



THE TRIP IN THE KITCHEN

Interesting topics

- Italian food
- French food
- Romanian food
- Food of Spain
- Food from England
- Chinesse food
- Food from Japan
- Thai food
- Indian kitchen
- Cake art

class 7B, ECO-SCHOOL "TAKE IONESCU" TIMISOARA

Vol. I, # I

Titlu articol principal/ De ce această revistă?

Această "artefact" este produsul transcurricular al disciplinelor limba engleză și tehnologia informațiilor, adică TIC.

Elevii clasei a VII-a B din școala noastră s-au gândit să îmbine utilul, ora de engleză, cu plăcutul, adică "joaca" pe calculator.

Proiectele propuse pentru ora de engleză nu puteau fi realizate decât cu ajutorul computerului, prietenul și inamicul nostru totodată.

Posterele realizate manual, au avut ca inspirație articole de pe Internet, dar și lucruri de ei știute din familiile lor.

Punerea materialelor la un loc a fost ca un joc de puzzle care i-a încântat pe copii, dar și pe noi cadrele didactice care am fost alături de ei.



Profa de TIC,

Monika Diana Oarcea

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Everybody Eats!

Eating Customs from Around the World



All people need to eat to survive. However, the way we cook, what we cook and how we eat differs from culture to culture. What people in one culture consider a delicacy may turn the stomachs of people in another culture. For instance, many Americans cringe at the thought of eating sashimi –

raw meat or fish—a dish that is popular in Japan while many Japanese people are disgusted by the thought of eating cheese – a food they consider rotten milk. The way we eat—the etiquette of dining—also varies from culture to culture. In America we generally eat foods with utensils, such as a forks and spoons, from our own plate. In Ethiopia it is customary to eat with your fingers from one communal or shared bowl. The way we eat and what we

eat change over time. Fifty years ago most Americans didn't eat French fries with their fingers, and very few Americans had ever tried pizza. Over the past 10 years foods that once seemed strange and exotic, such as sashimi are now becoming more popular.

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Global Gourmet

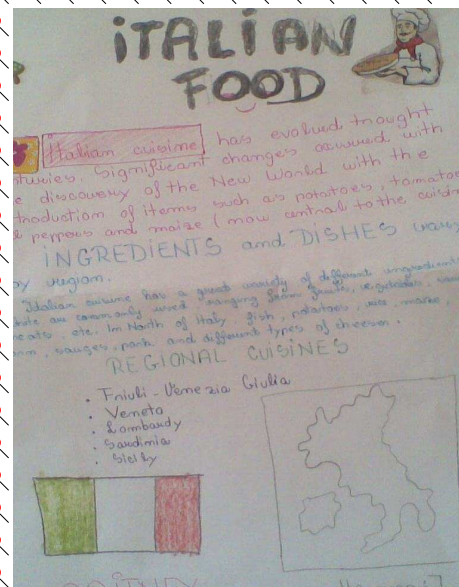
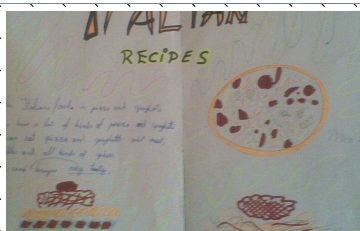
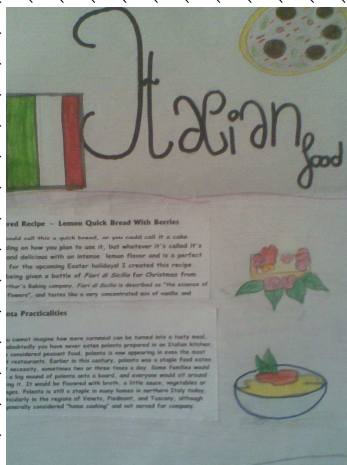
Eating in Italy

Eating a leisurely Italian meal is one of the pleasures of traveling in Italy!

Italians take food very seriously.

Each region, and sometimes even a city, will have regional specialties that they are very proud of. Your experience might be enhanced by telling your waiter that you want to try the

specialties. Understanding how Italians traditionally eat will help you get the most out of your travel experience.



FRENCH MEAL AND CUSTOMS

Food is a subject of prime importance to every

French person. It is not uncommon for suggestions for the day's menus to be dis-

cussed by family members at the breakfast table over a hot drink, breads, and preserves. Traditional French food recipes are treasured and the happy purchase of a young vegetable or a fine piece of meat will send the whole family into rapturous anticipation of the "special dish."



MEALS AND CUSTOMS IN GERMANY

Early risers, the Germans like a light breakfast of bread or rolls with butter and preserves and coffee with canned milk and sugar. But since that first meal of the day is served before the real German appetite has fully awakened, most people take a few sandwiches of meat or cheese to work or school, to be eaten around ten o'clock as the second breakfast or snack. In some areas a few sausages with beer fill the hunger "pocket."

Traditionally the noon meal is the largest of the day and many try to eat at home with the family, although this is becoming increasingly less feasible with more and more women working outside the

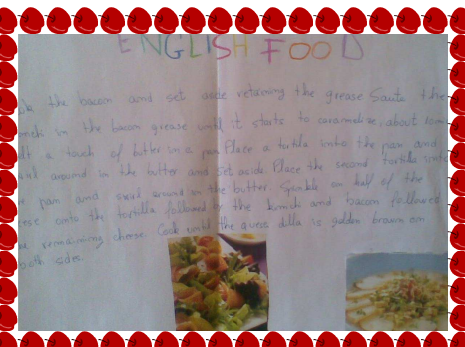
home. A hearty soup, a meat and vegetable *eintopf*, and a dessert (*susspeisen*) make up the midday meal.

English Meal

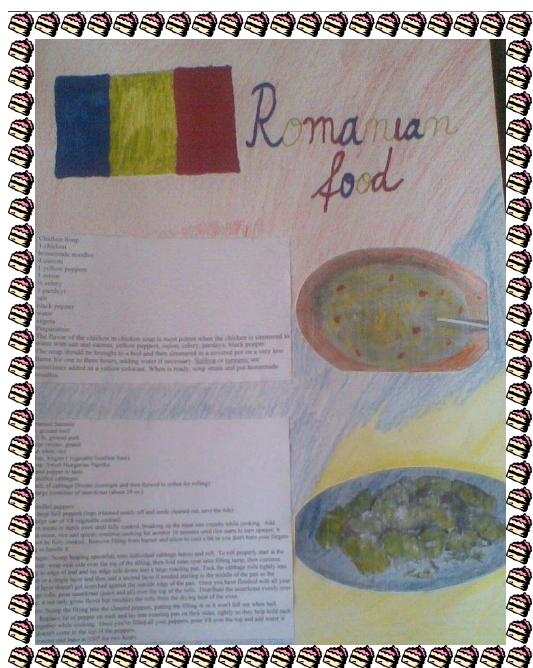
Roast beef is the national culinary pride. It is called a "joint," and is served at midday on Sunday with roasted potatoes, Yorkshire pudding, two vegetables, a good strong horseradish, gravy, and mustard. Pies and puddings are related phenomena in British culinary history. Originally, both

solved the problem of preparing dinners made with less expensive meats. Pies covered a stew or other ingredients with a crust; puddings were made from butcher's scraps tucked into a sheep's stomach, then steamed or boiled. Pies have remained pies, although, in addition to savory pies, there now exist sweet variations,

which tend to have two crusts or a bottom crust only.



Eat traditional Romanian food



Dining in Romania can be an interesting experience, most of the times a pleasant one, if you get in the right place. Romanian food excels in **full-bodied soups**, the most popular being the chicken soup, beef, vegetable or bean soup, while the **breakfast** consists mainly in

eggs (fried, omelettes or soft-boiled).

What is great in Romania is that the food is **100% natural**. The tourists will clearly feel the difference between the fruits and vegetables bought from their local grocery and the ones freshly picked from a Romanian garden. This happens because the local growers avoid using herbicides/pesticides to grow their crops. Especially in the rural

areas, tourists can taste some **home made** cheese and bread, fresh milk or fresh meat as Romanians like everything tasty and all natural.

Romanian wines are very tasty, and the locals say "Noroc!" that can be translated as "Cheers!" but it actually means "Good luck". A funny thing is that this word is used both for the toasts and if someone sneezes.

Spanish Eating Customs

At first, Spanish eating customs may seem a bit strange to foreigners. Like most other nations, Spain has its own timetable for when they dine, what they eat and the manner in which they accomplish this favoured activity. In general, Spanish food culture and the way that meals are planned and eaten is more laid back and people seem to be in less of a hurry to get through food.

Lunch is the most important meal during the day according to Spanish eating custom. Breakfast is considered the least consumed

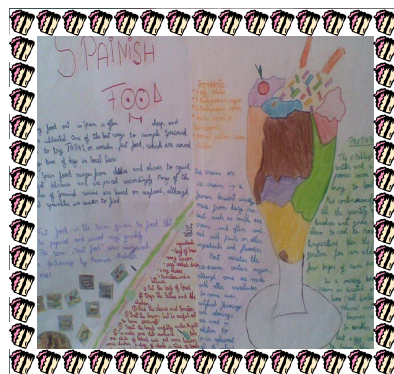
meal.

The typical Spanish breakfast (el desayuno) is a small meal or a drink on its own: breakfast in Spain normally consists of coffee, juice or hot chocolate and nothing more. If people do eat breakfast, toast or pastry accompanied by many cups of coffee is a typical breakfast meal. "Churros" is the choice for others. Churros are fabulous fritters (not unlike doughnuts - albeit with a different shape) that can be accompanied by a thick hot chocolate drink.

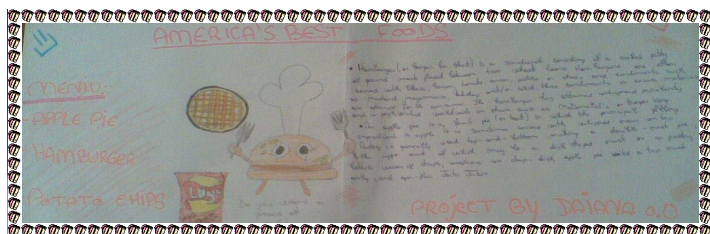
Lunch (el almuerzo) is considered the meal of all meals during the day: an appetizer, a main course and a dessert are often

commonly consumed. Most people do not begin to sit down for this meal until at least 2 p.m. and some even wait for an hour or two later. Coffee is served afterwards. The Spanish believe that after a large meal rest and relaxation is deserved before returning to work... hence the siesta.

Dinner (la cena) occurs fairly late in the day. This meal may consist of appetizers or small portions of food. It is customary that dinner is eaten with friends and family. The food is light and the drinks can be plentiful. Dinner service does not begin for many people until at least 9 p.m. and it may be even later in some restaurants. Certain people may skip dinner all together after their big lunch to enjoy bar service and a snack instead.



Cooking in the USA



American cooking is usually considered to consist of the traditional dishes long popular in the USA. Most were introduced by the early European immigrants but modified to take advantage of the locally available ingredients and to

conform to local tastes. Fried chicken, meatloaf, baked potato, corn, baked beans and apple pie would be considered traditional American dishes. Regional Cooking varies from state to state and is highly

influenced by the types of ingredients locally available, as well as the cultural background of the people that settled in the area. New England cooking, native to the northeastern states; was heavily influenced by the cuisine of the original English settlers. Southern cooking has definite African influences. Cajun cooking, from the New Orleans area, is a spicy mixture of Spanish, French and African styles. California cooking is known for the use of fresh fruits and vegetables in interesting combinations with Asian, Mexican and Spanish flavorings.

Global Gourmet

Brazil



Brazilians are outgoing, fun-loving people. Friends and acquaintances are greeted with kisses, more kisses and big hugs.

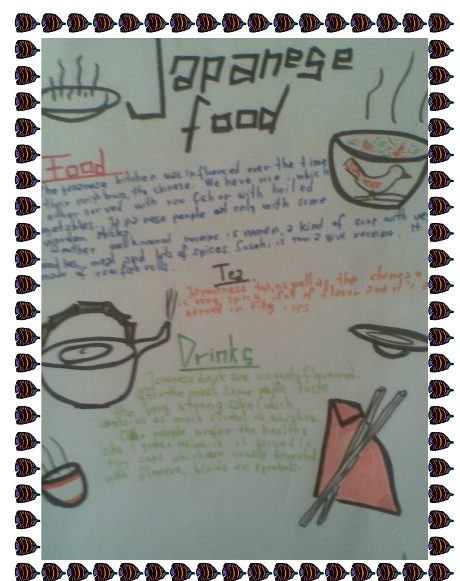
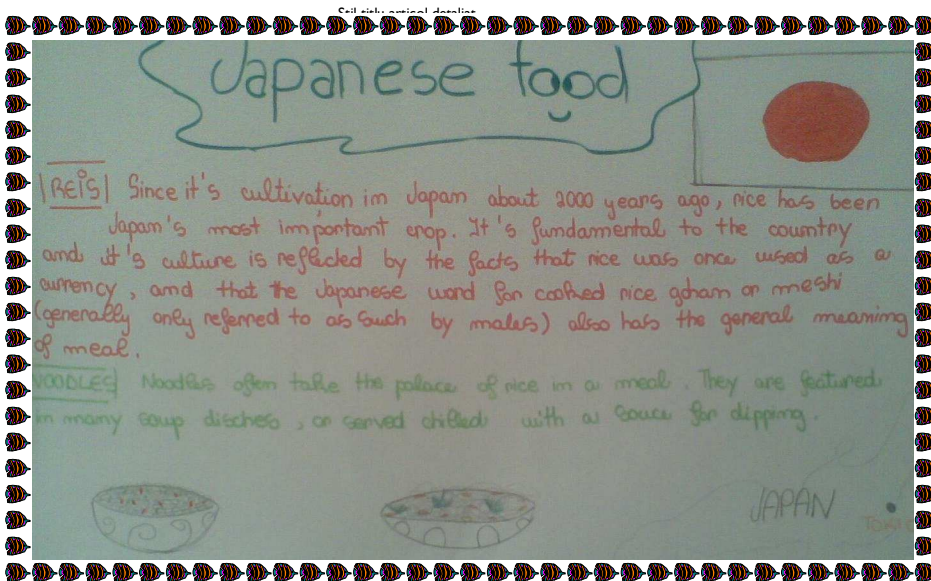
While Brazilians eat a light breakfast, the customary complimentary

one in hotels for tourists often is an elaborate spread: several varieties of fruits and fruit juices, cheeses, breads, cereals, cakes, eggs and meat. In restaurants, breakfast, or cafe da manha, generally is served from 7 to 10 AM.

The main meal of the day is lunch, or almoco, which is served from about 11:30 AM to 3 PM. Dinner, or jantar, is served from 7 to 11 PM. In metropolitan areas Brazilians dine late.

Brazil's culinary influences

include not only Amerindian and Portuguese foods, but the cooking styles of immigrants from many other parts of Europe, Africa, the Middle East, and Asia. Each of the country's five geographic regions offer cuisines that are distinctly different yet recognizably Brazilian.



"What makes Japanese dishes Japanese?"

If we asked you to think of one Japanese food, what comes to your mind?
Sushi, raw fish, tempura, tofu?
Good.
With Japanese restaurants and Sushi bars popping all over the world these days, Japanese food is no longer considered as one of the world's unsolved mysteries it once was (we hope!).
In fact, more number of people

are recognizing Japanese food as one of the world's healthiest cuisines.
With rice and abundant marine products at it's mainstream, the traditional Japanese diet is impressingly low in cholesterol, fat, and calories, and high in fiber.

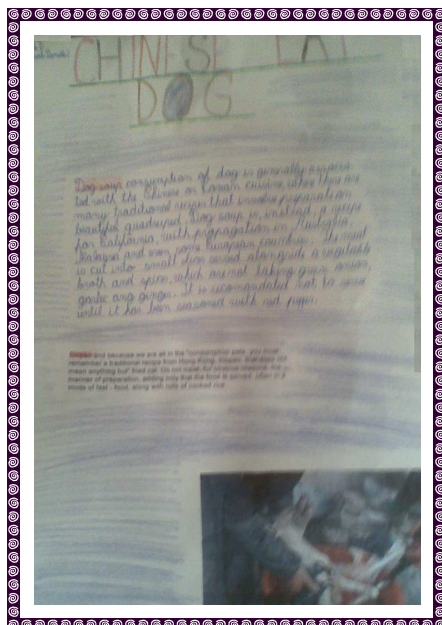
No wonder Japanese people have the highest longevity rate.

Before actually eating the food, you must enjoy it with the "eyes" first. Eyes are as large as the stomach. That, is the Japanese way of dining.
In Japan, food and dishes are considered to be a type of art. Although there are no marveling sessions held before the eating, the Japanese people really enjoy the artistic sense and beauty of the display and arrangement of the food and the choice of receptacles for serving it.

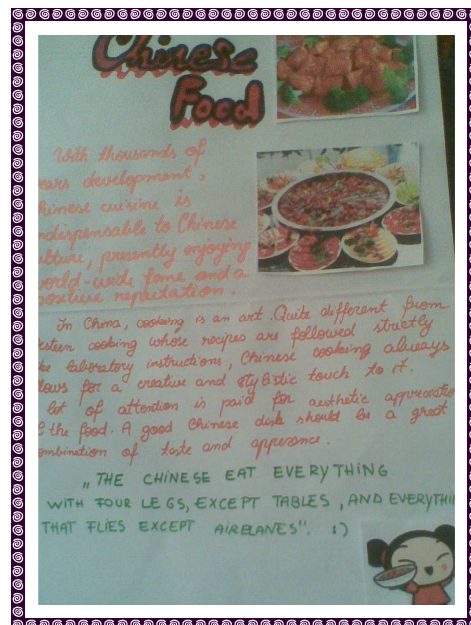
Sometimes, even the rooms or the place where the eating is occurred are considered as part of the art. More beautiful the food looks, more delicious, it is thought to be.

Now then, what exactly is the aesthetic sense when it comes to serving food. A sense of season, a feeling for nature, and an eye for color must be skilfully incorporated.

The Stuff of the Meal



The center of the Chinese meal is *fan*, or grain. So much so, that the meal itself is called *hsia fan*, "a period of grain." In the South and among urban families in other areas, the *fan* may be rice or rice products, but rice is expensive, as is the wheat eaten in the North in the form of cooked whole grains, noodles, or bread. Depending on the region, then, less prosperous families might make their meals of millet, sorghum, or corn. The meats and vegetables we think of as the focus of the meal are known as *ts'ai*, which means something like "side dishes" -- one could almost go so far as to call them condiments for the *fan*.



HISTORY AND FOOD



Some of India's foods date back five thousand years. The Indus Valley peoples (who settled in what is now northern Pakistan) hunted turtles and alligator, as well as wild grains, herbs and plants. Many foods from the

Indus period (c. 3000–1500 B.C.) remain common today. Some include wheat, barley, rice, tamarind, eggplant and cucumber. The Indus Valley peoples cooked with oils, ginger, salt, green peppers, and turmeric root, which would be dried and ground into an orange powder. The Aryan-speaking peoples who entered India between 1500 and 1000 B.C used leafy vegetables, lentils, and milk products such as yogurt and ghee (clarified butter). The Aryans also used spices such as cumin and coriander.

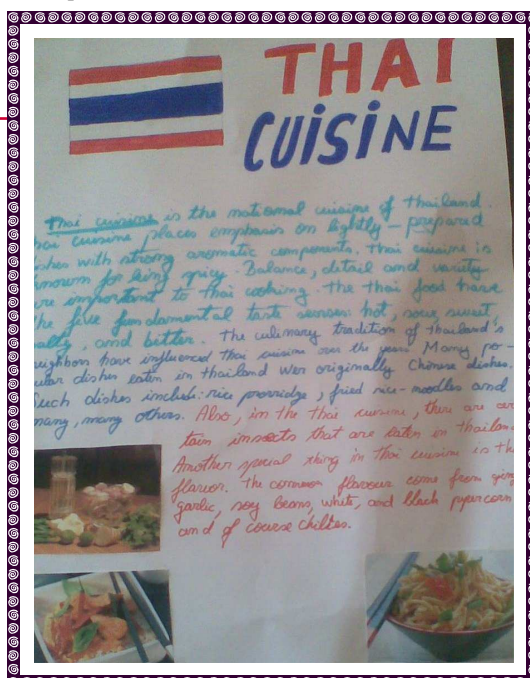
Black pepper was widely used by 400 A.D. The Greeks brought saffron, while the Chinese introduced tea. The Portuguese and British made red chili, potato and cauliflower popular after 1700 A.D. Perhaps the biggest contributors to India's culinary heritage are the Muslim peoples from Persia and present-day Turkey, who began arriving in India after 1200.

The Thai Meal

Thai cuisine is the national cuisine of Thailand. Thai cuisine places emphasis on lightly-prepared dishes with strong aromatic components. Thai cuisine is known for being spicy. Balance, detail and variety are important to Thai cooking. The Thailand food have the five fundamental tastes sense: hot, sour, sweet, salty and bitter. The culinary tradition of Thailand's neighbors have influenced Thai cuisine over

the years. Many popular dishes eaten in Thailand were originally Chinese dishes. Such dishes include: rice porridge, fried rice noodles and many many others. Also in the Thailand cuisine, there are certain insects that are eaten in Thailand. Another special thing in Thai cuisine is the flavour. The common flavour come from ginger, garlic, soy beans, white and black pepper-corn and of course chillies.

lasmina



Cook Green

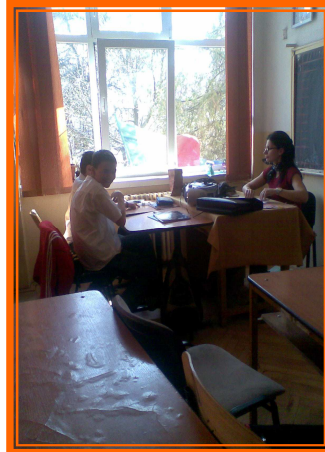


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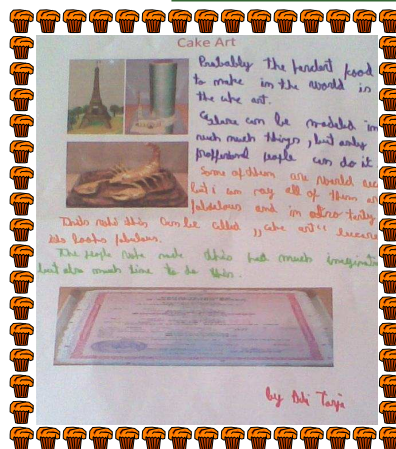
How to Cook Green:

40 Earth Day Action Items

1. Energy-efficient kitchen zones
2. Water conservation and reuse
3. Lower hot-water usage and temperature
4. Energy-Star appliances
5. Small appliances as fuel-savers
6. Electric teapots over cooktop boiling
7. Avoiding peak power hours
8. Unplugging appliances
9. Renewable energy sources
10. Lower-emission grilling
11. Nontoxic, biodegradable cleansers
12. Regular over antibiotic cleansers
13. Reusable cloth napkins
14. Recycled and recyclable products
15. Plants over animals
16. Non-CAFO products
17. Local
18. Organic
19. Seasonal
20. Sustainable
21. Energy-efficient ingredients
22. Weather-sensitive cooking
23. Cooktop before oven
24. Induction burners
25. Passive cooking over active fuel use
26. Skipping the preheat when possible
27. Toaster ovens
28. Convection cooking
29. Microwave cooking
30. Simultaneous baking
31. Multitasking boiling water
32. Fuel-efficient cookware
33. Nontoxic cookware
34. Farmers markets and direct from farms
35. Fewer grocery trips
36. Shelf-stable over frozen
37. Minimal packaging
38. Bulk-buying
39. Aseptic and glass over cans
40. Extending food storage
41. No food waste
42. Green-conscious grocery stores
43. Low-carbon restaurants



Cake Art



Cake is a form of food that is usually sweet and often baked. Cakes normally combine some kind of flour, a sweetening agent, a binding agent, fats, a liquid, flavors and some form of leavening agent, though many cakes lack these ingredients and instead rely on air bubbles in the dough to expand and cause the cake to rise. Cake is often frosted with buttercream or marzipan, and finished with piped borders and crystallized fruit.

Cake is often the dessert of choice for meals at ceremonial occasions.

There are countless cake recipes; some are bread-like, some rich and elaborate and many are centuries old. A finished cake is often enhanced by covering it with icing, or frosting, and toppings which are also known as "jimmies" in certain parts of the United States and "hundreds and thousands" in the United Kingdom. Some decorators use a rolled fondant icing. Special tools are

needed for more complex cake decorating, such as piping bags or syringes, and various piping tips. Using different piping tips and various techniques, a cake decorator can make many different designs. Basic decorating tips include open star, closed star, basketweave, round, drop flower, leaf, multi, petal, and specialty tips.

Ady

