can be cooked, roasted, grilled. It is served with sauerkraut, pickled turnip, potatoes or just bread with some mustard.



KRANJSKA KLOBASA



SALAMA

POTICA

But I think that »potica« is the most traditional food in Slovenia. We bake many different kinds of poticas in Slovenia, e. g. they can be filled with coco powder, hazelnuts, poppy, walnuts ... Potica is baked for Easter or for Christmas, weddings and other festivals.

INGREDIENTS

Dough:

60 g flour
3 g yeast
2 dl milk
14 g sugar
14 g butter
4 egg yolks
1 vanilla sugar
grated lemon peel



Filling:

40 g walnuts
2 dl milk
25 g sugar
2 tablespoons of rum
2-3 egg whites

POTICA

PREPARATION OF POTICA

1. Prepare yeast, mix yeast with a teaspoon of sugar, spoon a few tablespoons of flour and milk and let it rise.
2. Prepare the filling, walnuts and sugar, pour in cream (if desired by the aura, but not necessarily), which are added by a rum. Finally, paste in egg whites - until the filling is not appropriate spreads should not be too thin.
3. Prepare the dough, put all ingredients in a bowl and stir like biscuit dough, do not forget to add leaven. If you use a circular model, the dough is to be divided into two parts. Roll it, spread with filling, sprinkle with grated lemon zest. Roll and put in greased baking dish. Cover and let rise, preferably overnight, but otherwise at least 6 hours.
4. Bake at 180 degrees Celsius for one hour to an hour and a half, depending on the model. Baked cake leave in the tray for some time, and then return it to the fabric and overlap. When chilled sprinkle it with powdered sugar.

In our country farmers make a lot of food for themselves and they sell it as well (potatoe, cabbage, turnip ...). We can also buy all the possible kinds of food in shops and markets. There's a lot of cheap imported food in the market but it is of low quality and cannot be compared to our home-grown food, which is also much healthier.

But in bigger cities especially young people like going to fast food restaurants, too.

MARIJA DOLENC

EG3, Ichthus Lyceum HAVO group 2, The Netherlands, Question:

The main question is: Do you buy your food or do you produce it yourself?

1. Where does your food come from?
 2. What kind of food do you buy and where?
 3. What kind of food do you produce yourself?
 4. What kind of food do you eat every day?
-

1. Where does your food come from?

Almost all food that we eat comes from Slovenia. This is everyday food, like potatoes, meat, vegetables ... Food that doesn't come from Slovenia is tropical fruit, rice, and some food that we can't produce ourselves, because we have no suitable natural conditions.

2. What kind of food do you buy and where?

We buy food that we can't produce ourselves. People in towns buy almost all food that they eat, because they haven't got any kitchen gardens to grow vegetables, spices and herbs. They buy food in food stores and markets. People in the countryside mostly produce food themselves but they also have to buy some food. They go to the food stores and markets as well.



VEGETABLE GARDEN BY A HOUSE



MARKET IN LJUBLJANA

3. What kind of food do you produce yourselves?

We produce potatoes, onions, salad, beans, carrots, cabbage, red cabbage, wheat, corn, apples, pears, cherries, strawberries ...



CABBAGE, TURNIP

4. What kind of food do you eat every day?

We eat breakfast, we have one snack at school. We have lunch at home, then we have another snack and dinner in the evening.

For breakfast we usually have a slice of bread with some jam or nutella (a hazelnut and milk cream). Our first snack we have at school and school cooks prepare it. We usually get some tea and some bread. For lunch we usually have soup as a kind of a starter then meat with some potatoes and vegetables or salad. Sometimes there is a dessert, too. We have the second snack at home and this is often an apple or some other fruit. It isn't good to eat much for dinner so people in Slovenia eat yoghurt or maybe some fruit and some light food in the evening.

TINA AŽBE

EG4, Riga Secondary School No 47, Latvia, Question:

Latvian most popular vegetable is the potato. Latvian most popular potatoes varieties are – Laura, Adreta, Priekuli, Vineta, Gala, Imanta and Madara. There are lots potato recipes in our national cuisine.

Potatoes are planted in spring and harvested in autumn. Then potatoes are completely ripe. Potatoes are grown in large fields of potatoes, more specifically the potato ridges. We often eat potatoes with meat or some other food. Still French fries, potato pancakes, mashed potatoes are also made. But most popular are snack made are potato chips. Here Adazu chips are of different flavours. Potato strips which are also very tasty. Recommend you to come to Latvia and try our potato dishes.

Are potatoes also grown in your country? If, yes, what are the most popular recipes? Are potatoes chips popular in your country, too?

Potatoes are grown in our country, too. There are many very good dishes made of potatoes. We mostly grow it in the gardens near our houses just for ourselves and if we don't have them enough, we buy them from our neighbours who grow them on bigger fields. Sometimes we buy potatoes in shops, too. In bigger villages and cities where people don't have their own small fields they always buy them in shops or markets.

The most popular potatoes recipes are smashed potatoes, roasted potatoes, chips, baked potato ... We prepare them with some onions, butter, oil, spices ...

Potato chips is very popular in our country. We don't fry it at home very often, but we go out to some restaurants and have it with some other dishes like steaks, pizzas, different kinds of meat ... Sometimes we eat it just like a snack between meals.

This is an example how we make roasted potatoes:

We slice two onions and put them into a pan on hot oil. We leave it until it becomes a little bit brown. Then we slice boiled potatoes and put it on oil and onions. We cover it and leave it for 15 minutes on fire. Then we pour some salt on it ... and it's delicious.



ROASTED POTATOES

VERONIKA DERLINK

EG5, Lyceum25, Ukraine, Question:

Is the problem of growing products without chemicals herbicides and fertilizers global?

- 1) Which food products do you consider to be useful or harmful?**
- 2) Do you agree with the statement: “Eat at pleasure, drink with measure”?**
- 3) Should we think about future generations?**

I think that the problem should be global, but it is important in which way you look at it.

These chemicals, herbicides and fertilizers influence the change of our ecosystem, especially if you don't know how to use them and where. Chemicals, herbicides and fertilizers can come into water and they pollute it. They influence the warming of the atmosphere. But if you think how these chemicals, herbicides and fertilizers influence plants themselves it isn't a problem because they give them some mineral substances like nitrogen, phosphate, calcium, magnesium, sulphur ...

1.)

<i>USEFUL - HEALTHY</i>	<i>HARMFUL</i>
<i>apples, carrots, onions, plums, cabbage, strawberries, pears, cherries, leeks, cauliflowers, cucumbers, potatoes, tomatoes, meat, carbohydrates... in general – fruit and vegetables, fish, also meat (but not too much)</i>	<i>a lot of sugar and fat</i>

2.) Sometimes, depends on the food or drink you eat or drink. But if we ate when we are hungry and if we didn't drink too much (especially carbonated drinks or alcohol) we would be healthier in general.

3.) Yes, I think that we should, because some people don't know how to use these chemicals, herbicides and fertilizers properly so in the long run it's bad for our environment. The problem is getting bigger and bigger. But we should leave healthy nature to the future generations, shouldn't we?

NEŽKA DOLENC

EG6, Lorentz Lyceum, The Netherlands, Question:

In our school we have a big canteen. Students can choose between a variety of products. They can buy healthy food and drinks but also food with high calories. To help the student to make the right and healthy choice, we have put smileys on our products. A happy green smiley means that the product is healthy and with low calories. The red smiley is of course a bad choice. The orange smileys are for the products that lie between the red and green.

Our question is:

How do you know that you buy healthy food at school?

- * What determines whether a product is healthy or unhealthy eating
- * Give a list of 15 products that are healthy that people buy or eat at school. Do the same for the unhealthy products.
- * Do you get lessons in healthy eating?

Good luck with finding the answers

The students of M3B

Lorentz Lyceum

I think it's important to emphasize at first that we do not have to buy our food at school but our parents pay for it once a month. They don't pay the whole price but only 30 cents (the full price is 80 cents) a day. The state subsidizes 50 cents for each student. Additionally, the parents with low incomes get a subsidy of another 30 cents so the meal for their children is completely free.

We can also have lunch which can be subsidized, too, and the afternoon snack.

We don't have our school meal in the school canteen but in the classroom. But we have lunch in the school canteen.



OUR SCHOOL KITCHEN



THAT DAY'S SNACK



BREAD FOR A CLASS OF 17 STUDENTS

At our school we have a teacher – the head of school meals to choose our food. She has a list of food items that has to be on the menu for each week. Every week there has to be at least one milk product and one with low calories. But we also have food that contains sugar, like chocolate with cornflakes and milk. So we get just the appropriate amount of calories and sugar. We also have an opportunity to do the menu in classes ourselves. It's great and we like what we eat.



FISH AND JUICE



A SNACK ON THE DESK



IT'S SNACK TIME!

15 products of healthy products: cereals, yoghurt (sugar free), black bread, butter & jam, loaf full of grains, chamomile tea, apples, plums, curd with white bread, bananas, milk rice, apple pie (sugar free), all kinds of products with fruit, cheese & bread with low calories.



ANOTHER CLASS HAVING A SNACK



VERONIKA



MARIJA



MARIJA



GREGA

I can't enumerate 15 unhealthy products because we don't have so many on our menu. There is pizza but nothing else. We eat products with low vitamins but not like they are unhealthy they just contain a bit of sugar, but that doesn't mean they are unhealthy. So only pizza is an unhealthy product at our school.

We do have lessons about healthy eating, and we also learn a lot about consequences of eating unhealthy food.

GREGA STANONIK, NEŽKA DOLENC, TANJA BUH

EG7, Ichthus Lyceum VWO group 1, The Netherlands,

Question: What does your food say about your culture?

- **What is your favorite food and is that food from your country or not? (Extra question: can you describe how to make it?)**
- **Is the food healthy in your country and find people it important in your country to eat healthy?**
- **Where do you buy your food and is it expensive?**
- **Do you cook your own meals at home and if so how many times a week?**
- **Do you eat your dinner with many people or not and is that typical for your culture?**

1. What does your food say about your culture?

Our national food is pretty strong, very energetic – it contains a lot of fat. This tells us that our ancestors (grandparents and older generations) ate strong food in order to get enough energy that was needed for doing hard work on farms, in fields, mines, woods etc. Our culture is strongly connected with physical work, which is also shown in our cuisine.

2. What is your favorite food and is that food from your country or not? (Extra question: can you describe how to make it?)

The favourite food of many young people is pasta. It doesn't originate from Slovenia – it's an Italian dish, very popular among young children and teenagers.

SPAGHETTI BOLOGNESE

Ingredients

- 300-400 grams minced meat
- 1 medium onion
- 1 tin tomatoes
- 1 pepper
- 1 tablespoon tomato puree
- 1 beef stock cube
- 300 grams spaghetti



Preparation

Prepare vegetables. Cut meat into chunks, put in a large pan and cook on high power until brown. Add the cut onion and let it brown. Next add the cut pepper and put a lid on the pan. Leave for 5 minutes. Stir then take lid off and, if it's ready, add a tin of tomatoes, stock cube and tomato puree. Put lid on again and turn to low power. Boil a pan of water. Add spaghetti and turn down the heat a little. Leave until the spaghetti is soft and cooked. If bolognese sauce is ready, drain the boiling water from the spaghetti and put the spaghetti on a plate. Add sauce on top and you will have the perfect Italian, spaghetti Bolognese.

3. Is the food healthy in your country and find people it important in your country to eat healthy?

It depends on each person whether she/he eats healthy or unhealthy food. It is of high importance what you learn from your family tradition – everything starts there. Many people cook and eat as they got used to it in their primary families.

There's healthy as well as unhealthy food everywhere but nowadays more and more people are aware of the importance of healthy way of life to which also healthy food belongs. We can listen, hear, read about it everywhere, we learn it at school. We all know that it is important to eat healthily but in the end it's up to each individual if she/he decides to do it.

4. Where do you buy your food and is it expensive?

We, students, don't buy food at school and even if we wanted to there is no shop at school. But if you have time and if you want to walk there is a shop with food but it is in the center of our village. There is enough food at school so we don't have to go to a shop. At school we have a snack in the morning, then if you want you can have lunch too, and then after the lunch we have free left overs like some bread, fruit, tea ... It's very good and we can't complain.

5. Do you cook your own meals at home and if so how many times a week?

To answer the questions numbers 5 and 6 I did a survey which gives answers to both of the questions. I gave a questionnaire to 35 9th grade students.

A SURVEY – EATING AT HOME

***Make a tick (✓) into every box chosen.**

1. Do you (your parents, grandparents ...) cook your own meals at home?

YES	NO	SOMETIMES

2. If you do (cook at home), how many times a week?

every day	6 times a week	5 times a week	4 times a week	3 times a week	2 times a week	once a week

3. Which meals do you have together as a family during the week?

all the meals	breakfast	lunch	dinner	lunch and dinner	none

4. When do you spend time together around the dining table as a family?

every day	only at the weekend	only on Christmas and Easter	other occasions (write some examples)

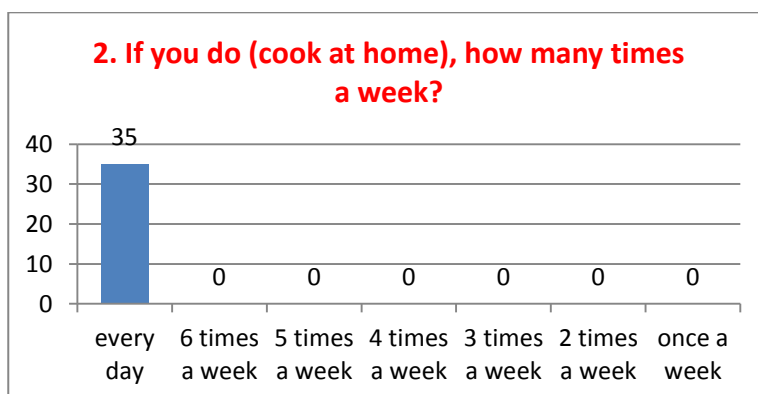
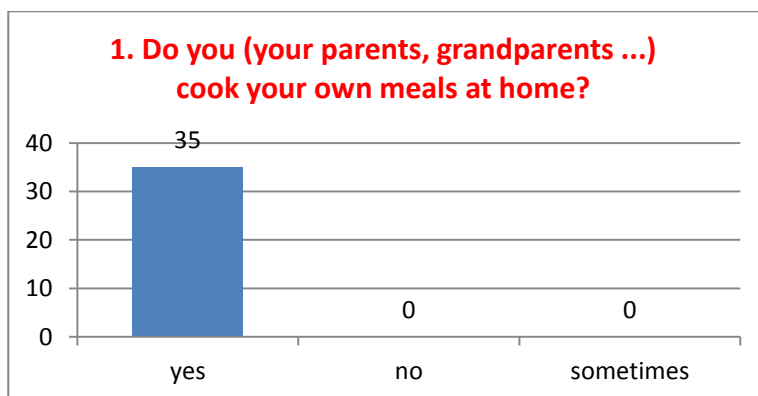
6. Do you eat your dinner with many people or not and is that typical for your culture?

In my family we eat every meal together, except breakfast, because we haven't got enough time in the morning. But we always eat lunch and dinner together. In the evening at the dinner we have time to talk to each other, we have a good time, we laugh etc. I think many families have dinner together. They prepare something to eat and then they sit together at the table and enjoy the food and the company of each other.

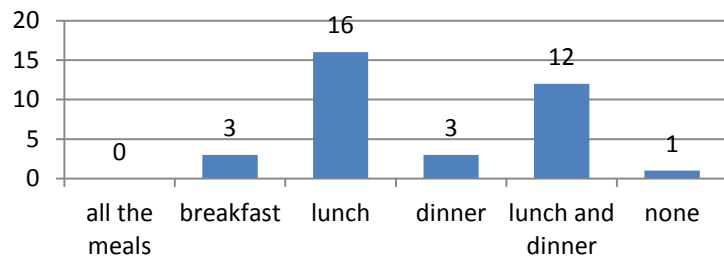
I don't think that it is typical to have lunch together in our country. It's people's choice how they want to have dinner or other meals. But as the results of the survey have proven the students of our school and their families have very similar habits regarding cooking and eating meals. The results are as follows: [..\survey - eating at home, graphs.docx](#)

A SURVEY ABOUT FAMILIES' COOKING AND EATING HABITS

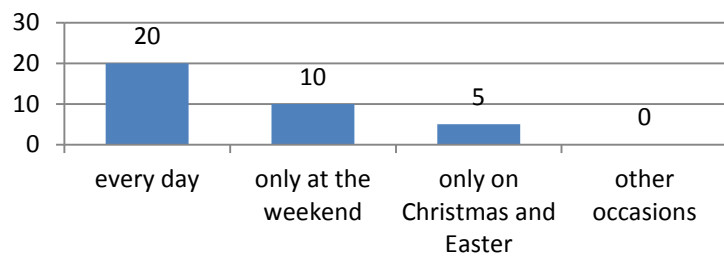
(35 students of Primary School Poljane)



3. Which meals do you have together as a family during the week?



4. When do you spend time together around the dining table as a family?



MARIJA PRIMOŽIČ

EG8, GRUPUL SCOLAR TEHNIC, Romania, Question: Hello, everybody! Here is our question.

What can you tell us about eating habits in your area and what methods do you use to improve your healthy eating ? Can you think of some proper solutions in order to help the starving people with the help of agriculture?

We eat about four to five times a day. We are used to eating a lot for breakfast, because this is the most important meal of the day.

For breakfast we usually drink some milk, tea, cocoa or some juices (orange, strawberry ...), and eat bread or cornflakes, or something mixed with milk. After breakfast we have a snack at school, which is very diverse. Usually we get some bread and honey, tea, chocolate bars and fruit. Sometimes we get a pizza, soup etc.

We have lunch from 12.00 to 15.00 o'clock, for which we eat stronger food than for breakfast. For beginning some soup, then potatoes and meat (bacon, beef, pork ...) prepared in different ways, and some salad or lettuce. After that we have a dessert, like some pastry, cookies or cake.

After lunch we have dinner, which is similar to our breakfast. We eat eggs or cornflakes, some milk or maybe fruit.

We don't have any special methods to improve our healthy eating. We just eat very diverse food, and we try to avoid junk food, candies and sugar as much as possible.

I think that starving people should get something to eat with the help of their own agriculture. They should grow some things, which would be cheaper if you grow them on your own, than if you buy them in a shop, like carrots, potatoes, lettuce, tomatoes, peas, actually everything, even trees with fruit, and it would be accessible in every moment that they would need it.

People should have some good place for growing vegetables or fruit trees, because any of that is not hard. But we are aware of the fact that this is more or less just a pious wish. For this some land good natural and weather conditions is needed but it is usually not the case in many parts of the world and so people from these areas are starving.

We should do something with all the extra food that is discarded in the high-developed countries and give it to the people who starve. But how can we do that if politicians can't?

TANJA BUH

EG9, Tudor Vladimirescu" High School, Romania, Question:

1. Everyone has to take care of his nutrition. Tell us 4 things that you do, in order to take care of your health.

2. Can you tell us an easy recipe which is traditional in your country ?

3. Many governments around the world make an effort to reduce obesity rates and encourage healthy eating. What can you tell us about the fast food industry from your country? Do people prefer to eat fast food or healthy food?

4. If you had the opportunity to bring a food school programme for students what would it be like?

5. How can you improve your "eating-style" without a nutritionist?

Everyone has to take care of his nutrition. Tell us 4 things that you do, in order to take care of your health.

At first, I will say that same as most of the teenagers we care of our health so that we engage in sports. Most of people run in nature, but we also like playing football (especially boys), volleyball, baseball

We should drink a lot of water instead of carbonated drinks like Coke. But it's not always the case, of course.

We try to choose healthy food, especially girls.

We learn about healthy food at school.

Can you tell us an easy recipe which is traditional in your country ?

The Slovene national cuisine is not a very healthy one because our traditional food contains a lot of sugar and fat. Here's the recipe for our traditional cake potica – a kind of a walnut cake which is typical for some festivals as Christmas, Easter, weddings and other celebrations.

POTICA



INGREDIENTS

Dough:

60 g flour
3 g yeast
2 dl milk
14 g sugar
14 g butter
4 egg yolks
1 vanilla sugar
grated lemon peel

Filling:

40 g walnuts
2 dl milk
25 g sugar
2 tablespoons of rum
2-3 egg whites

PREPARATION

1. Prepare yeast, mix yeast with a teaspoon of sugar, spoon a few tablespoons of flour and milk and let it rise.
2. Prepare the filling, walnuts and sugar, pour in cream (if desired by the aura, but not necessarily), which are added by a rum. Finally, paste in egg whites - until the filling is not appropriate spreads should not be too thin.
3. Prepare the dough, put all ingredients in a bowl and stir like biscuit dough, do not forget to add leaven. If you use a circular model, the dough is to be divided into two parts. Roll it, spread with filling, sprinkle with grated lemon zest. Roll and put in greased baking dish. Cover and let rise, preferably overnight, but otherwise at least 6 hours.
4. Bake at 180 degrees Celsius for one hour to an hour and a half, depending on the model. Baked cake leave in the tray for some time, and then return it to the fabric and overlap. When chilled sprinkle it with powdered sugar.

Many governments around the world make an effort to reduce obesity rates and encourage healthy eating. What can you tell us about the fast food industry from your country? Do people prefer to eat fast food or healthy food?

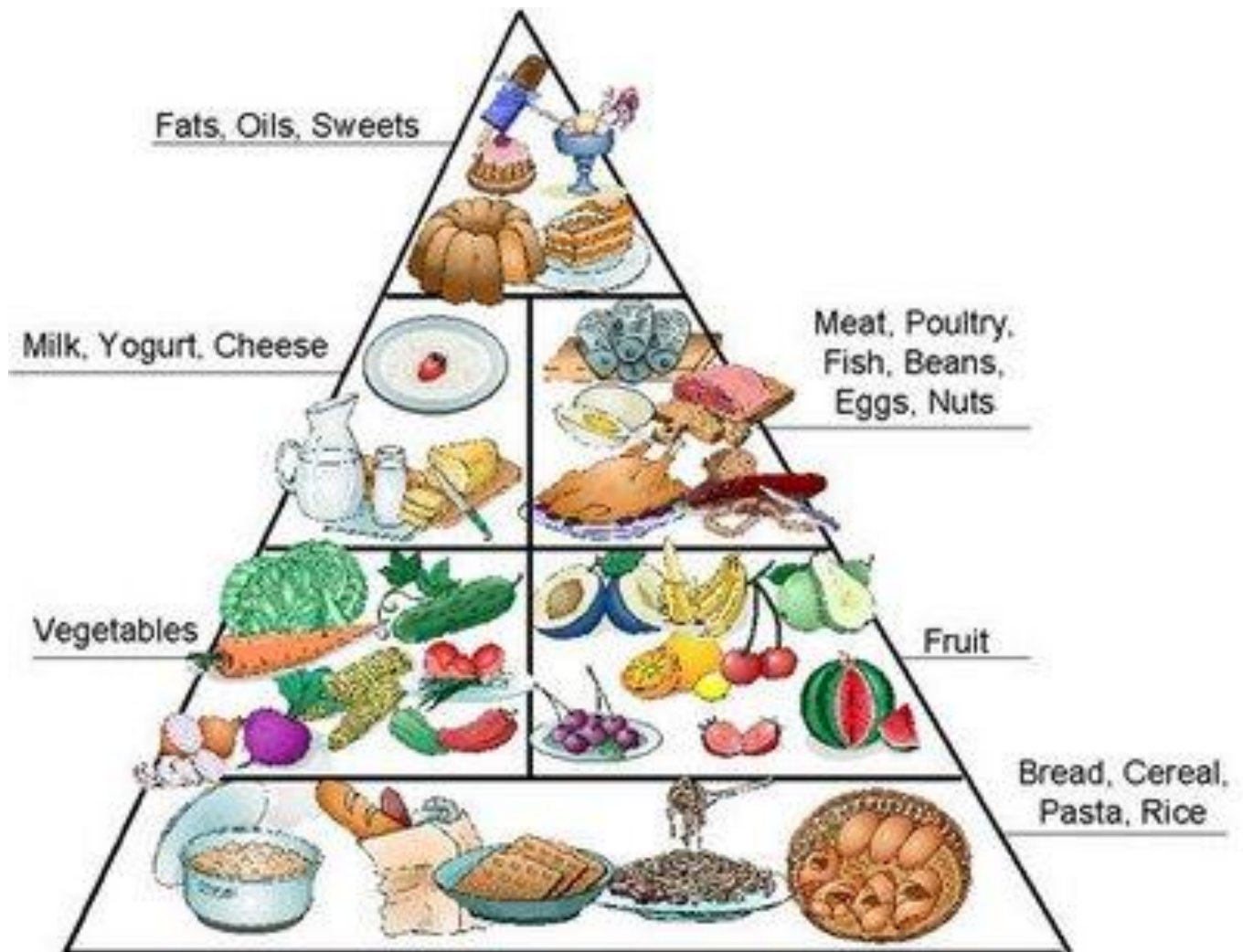
There are many restaurants with fast food in Slovenia. There goes most people who lives in cities and near the cities or they go there most of their times. People like we who live not near cities don't go there very often. In our country, people very like to go to the McDonald's. There are 15 McDonald's in Slovenia. On average people from the city go there almost every day, but we from villages go there on average 1x on two months. We go there, when we are in Ljubljana, when we go shop or in cinemas. People know, what are the » side effect« when you eat too much of fast food. But the size of too fat people is steadily increasing, what can be really a problem. But people still prefer healthy, home produced food. More and more people is now buying eco food. They believe that in this food is no danger for their health.

If you had the opportunity to bring a food school programme for students what would it be like?

We have an opportunity to make our own suggestions for school meals when we have special classes and learn about healthy food. It's pretty much the same as the meals that we consume are.

How can you improve your "eating-style" without a nutritionist?

I think the best way to improve our eating style is that we don't eat too much food. We must eat diverse food. In our diet there must be most of carbohydrates, then vitamins and minerals. In the third place there are proteins and also a small amount of fat and sugar.



NUTRITION PYRAMID

We live in a village and all around us there are trees and forests and we can produce food ourselves. The food is really natural and without unnecessary sugar. We have advantage that we can produce food by ourselves. We should eat at least 5 meals a day. It is important to get the energy that we need with breakfast but dinner must be poor. For dinner it is good to have something light like yooghurt or salad and a glass of water.

MARIJA DOLENC, TINA AŽBE, VERONIKA DERLINK

EG10, Tudor Vladimirescu” High School, Romania, Question:

-Which is the most popular vegetable in your country? Describe it.

-Describe one recipe from your culture which contain that vegetable .

Potato is the most popular vegetable in our country. We eat it every day. It contains lot of starch.

Here's the recipe for potato cakes.

POTATO CAKES

INGREDIENTS

You need:

- 400 g potatoes
- 125 g flour,
- 40 g butter or margarine,
- 40 g grated cheese,
- salt,
- oil.



POTATO CAKES

INSTRUCTIONS

1. Peel the potatoes and slice them.
2. Put the potatoes in a saucepan with some water and a bit of salt. Boil the potatoes for 20 minutes.
3. Pour away the water and mash the potatoes in the saucepan.
4. Put the mashed potatoes, the flour and the butter or margarine into a bowl. Mix them with a fork.
5. Take the mixture out of the bowl and roll it. Make 12 potato cakes like 1 cm high.
6. Put the oil in a frying pan. Fry the potato cakes until they're brown on both sides.
7. Take the cakes out of the frying pan and put them on a tray. Cover the cakes with the grated cheese.
8. Put the tray into the oven for two minutes.

JERNEJ HABJAN

EG11, Bryanston High School, South Africa, Question:

We would like to know more about your food. We would like to know if you grow all your food that you eat or if it is made in factories and shops? We would also like to know more about our eating habits like, do you eat at a table or on the floor? We would also like to know what foods and dishes you are famous for, so what food or snack you love eating. Here in South-Africa we are famous for Biltong and we love eating in general! How do you cook your food? In South-Africa we braai (barbeque) most of our food. We would like for you to include pictures, videos drawings and writing to explain to us how your Country does the above things.

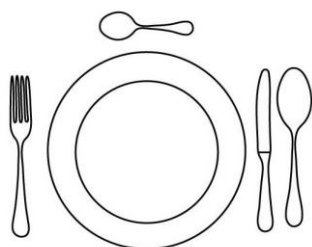
We can't wait to learn more about how you guys live and eat!!

Food that we grow is getting more genetically modified day by day. More and more food is produced in factories and not on fields or farms.

Slovenia is a small country, and we import most of food from other countries, and most of this food isn't of good quality, so it's quite cheap. On the other hand, food that we grow at home, here in Slovenia, is very good to eat or prepare, but it's quite expensive.

In Slovenia we love onions. We use them almost with everything, we also put them in sausages. Onions are used for frying, cooking, we put them in sauces, soups, we roast them together with potatoes, meat ...

We usually eat at a table, if we aren't on picnic, and for an ordinary family lunch we use a plate, a spoon, a knife and a fork.



DINING SERVICE



A PAN



A POT

We cook our meals in pots or fry meat and potatoes in frying pans. We bake cakes or meat and potatoes in ovens



FAMILY LUNCH



PICNIC FOOD

It's recommended that we have 5 meals a day.

The most important meal is breakfast. For breakfast we eat milk and flakes or bread, butter and jam.

We cook milk in pots and eat it from cups.

Then after breakfast we have a snack. Our first snack is at school where we get our school meals prepared in the school kitchen. When we don't have school we usually eat sandwiches or something made fast.

Then we have lunch. For lunch we have food that is prepared in pots or pans, it's not made quickly.

We eat steaks and potato. We also eat fish and salad.

For afternoon snack we eat eggs or sausages, prepared in pots or pans.

And for dinner we usually eat something like milk, because if we eat meat, we (especially older people) can't sleep well.

Our ancestors ate food from wooden plates, and with wooden spoons. Since there were no chimneys in the 19th century and before, the old kitchens where they prepared food were all black because of soot and smoke. They were called »black kitchens«.



BLACK KITCHEN ABOUT 300 YEARS AGO

JERNEJ HABJAN, BORIS KRSTIĆ, JAN BOŽNAR

EG12, Morning Star School Limited, Ghana, Question:

1. Describe how to prepare one of your traditional foods.
2. Is your country self-sufficient in food production as enshrined in the Food and Agriculture Organization (F.A.O) charter? Explain.

1. One of our traditional dishes is mush. We usually prepare it with white flour, buckwheat flour or cornflour, or sometimes we prepare it from a mixture of potatoes and white flour. The flour is boiled in water or milk. Mush is often dressed with cracklings. See the recipe which follows.

MUSH

Boil water then put some salt in it. Mix white flour and buckwheat flour. Then put this mixture into the boiling water and make a hole in the middle. Wait for 30 minutes, then pour out almost all the water. Then mix the mush. You can also add some butter, bacon or cracklings on the top of the mush, and this delicious meal is ready.



MUSH DRESSED WITH CRACKLINGS

2. In Slovenia we import most of the food we eat. We don't produce enough food for ourselves. We do not even produce sugar, the production of wheat is also a problem - we produce for about 50 % of wheat consumed, the other half is imported. We also import exotic fruit and vegetables, the lacking amounts of potatoes etc.

But we export hops, milk and apples.

Our Ministry of Agriculture supports fighting against poverty and starvation in the world (in accordance to FAO policy) yet confirms that our agriculture is not able to produce enough food for our own country.

BORIS KRSTIĆ

EG13, Tuskegee International School, Ghana, Question:

People in Ghana are very warm and kind hearted people and most of our diet is made of Staple crop.

Our question is what is the government of your country doing to maintain food supply to the people of your country. In view of this we in

Tuskegee International school-Ghana would like to know how the current world food crisis due to the climate change affected your country.

There are a lot of people that make their living with farming in our country. Our government is encouraging consumption of home-grown food and helps farmers with subsidies. That is especially the case when farmers lose their crops or farm animals due to bad weather conditions or diseases. We also get food from the shops or foreign countries (as far or close they are). The government usually makes sure that we do not have bad, spoiled, rotten food and the food that is off date, but sometimes even the government fails. The farmers harvest their crops that go to factories, where they are processed. And then they go to markets and megamarkets where they are sold to everyday people that need any sorts of supplies. In our country we do not have problems with our food because we are situated in a very nice part of EU, where we do not have extreme weather conditions, natural disasters ... We are also very good friends among friends so we help each other wherever there is anything, especially food, involved. There is a high percentage of farmers in Slovenia and people grow their own food. They do not have to go to the shops very often, but still they need to go, because there are some essentials that you can only get from the shops or foreign countries. Even people who are not farmers but they have a little bit of land usually have a medium sized vegetable garden. Family traditions are still very strong: if anyone from the family has a farm everybody in the family gets an equal percentage of food. We are also good friends with our neighbouring countries so they sometimes (not always) help us.

4. ... AND WE WERE SUMMARIZING

Once we had answered all the partner schools' questions and posted them to the GTP page, also the answers to our questions started coming by emails. We had previously formed the following questions.

EG14, Primary School Poljane, Slovenia, Question:

Since we are situated in the country we eat a lot of home-grown food . We have many questions.

Our general question is: From where does your food come to your tables? Then there are some additional questions.

1. Where do you get your food from (do you grow it yourselves/buy your country's products/import from foreign countries)? Which of these is cheaper/of higher quality?
2. What and when are your typical everyday dishes/traditional, holiday (festive) dishes, school meals?
3. What's your attitude to fast food and frozen food (how often do you eat it, especially teenagers)?
4. Do you know or experience *fast* – when, which food is forbidden on this occasion?
5. Which are teenagers' favourite dishes in your country?

We were happy when we saw that there were some groups coming from distant countries, e. g. Bangladesh, Cameroon, South Africa, Ghana. We didn't know much about them. We were looking forward to reading about other cultures, different countries, their food for which we thought it would be very different from ours.

And then there were countries that we thought we were more familiar with because they were closer to our country: The Netherlands, Latvia, Ukraine, Romania. We supposed their way of preparing food and their attitude towards food would be more or less the same as ours. But the fact was that we had to learn about them as well.

We are really sorry because we didn't get answers from all the groups, especially from South Africa and Ghana, because we think their answers would enrich our knowledge and make our summary more interesting.

But now let's go to our summary. Our question was:

*Since we are situated in the country we eat a lot of home-grown food . We have many questions. **Our general question is: From where does your food come to your tables? Then there are some additional questions.***

We were interested in different things so we put **five sub-questions** to our partners. Since our group is quite small, only 10 students, we divided in pairs. Each pair summarized the answers to one of the five questions. There were eight different answers to each of our questions. Unfortunately, the responses from five groups are missing.

SUMMARIES ACCORDING TO OUR FIVE SUB-QUESTIONS

1. Where do you get your food from (do you grow it yourselves / buy your country's products / import from foreign countries)? Which of these is cheaper / of higher quality?

We didn't know much about other countries' food policies. We were aware of the fact that geographical position of countries and their climate were very important for growing specific kinds of fruit, vegetables, grains ... We thought that European countries of our LC group (The Netherlands, Latvia, Ukraine, Romania, Slovenia) had similar conditions and food policies. We supposed that there would be some differences in countries from other continents (Bangladesh, Cameroon, South Africa, Ghana).

With our first question we wanted to find out what was the relation between imported and home-grown food in the countries where our partner schools came from. We were also curious about which of those was cheaper and of higher quality.

Here is what we have learnt.

All countries grow some kinds of food on their own but they also import food, especially the food which could not be grown at home due to unsuitable climate conditions.

Food in Bangladesh and in Cameroon is mainly domestic, they import very little food. Their own food is of better quality because they don't use chemical fertilizers, whereas imported food is of low quality because it contains preservatives that prevent food from getting spoiled.

Latvian people buy their food in shops, especially in bigger cities. In the country people grow food at home – it is more expensive, but also of higher quality. That is why domestic food is more popular.

We learnt a lot about the history of **Ukrainian agriculture**. In Ukraine there is a lot of domestic food – they grow fruit, vegetables, wheat; they breed cattle, sheep, poultry, bees; then there is hunting, fishing ... They import fish and exotic fruits. But Ukrainian fruit is cheaper.

In The Netherlands they import tropical fruits and rice because their climate is not suitable for them. It's cheaper to import them than to grow them themselves.

Romanian people mostly buy their food in supermarkets and markets, but they also grow wheat, maize, beans, cereals. They export them as well as potatoes, cabbage, carrots, fruits (apples, pears, grapes).

They import exotic fruits and vegetables from other continents with different climate.

2. What and when are your typical everyday dishes/traditional, holiday (festive) dishes, school meals?

With our second question we wanted to find out whether in other European countries people eat food similar to ours and what different food and habits are there in other continents.

We learnt that different countries have their own, typical cuisine. Everyday dishes are simple, traditional dishes are very typical for certain country, and school meals vary as well – at some schools they have fast food, in others they can eat fresh cooked food, they can buy snacks etc.

In Bangladesh the main component of their dishes is rice with different types of vegetables, fish, meat, eggs. They also like sweets, cakes, Parata, Puri, chaps.

In Cameroon they eat three times a day, their everyday meals are varied. Their traditional dishes (for Christmas, Easter) are pounded cassava and vegetables, cooked cocoyam paste and yellow soup, bitter herbs vegetable mixed with groundnut paste and smoked fish or meat. This type of soup is eaten with ripe or green plantains, boiled cocoyam and cassava. At school they eat between 11.40 and 12.30 GMT – they have bread and chocolate, boiled and fried eggs, spaghetti, cakes, biscuits, pancake beans, rice and tomato sauce.

In Latvia they eat different kinds of meat and potatoes or vegetables. Rice and pasta are also popular. Their special events are accompanied by roasted meat, something sweet, mainly cake. For Christmas they have black beans and pork. Their school meals are similar to those at home.

Ukraine - potato is the most widely used vegetable in cooking – for soups (borsch, cabbage soup), boiled, baked – served alone or with meat, fish, cheese, cabbage, mushrooms ... Potato pancakes are popular – they are served with cheese or sour cream.

Cabbage is used for cabbage soup (kapusniak) or served with meat or potatoes. From cabbage leaves cabbage rolls (holubtsi) are made.

Onions, garlic, carrots, turnips, radishes, cucumbers are not cooked, they are often consumed raw.

Various soups are popular, but borsch is the country's favourite, served traditionally with dinner. It is made of vegetables (beets and cabbage) and meat or fish.

Typical everyday dishes: potato, different sorts of soup, porridge, eggs.

Holiday dishes: salads, fish and meat dishes.

School meals: diary products, porridge, steak, sausages.

The Netherlands

We don't know about the Dutch traditional food, but their special traditional and party food are gourmet food and barbecue.

They have a canteen at school where they can buy little baguettes with cheese or chicken or ham. They can also buy some chips from a food vendor.

Romania

Typical Romanian dishes are mamaliga with eggs, butter, cheese and cream.

On their national day they have beans with pork and mamaliga.

For holidays food is prepared for a picnic – sandwiches, cakes, pancakes, sweet.

For Christmas they eat mamaliga and sarmale (beans stuffed with pork), for Easter they have pork, lamb, red eggs, sponge cake and they drink wine.

For weddings or baptism they have appetiser – cheese, ham, sausages, salami, cucumbers, tomatoes with two other dishes.

Their school meals are chips, snacks, hot sandwiches, sweets ...

3. What's your attitude to fast food and frozen food (how often do you eat it, especially teenagers)?

With this question we wanted to find out what teenagers think about fast and frozen food and how often they have it.

Before getting the answers from our partners we supposed that the attitude to fast food would be more negative than to frozen food. We also anticipated that the majority of

teenagers liked fast food. This is the case in Slovenia. So we wanted to know if there were any differences between Europe and other continents regarding this question.

Our suppositions have proved true. The general findings are that almost all the people from the countries our partners are from have a negative attitude towards fast food, and that they are aware of its unhealthiness – it causes heart diseases, fatness, loses quality – it's lower in nutritional value, has less minerals, vitamins, high calories, added flavours, colours, preservatives, which is all very unhealthy.

There is also a social point of view - people have lost the fun and the satisfaction of cooking. Cooking used to gather the family. So fast food is not good for health, body, mind. Teenagers eat it a lot, often – they don't understand the problem of health.

In Romania they support anti-fast food campaigns because there are too many fast food restaurants, people are getting fat and unhealthy. They want to influence people and show them that there are a lot of healthy and good tasting recipes.

The attitude towards frozen food is not so negative, especially frozen vegetables is used quite a lot. It is healthier than frozen pastry or pizza.

But we have learnt that in spite of the fact that fast food is unhealthy teenagers in almost all the countries love fast food and eat it very often. This is especially the case in city areas. They like fast food because it is quick and tasty. They don't think about health.

There is an exception: teenagers in **Cameroon** don't eat fast food very often because it is too expensive and unhealthy.

4. Do you know or experience *fast* – when, which food is forbidden on this occasion?

At the time we were discussing what questions to make we had our Carnival (8th March) after which a 40-day *fast* or *fasting* (Lent) comes and lasts till Easter. This is an old Christian tradition when people remember Jesus's 40-day *fasting* in the desert. It used to be real *fast* long ago, but nowadays people try to avoid alcohol, cigarettes or chocolate during these 40 days. Many Christians still respect the tradition of not consuming meat on Fridays. On Ash

Wednesday (the day after Carnival) and on Good Friday strict fasting is respected by Christian believers.

We expected that Christian people in other countries would have similar attitude and experiences about *fast* and that believers of other religions or non-believers have different traditions.

We noticed that some LC groups didn't know the meaning of *fast* – perhaps they just didn't know what the word *fast* referred to and what we meant with it. That was probably why they didn't answer this question, e. g. Romanian LC groups.

Some groups mixed *fast* and *fast food*, probably because the noun and the adjective are the same.

But students from **Bangladesh** answered that on religious fasts any sort of food is forbidden till sunset, which is understandable because the majority of people are Muslim. Also in **Cameroon** adult Christians and Muslims practice fast, but teenagers don't.

5. Which are teenagers' favourite dishes in your country?

We expected teenagers from all the countries (perhaps not from Bangladesh, Cameroon, Ghana) would declare fast food as their favourite food. We wanted to learn if there were many differences between Slovene teenagers and young people from other countries.

We learnt that teenagers from **Bangladesh, Ukraine, The Netherlands and Romania** prefer fast food to food prepared and cooked at home or combinations of both. Teenagers from **Cameroon**, on the other hand, prefer rice and tomato sauce, teenagers from **Latvia** mashed potatoes and meat gravy or cutlets.

SUMMARY CHART OF EG14, PRIMARY SCHOOL POLJANE, SLOVENIA

	EG1, B M Laboratory School, Bangladesh	EG2, LYCEE BILINGUE DE NEW BELL, Cameroon	EG4, Riga Secondary School No 47, Latvia	EG5, Lyceum25, Ukraine	EG6, Lorenz Lyceum, The Netherlands	EG8, GRUPUL SCOLAR TEHNIC, Romania	EG9, Tudor Vladimirescu High School, Romania	EG10, Tudor Vladimirescu High School, Romania
1. Where do you get your food from (do you grow it yourselves/buy your country's products/import from foreign countries)? Which of these is cheaper/of higher quality?	They have their own food tradition, different from other countries; mainly home-grown food, <u>not much food imported</u> ; they eat from table or floor.	They grow almost everything on their own; <u>little food imported</u> ; domestic food is of better quality.	Part of food is home made, another part imported. <u>Domestic food is more popular</u> , of higher quality and also more expensive.	<u>Most food is from Ukraine</u> , Ukrainian fruits are cheaper. They import fish, exotic fruits, potato, corn, tomatoes, beans, cocoa ...	They import tropical fruits, rice because they don't have the climate for it. <u>It's cheaper to import that food</u> than to grow it at home.	<u>They mostly buy food in supermarkets and markets</u> , but they also grow wheat, maize, beans, cereals.	<u>They export a lot</u> (wheat, potatoes, cabbage, carrots, fruits) <u>They import exotic fruits and vegetables</u> from other continents with different climate.	<u>Imported food is cheaper and of higher quality</u> – Romania hasn't got the necessary conditions for the production of wheat, pasta, vegetables.
2. What and when are your typical everyday dishes/traditional, holiday (festive) dishes, school meals?	Rice with different types of vegetables, fish, meat, eggs; sweets, cakes, Parata, Puri, chaps. <u>At school</u> they eat between 11.40 and 12.30 GMT: bread and chocolate, boiled and fried eggs, spaghetti, cakes, biscuits, pancake beans, rice and tomato sauce.	They eat three times a day: <u>For traditional holidays (Christmas, Easter, summer holidays)</u> they eat traditional dishes: pounded cassava and cocovam paste and yellow soup, bitter herbs, vegetable mixed with groundnut paste and smoked fish or meat.	They eat meat and potatoes or vegetables. Rice, pasta are also popular. <u>Events</u> – roasted meat, something sweet, mainly cake. <u>Christmas</u> – black beans and pork. <u>School meals</u> – similar to those at home.	<u>Potato</u> is the most widely used vegetable: potato pancakes. <u>Cabbage soup</u> (kapusniak), cabbage leaves – for cabbage rolls (holubtsi). Onions, garlic, carrots, turnips, radishes, cucumbers – often served raw. Various soups, but <u>borsch</u> is favourite. <u>Typical dishes</u> : potato, different sorts of soup, porridge, eggs. <u>Holiday dishes</u> : salads, fish and meat dishes. <u>School meals</u> : diary products, porridge, steak, sausages.	<u>Special traditional and party food</u> : gourmet, barbeque. <u>School food</u> : in canteen, you can buy little baguettes with cheese or chicken or ham; chips.	<u>For Christmas and Easter</u> – pork, lamb, red eggs, sponge cake; wine.	<u>On the national day</u> – beans with pork and mamaliga. <u>For Christmas</u> sarmale – beans stuffed with pork. <u>For Easter</u> – red eggs, lamb.	<u>Typical dishes</u> : mamaliga with eggs, butter, cheese and cream. <u>Holidays</u> : food as a picnic – sandwiches, cakes, pancakes, sweets. <u>Weddings, baptism</u> : appetiser – cheese, ham, sausages, salami, cucumbers, tomatoes etc. + two other dishes. <u>School meals</u> : chips, snacks, hot sandwiches, sweets.
3. What's your attitude to fast food and frozen food (how often	It is <u>often eaten</u> .	Teenagers have <u>negative attitude</u> , it	Teenagers eat it <u>very often</u> .	It's very <u>unhealthy</u> but teenagers <u>eat it very</u>	They <u>prefer fresh food</u> ; if they buy fast	Teenagers have <u>negative attitude</u> because that	<u>Negative attitude</u> towards fast food, frozen food is	It's not good for health, body and mind, but <u>teenagers eat it a</u>

do you eat it, especially teenagers)?	especially in city areas.	is <u>rarely eaten</u> .		<u>often</u> .	or frozen food, they finish it at home.	food is very <u>unhealthy</u> .	healthier. They run <u>anti-fast food</u> <u>campaigns</u> .	<u>lot</u> , they don't think about disadvantages.
4. Do you know or experience <i>fast</i> – when, which food is forbidden on this occasion?	<u>Religious</u> <u>fasts</u> - any food is forbidden till sunset.	Teenagers don't practice it, adult <u>Christians</u> and <u>Muslims</u> do.	<u>No</u> .		Food is <u>forbidden on buses</u> (stickers).			
5. Which are teenagers' favourite dishes in your country?	<u>Fast food</u> .	<u>Rice</u> , tomato sauce.	<u>Mashed</u> <u>potatoes</u> , meat <u>gravy</u> or <u>cutlets</u> .	<u>Fast food</u> .	<u>Fast food</u> , <u>potatoes</u> .	<u>Fast food</u> .	<u>Fast food</u> .	<u>Fast food</u> , <u>potatoes</u> , <u>omelettes</u> .

WHAT WE HAVE LEARNT WITHIN TEN WEEKS OF LEARNING CIRCLES

1. All the countries included combine domestic, home-grown food with imported food – it depends on the country's climate and other conditions for growing food at home. European countries import exotic fruit and vegetables whereas Bangladesh and Cameroon don't import much.

2. Typical everyday and traditional dishes are different from country to country, also Christmas and Easter dishes. School meals tend to be quite similar in all the countries.

3. Attitude towards fast food is negative in all the countries because it's unhealthy. However, teenagers tend to eat it very often (except in Cameroon), which is quite worrying.

The attitude towards frozen food is not so negative – such food can be healthy, but only vegetables.

4. *Fast/fasting/Lent* is not a very well-known term. In Bangladesh and Cameroon religious fast is experienced.

5. Fast food is very popular among teenagers (Cameroon and Latvia are exceptions).

6. We have learnt a lot about group work, team work, pair work, the importance of students' own learning and research, the importance of accepting and following the rules. The work of a group depends on each individual's work. We have also learnt about the meaning and importance of doing and completing the tasks in time. This was the most difficult part for us.

5. REFLECTION, FEELINGS ...

HOW WE FELT WHILE DOING THIS PROJECT?

This year has been very special for us because we joined the Global Teenager Project for the first time. Our mentor was our English teacher Bernarda Pintar. It was the first time for her as well. We were talking, researching, writing about food, new eating habits and about different cultures. We were cooperating with some other countries, which were interested in Global Teenager Project, too. We had to do six tasks and we had to do them on time. We also made a world map, on which we marked cooperating countries.

Marija D., Marija P.

It was really awkward first couple of days, but then we got used to it. Actually it was really good, we had a lot of fun, mostly because we got to skip some English lessons.
We did a lot of fine things, like: we did a poster, made jokes ... etc.
We also made questions for other countries to answer and we also had to answer their questions.

Boris

It was a nice experience, I have learnt a lot – not only about food but about pupils and about myself as well. I hope this will help my students to become self-confident and relaxed in using English and especially in communication, which is the main aim of learning foreign languages.

I intend to do similar projects with generations to come because I think this is a different and fine way of learning, often without being aware of it.

Bernarda Pintar

If you would like some more details, go to:

<http://www.sola-poljane.si/blog/anglescina/?cat=25> or

<https://gtpwhatweeatandhowwegrowitfeb2011.pbworks.com/w/page/35885003/FrontPage>