

“Gh. I Brătianu” School ,Iași  
Comenius Project “Birds”  
2010-2012



**Activities**  
**October-March**  
**2010/2011**

1. **"Survey about the special needs of the pupils about intercultural education"**, send around results of the survey to all partners, discuss the results and make a presentation about the results.
2. **" Survey about the special needs of the teachers in intercultural education"**, send around results of the survey to all partners, collect and discuss the results and make a presentation about the results.
3. Start with the first activity in each school helping intercultural education: **international cooking.**

# Projects and power- point presentations



Irina Mihai  
Class 8 B



## EGYPT



Egypt is an Arab country in North Africa located to the north of the Mediterranean Sea, east of Sudan, the Gulf of Aden through which it has contact with Indian and Tokud Arabia, the Red Sea, south of Sudan and Libya to the west. Its capital is Cairo.



### Egypt Food

Egypt is the oldest known civilization in the world. In spite of the desert food is diverse. The basic agricultural ingredients are wheat, rice and an array of vegetables, fruits and around the sea are fish, shrimp, squid, sea urchin, etc. There is a considerable variety in Mediterranean style.

Traditional Egyptian dishes include: Koshari, the most popular and nutritious, made of rice, lentils and chickpeas; Molokhia, a green soup made of molokhia leaves; and Fatta, a bread and soup dish. Other popular dishes include: Maqluba, a rice and vegetable dish; and Moutamadban, a traditional Egyptian dish made of rice, lentils, and chickpeas.

The diversity of Egyptian food is due to the geographical location of Egypt in a strategic position.

### Daily Life in Egypt

Egyptians tend to eat their breakfast and lunchtime very modestly. On both days a typical breakfast they are low-key with something like bread & cheese or the traditional kishk. According to 2014 Egypt Population, that is the most popular urban area in the world. The number of residents ranged approximately between 13 and 17 million people. The city's infrastructure is almost nonexistent. Due to the lack of public transport, most of the people depend on their own private cars and taxis. The school is taught in three shifts. Many roads are under construction or being widened.

### Egyptian Cuisine

Egyptian cuisine consists of traditional dishes. It is an art of preparing food. The Egyptian diet is a combination of rice and wheat. There are many local ingredients and rice, wheat, and vegetables, lentils, chickpeas and poultry (chicken, geese, ducks, quail) and seafood. Each part of the Nile and the Mediterranean sea has its own.

### Traditional Egyptian Food

The most important part of Egyptian food is bread, which is prepared from a mixture of wheat and barley. Bread is eaten with an extra bit of butter and a little bit of oil, and other foods.

A variety of traditional prepared dishes from local ingredients and spices is also known. Examples of Egyptian dishes include: Koshari, a mixture of rice, lentils, and chickpeas; Molokhia, a green soup made of molokhia leaves; and Fatta, a bread and soup dish.

Among the most famous Egyptian dishes include: Koshari and Molokhia. Koshari is a mixture of rice, lentils, and chickpeas. Molokhia is a green soup made of molokhia leaves. Fatta is a bread and soup dish. Other popular dishes include: Maqluba, a rice and vegetable dish; and Moutamadban, a traditional Egyptian dish made of rice, lentils, and chickpeas.



#### Desserts and sweets

Egyptians are dependent on sweet pasta, so it's no wonder that the industry is a very common profession. Symbol those creations full of sugar is Baklava. Konafa is another famous desert, which is made from a soft dough. Konafa is associated with the idea of celebration and is always eat during Ramadan.



Egyptian Cake



Baklava

#### Drinks

Tea and coffee are part of Egyptian culture and tradition. Alcohol is not part of Islamic culture in this country. Hotels and restaurants where tourists eat offers beer and wine. The local production of Stella beer is good. Egypt produces a number of red wines. In the colder winter months, many customers like to drink sahlab, a milky drink. In summer, try karkade, a drink made of boiled leaves of hibiscus, the bright red, served in a tall glass filled with ice.







**Păpăruz Manuela**  
**Class 8 B**

# Food in Scotland

## BLACK BUN

BLACK BUN IS A VERY RICH FRUIT CAKE, MADE WITH RAISINS, CURRANTS, FINELY-CHOPPED PEEL, CHOPPED ALMONDS AND BROWN SUGAR WITH THE ADDITION OF CINNAMON AND GINGER. IT TAKES ITS NAME FROM THE VERY DARK COLOUR.

## PORRIDGE

A SIMPLE DISH, MADE OF BOILED OATMEAL, IT NEEDS TO BE BOILED SLOWLY AND STIRRED CONTINUOUSLY WITH THE TRADITIONAL 'SPITTLE', A WOODEN STICK WHICH IS ABOUT 30CM (OR 12") LONG - TO AVOID THE FORMATION OF LUMPS.



## HANNOCKS (OR OATCAKES)

HANNOCKS ARE OAT-FLOUR BISCUITS BAKED ON A GRIDDLE. IN SCOTLAND THESE BISCUITS ARE OFTEN EATEN WITH CHEESE. THERE ARE SEVERAL TRADITIONAL RECIPES AND MANY MANUFACTURERS IN SCOTLAND TODAY.

BARLEY, THE BEST KNOWN SCOTTISH GRAIN, AND IT IS WIDELY USED IN SCOTLAND. ALTHOUGH THESE FACTORS FOR THE FIRST TIME IT ONLY WHEN THEY BEGAN WHAT IT IS MADE OF... BARLEY IS MADE OF THE BARLEY AND THE WINDPIPE, LONGER, HEAVY AND LOVELY TO EAT. THIS MIXTURE IS PLACED INSIDE THE SHEEP'S STOMACH, WHICH HELPS THE MIXTURE TO BE TRADITIONALLY COOKED BY FURTHER HEAT. THE MIXTURE IS BARLEY IS TRADITIONALLY COOKED BY FURTHER HEAT. THE MIXTURE IS BARLEY IS TRADITIONALLY COOKED BY FURTHER HEAT. THE MIXTURE IS BARLEY IS TRADITIONALLY COOKED BY FURTHER HEAT.



## SCOTCH BROTH OR HATCH-POTCH

A SCOTCH BROTH IS TRADITIONALLY MADE BY BOILING BUTTER (THE MIX IS BEETS), A BUNCH OF VEGETABLES (CABBAGE, CARROTS, POTATOES), THERE IS ALSO MEAT, BREAD AND BREAD OR CHICKEN (FOR A CHICKEN BROTH). THERE IS ALSO FREEDOM OVER THE CHOICE OF VEGETABLES, WHICH SHOULD BE IN THE CABBAGE, CARROTS, POTATOES, LEEKS, CABBAGE, TURNIPS AND A STICK OF CELERY CAN BE USED. THE HARD VEGETABLES SHOULD BE ADDED FIRST TO THE BOILING STOCK, WITH A BUNCH OF BARLEY. WITH THE SOFTER VEGETABLES BEING ADDED LATER. THE FINAL CONSISTENCY SHOULD BE THICK AND HEAVY-PILING HOT.

## SCOTTISH BEEF

THE BROADBEN AND BROADBEN OF BEEF CATTLE ARE NOW WHOLLY DECEASED ANIMALS.





MEXICAN  
CUISINE

The image shows a hand-drawn title on a white, semi-circular piece of paper. The word 'MEXICAN' is written in a bold, bubbly font with thick black outlines. The letters 'M', 'A', 'N', and 'O' are filled with red, while 'E', 'X', 'I', and 'C' are filled with green. A horizontal line is drawn below 'MEXICAN'. To the left of the line, there is a drawing of a red chili pepper. Below the line, the word 'CUISINE' is written in the same bubbly font. The letters 'C', 'I', 'S', 'I', 'N', and 'E' are filled with red, while 'U' and 'I' are filled with green. Another horizontal line is drawn below 'CUISINE'.

Ignat Iulia  
Class 8 B











Viva! Taste Mexico!



staple and the  
of nutrition is corn.  
make tortilla chips,  
tostitos and so on.

Tomatoes are used  
to make toppings for  
tacos and burritos. They  
are not used to make





## APPETIZERS



### NACHOS

Chips, beans, cheese, salsa and choice of chicken, beef or pork. Topped with guacamole and sour cream.



### QUESADILLAS

Two flour tortillas with melted cheese grilled lightly and topped with guacamole and salsa. (with beef, chicken or pork).



### JALAPEÑO POPPERS

Six jalapeño peppers stuffed with cream cheese. Served with dip.



### GUACAMOLE DIP

Freshly prepared avocado dip with minced onions, tomatoes, cilantro and corn tortilla chips for dipping.



### BEAN DIP

Refried beans, enchilada sauce and melted cheese.

the staple and the  
source of nutrition is corn.  
used to make tortilla chips,  
tortillas, masa and so on.



Tomatoes are used  
to make toppings for  
burritos and burritos. They  
are not used to make







The staple and the  
source of nutrition is corn.  
to make tortilla chips,  
masa and so on.



## SOUPS



### ALBONDIGAS SOUP

Chicken broth, onion, celery, tomatoes, oregano, cilantro, zucchini and beef meatballs.



### CHICKEN RICE SOUP

Brown rice and wild rice, celery, carrots, onion, mushrooms, chicken broth, garlic and sea salt.



### MENUDO SOUP

Honeycomb tripe, veal knuckle, onion, garlic, coriander seed, oregano, red pepper, lime wedges.



### TORTILLA SOUP

Onion, garlic, olive oil, chilli powder, oregano, tomatoes, chicken broth, white hominy, black beans, tortilla chips, avocado, Monterey Jack cheese.



Tomatoes are used  
make toppings for a  
and burritos. They  
not used to make







The staple and the  
source of nutrition is corn.  
It is used to make tortilla chips,  
tortillas, masa and so on.



### PLATJLOS DE HUEVO



#### HUEVOS RANCHEROS

Two fried eggs on top of a tortilla smothered in a ranchera sauce. Topped with melted cheese and served with rice and beans.



#### HUEVOS CON CHORIZO

Two scrambled eggs with Mexican style sausage. Served with rice, beans and corn or flour tortillas.



#### MACHACA CON HUEVOS

Two scrambled eggs with spicy shredded beef. Served with rice, beans or corn flour tortillas.



#### CHILAQUILES CON HUEVOS

Corn tortilla chips simmered in enchilada sauce, ranchera sauce and cheese. Topped with green onions and two eggs rice or beans.



Tomatoes are used  
to make toppings for a  
tortilla and burritos. They  
are not used to make  
masa.



### BURRITOS



#### WET BURRITO

Large, flour tortilla filled with chicken, beef or pork, rice and refried beans. Smothered with enchilada sauce and cheese. Garnished with guacamole, sour cream and fresh salsa.



#### VEGETARIAN BURRITO

Stuffed with rice, beans and lettuce. Garnished with fresh salsa, cheese, guacamole and sour cream.



#### FAJITA BURRITO

Flour tortilla stuffed with rice, beans, chicken, or beef fajita meat. Garnished with guacamole, sour cream and fresh salsa.



#### CHORIZO AND EGGS BURRITO

Mexican-style sausage, mixed with three large scrambled eggs, fresh salsa and cheese.

### SPAGHETTI



#### FAJITAS

Marinated strips of beef or chicken freshly grilled to order with fresh tomatoes, onions and bell peppers. Served with rice, beans, corn or flour tortillas, guacamole and sour cream.



#### CHILE VERDE

Spicy pork in green sauce. Served with rice, beans, garnished with corn or flour tortillas.



#### MEXICAN STEAK

Steak cutlets simmered in ranchera sauce. Served with rice, beans, garnish and corn or flour tortillas.



#### CARNE ASADA

Charbroiled steak served with rice, beans, guacamole, sour cream and corn or flour tortillas.

### DESSERTS



#### ARROZ CON LECHE

Short grain rice, lime peel, cinnamon, white seed, milk, vanilla extract.



#### FLAN

Sugar, milk, eggs, vanilla.



#### APPLE ENCHILADA

Apple pie filling, flour tortillas, cinnamon, margarine, white sugar, brown sugar.



#### SOPAPILLA CHEESECAKE

Cream cheese, white sugar, vanilla extract, melted butter, ground cinnamon, almonds.



#### CHURROS

White sugar, vegetable oil, all-purpose flour, ground cinnamon.





MEXICAN CULTURE

Handwritten notes in cursive script, likely describing the dancer or the culture.

Mariano

MEXICAN

HOLIDAY



Día de los Muertos



Día de la Candelaria



piñata



Sancti Spiritus



Sancti Spiritus







# HOLIDAYS

## DÍA DE LA CANDELARIA



*La Fiesta de la Candelaria*



*El Nacimiento*



*Día de los Muertos*





CHINESE  
COOKERY  
BOOK

# Introduction

## Chinese food

Chinese food is a diverse and flavorful cuisine that has gained popularity worldwide. It is characterized by its wide variety of dishes, ranging from traditional regional specialties to modern fusion creations. The cuisine is known for its bold flavors, often achieved through the use of a variety of spices and cooking techniques. From the spicy and numbing Sichuan dishes to the delicate and aromatic Cantonese delicacies, Chinese food offers a rich and varied culinary experience.

## Traditional staples

Traditional staples of Chinese cuisine include rice, wheat, and soybeans. Rice is the primary staple, often served as a base for various dishes. Wheat is used to make noodles, dumplings, and buns, while soybeans are a key ingredient in many sauces and marinades. These staples are often combined with a variety of vegetables, meats, and seafood to create balanced and nutritious meals.

## Regional variations

Chinese cuisine is highly regional, with each area having its own unique flavors and ingredients. The major regional cuisines include Sichuan, Cantonese, Hunan, Shandong, and Jiangsu. Each region has developed its own specialties, such as the spicy and numbing Sichuan dishes, the delicate and aromatic Cantonese delicacies, the fiery and aromatic Hunan dishes, the hearty and flavorful Shandong dishes, and the refined and elegant Jiangsu dishes. These regional variations contribute to the rich and diverse nature of Chinese food.

## Hot Spices

Hot spices are a key element of many Chinese dishes, particularly in the Sichuan and Hunan cuisines. These spices, such as Sichuan peppercorn, chili peppers, and ginger, are used to create a range of flavors, from spicy and numbing to warm and aromatic. The use of hot spices is often a reflection of the climate in these regions, where the heat helps to counteract the humidity and provides a sense of warmth and comfort.

## Presentation



Example of an authentic Chinese presentation. The garnish is a Song Dynasty remake of a Tang...

In recent decades, Chinese cuisine has become more widely known and appreciated in the West. This is due to a combination of factors, including the popularity of Chinese restaurants, the influence of Chinese immigrants, and the growing interest in diverse and healthy eating. As a result, Chinese food is now a major part of the global culinary landscape, and its popularity continues to grow.

# Recipes

## Chicken chow mein

### Ingredients

- 1 lb chicken breast, sliced
- 2 cups chow mein noodles
- 1/2 cup soy sauce
- 1/4 cup oyster sauce
- 2 tbsp sesame oil
- 1/2 cup green onions
- 1/4 cup bean sprouts
- 1/4 cup carrots
- 1/4 cup mushrooms
- 1/4 cup bell peppers
- 1/4 cup onions
- 1/4 cup garlic
- 1/4 cup ginger
- 1/4 cup chili peppers
- 1/4 cup Sichuan peppercorn
- 1/4 cup Sichuan peppercorn oil

### Directions

1. Heat oil in a large skillet over medium heat. Add chicken and cook until browned.
2. Add vegetables and cook until tender.
3. Add sauce and cook until thickened.
4. Add noodles and cook until heated through.

## Chicken chow mein

### Ingredients

- 1 lb chicken breast, sliced
- 2 cups chow mein noodles
- 1/2 cup soy sauce
- 1/4 cup oyster sauce
- 2 tbsp sesame oil
- 1/2 cup green onions
- 1/4 cup bean sprouts
- 1/4 cup carrots
- 1/4 cup mushrooms
- 1/4 cup bell peppers
- 1/4 cup onions
- 1/4 cup garlic
- 1/4 cup ginger
- 1/4 cup chili peppers
- 1/4 cup Sichuan peppercorn
- 1/4 cup Sichuan peppercorn oil

### Directions

1. Heat oil in a large skillet over medium heat. Add chicken and cook until browned.
2. Add vegetables and cook until tender.
3. Add sauce and cook until thickened.
4. Add noodles and cook until heated through.



## Ingredients

- 1 lb (450 g) beef
- 1 cup chicken stock
- 1 tbsp soy sauce, low sodium
- 1 tbsp ginger, fresh minced
- 1 tbsp black pepper
- 1 tbsp light soy sauce
- 1 tbsp Chinese cooking wine
- 1 tbsp sugar, or to taste
- 1 tbsp salt, or to taste

## Directions

1. Bring a large pot of water to a boil, then stew the beef for 2-3 hours, until well done.
2. Add the beef to the stock, pour in enough water to cover, add all the ingredients, and simmer over high heat for 30 minutes.
3. Then reduce heat to low and stew for another 2 hours.
4. Remove the beef from the stock, slice into thin, sprinkle with your favorite seasoning, then serve on a plate.



## Cucumber and Shrimp

- 1 cup shrimp, cooked
- 1 cup cucumber, sliced
- 1 tsp soy sauce
- 1 tsp rice wine vinegar
- 1 tsp sesame oil
- 1 tsp vegetable oil, for frying
- 1/2 tsp salt, or to taste

## Ingredients

- 200 g (7 oz) cucumber
- 5-10 shrimp
- 1 tbsp chopped scallion
- 1 tsp sesame oil, or to taste
- 1 tsp vegetable oil, for frying
- 1/2 tsp salt, or to taste

## Directions

1. Rinse the cucumber well under cold running water, then cut into slices, combine with 1-2 tbsp salt in a mixing bowl, let them marinate for about 5 minutes.
2. Rinse shrimp well, then broil in boiling water for 1-2 minutes, rinse well then combine cucumber slices, shrimp, and sesame oil in another mixing bowl, mix well, and remove to a serving plate.
3. Preheat a wok over high for 1 minute, then add 1 tbsp vegetable oil, heat until hot, saute chopped scallion until aromatic, then remove from heat, discard the sauteed scallion.
4. Drizzle the hot oil over the cucumber and shrimp, mix well, serve.





Prep time: 5 minutes  
Cook time: 10 minutes

Utensils  
Wok, serving bowls

Serves 2

## Ingredients

400 g / 14 oz winter melon  
200 g / 7 oz chicken breast  
2 egg white  
5 cups chicken stock  
1/2 cup bacon cubes  
2 slices ginger  
1 tbsp chopped scallion  
2 tbsps vegetable oil, for stir-frying

### Seasonings

1 tbsp Chinese cooking wine, or dry sherry  
1 tsp salt, or to taste

## Directions

1. Peel the winter melon well, scoop out the seeds, and then cut into slices.
2. Cut the chicken breast into small cubes, then chop into small pieces, put them into a bowl, add pinch of salt, and 1 egg white, stir well, and another egg white, stir again and then add the last egg white, mix well the egg white and chicken breast into paste.
3. Heat a wok over medium high heat for about 1 minutes before adding 2 tbsps vegetable oil, heat the oil until hot, then saute scallion and ginger until aromatic, about 20 seconds, do not brown.
4. Add winter melon slices, drizzle 1 tbsp Chinese cooking wine, add 5 cups chicken stock, cook over medium high heat for 3-4 minutes until the winter melon slices are transparent, then taste and season with salt.
5. Drizzle the chicken paste into the wok, stirring occasionally, then add bacon, mix well.
6. Remove to bowls, serve hot.



## Hot and sour seafood soup

Prep time: 10 minutes  
Cook time: 10 minutes

Utensils  
Wok, serving bowls

Serves 2

## Ingredients

10 prawn, peeled  
1/2 cup crab meat  
100g / 3.5 oz squid  
1 asparagus  
2 slices ginger  
6 cups water  
1 tbsp chopped scallion  
2 tbsps chopped celery  
2 tbsps vegetable oil, for stir-frying

### Seasoning A

1 tbsp salt, or to taste  
1 tbsp cornstarch

### Seasoning B

1 tbsp Chinese cooking wine  
1 tbsp salt, or to taste  
1 tbsp rice vinegar  
1 tbsp black pepper powder  
1 tbsp cornstarch, mixed with 3 tbsps water in a bowl

## Directions

1. Cut prawn, squid, and crab meat into sections, about 1/2-inch, then combine them with Seasoning A in a bowl, mix well and let them marinate for 10 minutes.
2. Cook asparagus well in a wok, then cut into slices.
3. Place a wok over high heat for 1 minute, then add 2 tbsps vegetable oil and heat until hot, saute ginger slices until aromatic, about 20 seconds, do not brown.
4. Drizzle into Chinese cooking wine, add 6 cups water, put asparagus slices back into the wok, cook for 1 minutes, then add marinated prawn, crab, and squid, add Seasoning B at the same time, bring to a boil then.
5. Stir into cornstarch and water mixture, bring to a boil.
6. Sprinkle with scallion and celery.



## Mushroom pork soup

Prep time: 20 minutes  
Cook time: 15 minutes

Serves:  
100g, serving bowls

Serves 2

## Ingredients

200g / 7 oz pork  
100g / 3.5 oz salmon skin  
1 asparagus, cut into slices  
2 mushrooms  
1/2 cup carrot slices  
2 cups stock

### Seasoning A

1 tbsp light soy sauce  
1 tsp sugar, or to taste  
1 tsp five-spice powder, or to taste  
1 tsp minced garlic  
1 tsp cornstarch  
1 tsp water

### Seasoning B

1 tbsp light soy sauce  
1 tsp salt, or to taste  
1 tsp cornstarch, mixed with 2 tbsp water in a bowl  
1 tsp black pepper powder

## Directions

1. Cut pork into slices, then combine with seasoning A in a bowl, mix well and let them marinate for about 10 minutes.
2. Remove the stem of mushrooms, soak the mushrooms into warm water for 20 minutes, then slice them well into thin.
3. Place a wok over high heat, add 5 cups stock, asparagus slices, and mushroom slices, let cook over medium high heat for about 10 minutes.
4. Then add salmon slices, and carrot slices, continue to cook for another 2-3 minutes.
5. Put the marinated pork slices into the wok separately, then stir into the cornstarch water mixture. season with light soy sauce, salt, and black pepper powder.
6. Remove into bowls, and serve hot.

## Whitebait pea soup

Prep time: 5 minutes  
Cook time: 10 minutes

Serves:  
100g, serving bowls

Serves 1-2

## Ingredients

1 cup whitebait, fresh shell  
100g / 3.5 oz green bean  
100g / 3.5 oz carrot  
1 tbsp chopped scallion  
1 tsp chopped ginger slices  
5 cups stock  
2 tbsp Vegetable oil, for stir-frying

### Seasonings

1 tbsp Chinese cooking wine, or dry sherry  
1 tsp salt, or to taste  
1 tsp black pepper powder  
1 tsp cornstarch, mixed with 2 tbsp water in a bowl

## Directions

1. Remove the strings of green beans, and cut crosswise into slices, cut carrot into slices.
2. Place a wok over high heat for 1 minute before adding 2 tbsp vegetable oil, heat until the oil is hot, then saute scallion, ginger, green bean, and carrot slices over medium high heat until aromatic, about 30 seconds, do not brown.
3. Drizzle into Chinese cooking wine, add 5 cups stock and bring to a boil, then keep stew over low heat for another 2-3 minutes.
4. Put into whitebait, season with salt, bring to a boil, and then stir into the cornstarch water mixture.
5. Sprinkle with black pepper powder as desired.
6. Remove into bowls, serve hot.





# Lasagna

Ingredients

## Ingredients

- 1 lb ground beef
- 1/2 lb ground sausage
- 1 onion, diced
- 1 green pepper, diced
- 1/2 cup mushrooms, sliced
- 1/2 cup tomato sauce
- 1/2 cup ricotta cheese
- 1/2 cup mozzarella cheese
- 1/2 cup parmesan cheese
- 1/2 cup olive oil
- 1/2 cup salt
- 1/2 cup pepper
- 1/2 cup garlic powder
- 1/2 cup onion powder
- 1/2 cup tomato powder
- 1/2 cup mushroom powder
- 1/2 cup sausage powder
- 1/2 cup beef powder
- 1/2 cup chicken powder
- 1/2 cup vegetable powder
- 1/2 cup herb powder
- 1/2 cup spice powder
- 1/2 cup seasoning powder
- 1/2 cup salt
- 1/2 cup pepper
- 1/2 cup garlic powder
- 1/2 cup onion powder
- 1/2 cup tomato powder
- 1/2 cup mushroom powder
- 1/2 cup sausage powder
- 1/2 cup beef powder
- 1/2 cup chicken powder
- 1/2 cup vegetable powder
- 1/2 cup herb powder
- 1/2 cup spice powder
- 1/2 cup seasoning powder

## Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large skillet, brown the ground beef and sausage over medium heat. Add the onion, green pepper, and mushrooms. Cook until the vegetables are softened.
3. Add the tomato sauce, ricotta cheese, mozzarella cheese, and parmesan cheese. Stir to combine.
4. Season with salt and pepper to taste.
5. Pour the mixture into a lasagna pan. Top with mozzarella cheese.
6. Bake for 30 minutes.
7. Let the lasagna rest for 5 minutes before serving.



8. When the pork changes color, add the onion, green pepper, and mushrooms. Cook until the vegetables are softened.



9. When the pork changes color, add the onion, green pepper, and mushrooms. Cook until the vegetables are softened.
10. Sprinkle with your favorite seasonings if desired.



6

# Chicken Salad

Ingredients

## Ingredients

- 1 lb ground beef
- 1/2 lb ground sausage
- 1 onion, diced
- 1 green pepper, diced
- 1/2 cup mushrooms, sliced
- 1/2 cup tomato sauce
- 1/2 cup ricotta cheese
- 1/2 cup mozzarella cheese
- 1/2 cup parmesan cheese
- 1/2 cup olive oil
- 1/2 cup salt
- 1/2 cup pepper
- 1/2 cup garlic powder
- 1/2 cup onion powder
- 1/2 cup tomato powder
- 1/2 cup mushroom powder
- 1/2 cup sausage powder
- 1/2 cup beef powder
- 1/2 cup chicken powder
- 1/2 cup vegetable powder
- 1/2 cup herb powder
- 1/2 cup spice powder
- 1/2 cup seasoning powder

## Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large skillet, brown the ground beef and sausage over medium heat. Add the onion, green pepper, and mushrooms. Cook until the vegetables are softened.
3. Add the tomato sauce, ricotta cheese, mozzarella cheese, and parmesan cheese. Stir to combine.
4. Season with salt and pepper to taste.
5. Pour the mixture into a lasagna pan. Top with mozzarella cheese.
6. Bake for 30 minutes.
7. Let the lasagna rest for 5 minutes before serving.



# Lasagna

Ingredients

## Ingredients

- 1 lb ground beef
- 1/2 lb ground sausage
- 1 onion, diced
- 1 green pepper, diced
- 1/2 cup mushrooms, sliced
- 1/2 cup tomato sauce
- 1/2 cup ricotta cheese
- 1/2 cup mozzarella cheese
- 1/2 cup parmesan cheese
- 1/2 cup olive oil
- 1/2 cup salt
- 1/2 cup pepper
- 1/2 cup garlic powder
- 1/2 cup onion powder
- 1/2 cup tomato powder
- 1/2 cup mushroom powder
- 1/2 cup sausage powder
- 1/2 cup beef powder
- 1/2 cup chicken powder
- 1/2 cup vegetable powder
- 1/2 cup herb powder
- 1/2 cup spice powder
- 1/2 cup seasoning powder



# Lasagna

Ingredients

## Ingredients

- 1 lb ground beef
- 1/2 lb ground sausage
- 1 onion, diced
- 1 green pepper, diced
- 1/2 cup mushrooms, sliced
- 1/2 cup tomato sauce
- 1/2 cup ricotta cheese
- 1/2 cup mozzarella cheese
- 1/2 cup parmesan cheese
- 1/2 cup olive oil
- 1/2 cup salt
- 1/2 cup pepper
- 1/2 cup garlic powder
- 1/2 cup onion powder
- 1/2 cup tomato powder
- 1/2 cup mushroom powder
- 1/2 cup sausage powder
- 1/2 cup beef powder
- 1/2 cup chicken powder
- 1/2 cup vegetable powder
- 1/2 cup herb powder
- 1/2 cup spice powder
- 1/2 cup seasoning powder



7

# Lasagna

Ingredients

## Ingredients

- 1 lb ground beef
- 1/2 lb ground sausage
- 1 onion, diced
- 1 green pepper, diced
- 1/2 cup mushrooms, sliced
- 1/2 cup tomato sauce
- 1/2 cup ricotta cheese
- 1/2 cup mozzarella cheese
- 1/2 cup parmesan cheese
- 1/2 cup olive oil
- 1/2 cup salt
- 1/2 cup pepper
- 1/2 cup garlic powder
- 1/2 cup onion powder
- 1/2 cup tomato powder
- 1/2 cup mushroom powder
- 1/2 cup sausage powder
- 1/2 cup beef powder
- 1/2 cup chicken powder
- 1/2 cup vegetable powder
- 1/2 cup herb powder
- 1/2 cup spice powder
- 1/2 cup seasoning powder



## Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large skillet, brown the ground beef and sausage over medium heat. Add the onion, green pepper, and mushrooms. Cook until the vegetables are softened.
3. Add the tomato sauce, ricotta cheese, mozzarella cheese, and parmesan cheese. Stir to combine.
4. Season with salt and pepper to taste.
5. Pour the mixture into a lasagna pan. Top with mozzarella cheese.
6. Bake for 30 minutes.
7. Let the lasagna rest for 5 minutes before serving.



8. When the pork changes color, add the onion, green pepper, and mushrooms. Cook until the vegetables are softened.
9. When the pork changes color, add the onion, green pepper, and mushrooms. Cook until the vegetables are softened.
10. Sprinkle with your favorite seasonings if desired.



## Shrimp and Chinese Cabbage

Prep time: 15 minutes  
Cooking time: 10 minutes  
Serves: 2

### Ingredients

- 1 lb of Chinese cabbage
- 1 lb of shrimp
- 1 cup oil, for frying
- 1 cup soy sauce
- 1 cup ginger, minced
- 1 cup garlic, minced
- 1 cup onion, sliced
- 1 cup chili oil
- 1 cup salt, for taste

### Directions

1. Cut long cabbage into 1/2" thick sections.
2. Bring a large pot of water into boil. Blanch cabbage long enough to soften for 1 minute, or until turns pale green.
3. Drain cabbage well under water. Drain cabbage, remove to a big mixing bowl.
4. Add other ingredients into the mixing bowl, mix well.
5. Serve hot in a plate.



## Spicy Shrimp

Prep time: 15 minutes  
Cooking time: 10 minutes  
Serves: 2

### Ingredients

- 1 lb of shrimp
- 1/2 cup green onions
- 1/2 cup garlic, minced
- 1/2 cup ginger, minced
- 1 cup soy sauce
- 1 cup chili oil

### Directions

1. Rinse green onions under cold running water. Chop the stem, and the into small cubes.
2. Heat a wok of water into boiling. Blanch the green pepper cubes for 30 s and turn pale green. And then drain well and set aside.
3. In a big mixing bowl, combine shrimp, green onions, and all the other in well, mix well.
4. Cook hot into a plate and serve.



# CONTENTS

INTRODUCTION.....

## RECIPES

1. Shrimp and Chinese cabbage
2. Spicy shrimp
3. Stir-fry beef with vegetables
4. Beef and onion stir-fry
5. Chicken and vegetable stir-fry
6. Pork and vegetable stir-fry
7. Beef and vegetable stir-fry
8. Chicken and vegetable stir-fry
9. Beef and vegetable stir-fry
10. Chicken and vegetable stir-fry

MADE BY  
MURARIE ALINA



Facts about...

# Japan







## Did you know that...

◆ Japan is a group of several small and big islands, located in East Asia in the Pacific Ocean?

◆ It lies to the east of People's Republic of China, North Korea, South Korea and Russia?

◆ Japan is also known as: "the land of the Rising Sun"?



◆ Japan has about 127 million inhabitants on 378.000 km<sup>2</sup>? It must be a very crowd country!



## Did you know that...

◆ Japan is an empire and is governed by Emperor Akihito and Empress Michiko? They look very stilish all the time!

◆ The Japanese language is spoken in Japan only?



◆ Mountain Fuji and the cherry blossom are the traditional symbols of this wonderful and strange country?



## Did you know that...

◆ When it comes to Japan, most people think first to Samurai and Geisha, two of the most powerful symbols of Japan?

◆ A Samurai is a very brave warrior which must obey a very rigid honour code?



◆ A Geisha always wears the traditional silk Kimono and her face is covered by make-up? She is very good at singing, dancing and painting?



## Did you know that...

◆ Japanese cuisine is one of the most beautiful and tasteful cuisines in the world?

Sushi is an art!



Sushi

◆ Sushi, the traditional Japanese food, is made up of fish, rice and vegetables, put together in small rolls.





Did you know that...

❖ These colourful flowers are delicious  
handmade rice cakes?  
It's too beautiful to eat!



❖ This cute white dog is made up of...  
rice?





## Did you know that...

❖ Japanese art is very creative and delicate ?



❖ Ink paintings on silk are so wonderful !



❖ Kabuki theatre is played only by men?  
They wear masks and traditional colourful costumes.







## Did you know that...

❖ About 85 % of Japan population practice the Shinto religion ? It's simbol is a  $\pi$  letter.

❖ Shinto is an indigenous Japanese religion which illustrates the love for beauty and nature ?



❖ Religion does not play a big role in the everyday life of most Japanese people today ?

❖ Shinto religion co-exists with Buddhism, which came to Japan from China ?





## Did you know that...

❖ Japanese people have ancient traditions and customs that may seem curious for an European ?

❖ The tea ceremony is a ceremonial way of preparing and drinking tea ? The ceremony itself consists of many rituals that have to be learned by heart. Almost each hand movement is prescribed.



❖ Japanese are very polite ? Bowing is the Japanese greeting.





## Did you know that...

- ❖ *Sports is a significant part of Japanese culture?*
- ❖ *Both traditional sports such as sumo and martial arts, and Western imports like baseball and football, are popular with both participants and spectators?*



❖ *Sumo is considered the Japan's national sport?*



- ❖ *Keisuke Honda is the star of the Japanese football team?*  
He is my favourite sportsman, because he's so cute!





I hope that someday  
I will visit Japan !



Pescara Bucurari He a V-a B Escala generala "George Ion Bratianu"





Mihai Vlad  
Class 8 A



Teritoriul Moldovei se extinde pe o suprafață geografică în mare măsură înaltă. Alături de munți există și zone de joasă înălțime, dar acestea sunt puține și sunt în general înalte și cu o climă puțin diferită de cea din restul țării. În general, relieful este înalt și cu o climă puțin diferită de cea din restul țării. În general, relieful este înalt și cu o climă puțin diferită de cea din restul țării.

Montii Tatra



Montii Tatra

Teritoriul este înalt și cu o climă puțin diferită de cea din restul țării. În general, relieful este înalt și cu o climă puțin diferită de cea din restul țării. În general, relieful este înalt și cu o climă puțin diferită de cea din restul țării.

Parcul Național



Parcul Național



Este un parc național în România, situat în județul Sibiu. Este unul din cele mai frumoase parcuri din țară. Are o suprafață de 112,5 km<sup>2</sup> și a fost înființat în anul 1993.



Parcul Național

Tel Aviv este capitala și cel mai mare oraș al Israelului. Este situat pe coasta de vest a țării, în gulful Haifa. Este unul din cele mai moderne orașe din Orientul Mijlociu.

Este un oraș modern și cosmopolit, cu o economie puternică și o cultură diversă. Este unul din cele mai dezvoltate orașe din Orientul Mijlociu.



Centrul financiar al Tel Aviv

Tel Aviv este un oraș modern și cosmopolit, cu o economie puternică și o cultură diversă. Este unul din cele mai dezvoltate orașe din Orientul Mijlociu.

Cultura palestiniană este o cultură bogată, care a evoluat în timp și este influențată de cultura arabă și europeană. Este o cultură dinamică și creativă, care a contribuit la dezvoltarea culturii mediteraneene.

Papa Ioan Paul al II-lea (Józef Alojzy) a fost papa al Bisericii Catolice din 1978 până în 2005. A fost primul papa polonez și primul papa din Europa de Est. A fost un lider spiritual și un apărător al drepturilor omului.





# ROMANIA



~ BUCHAREST ~



from the Greeks there is "moussaka", from the Bulgarians there are a wide variety of vegetable dishes like "garnica" and "zacusca", from Austrians there is the "svitel" and the list could continue.

A plate of "sarmalute cu mamaliga", a popular Romanian dish of stuffed cabbage rolls (sarmale) accompanied by sauerkraut and "mamaliga". The cabbage rolls are usually garnished with sour cream, not ketchup and olive.

Before Christmas, on December 25 (Yuletide or "Iznatul" in Romanian) a pig is traditionally slaughtered by every rural family. A variety of foods for Christmas prepared from the slaughtered pig consist of the following:

- sarmate/sarmate - spicy sausages
- caltsari/caltsari - sausages made with liver
- teci and pitze - dishes using pig's feet
- head and ears suspended in aspic
- coacatura/coacatura - pan-fried pork shoulder with mamaliga and onion

"I had for breakfast more paprika, and a sort of porridge of maize flour which they said was 'mamaliga', and egg-plant stuffed with forcemeat, a very excellent dish, which they call 'implutata'."

Romanian recipes bear the same influence as the rest of Romanian culture. The Turks have brought matalita ("porcine" in a meatball).





# Poland

If you want to try traditional Polish cuisine, stop counting your calories. Typical meals are very hearty and often contain a lot of meat. Just sampling them is enough to discover that they are really delicious and worth putting on a few ounces. The most recommendable dishes are: bigos, kotlet schabowy, pierogi and galuski. Poles boast that their two basic products are bread and sausages.



BIGOS





# Cyprus

MP

MP

Food for Cypriots means a feast. Frequently used ingredients are fresh vegetables such as courgettes, green peppers, okra, green beans, artichokes, carrots, tomatoes, cucumbers, lettuce and grape leaves, and pulses such as broad (or fava) beans, chick-peas and lentils. Peas, apple, grapes, oranges, mandarines, nectarines, mango, blackberries, cherry, strawberries, figs, watermelon, melon, avocado, citrus, lemon pistachio, almond, chestnut, walnut, hazelnut are some of the commonest of the fruits and nuts.

MP



The best-known spices and herbs include pepper, parsley, celery, thyme, and oregano. Traditionally, saffron (cumia) and Kalyndra (Kalliondos) (coriander) seeds make up the main cooking aromas of the island. Oriz is a very important herb in Cyprus. It grows voraciously and local use is for everything, particularly in dishes containing ground meat.

Halloumi cheese originated in Cyprus and was initially made during the colonial Duxantine period, subsequently gaining popularity throughout the Mediterranean. Halloumi (Hallim) is commonly served sliced, either fresh or grilled, as an appetizer.





# Croatia



Stuffed peppers

The Croatian cuisine is specific for every region, reflecting the country's geography, history and culture. A single type of Croatian cuisine does not exist, because each Croatian region has its own, unique cuisine. The northern and southern areas of the Atlantic are characterized by differences in taste foods.

## Jama Grotta Baredine

and preparation of more Mediterranean Goulash





# Turkey

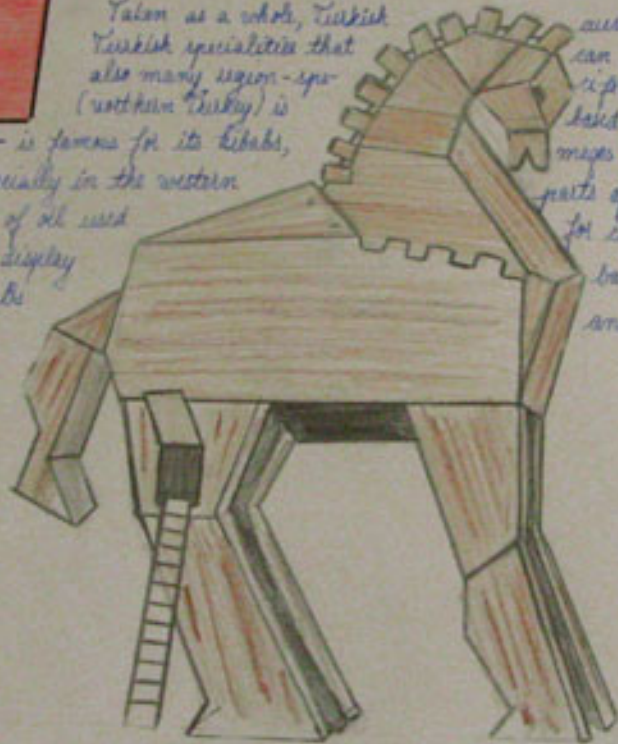


It is said that three major kinds of cuisine exist in the world: Turkish, Chinese and French.

Taken as a whole, Turkish cuisine is not homogenous. Aside from common Turkish specialties that also many region-specific (northern Turkey) is

can be found throughout the country, there are regional specialties. The Black Sea region's cuisine is based on corn and chickpeas. The southeast - Zeytin, mısır and dough-based desserts such as baklava, parts of Turkey, where olive trees are grown abundantly, for cooking. The cuisine of the Aegean, Marmara basic characteristics of Mediterranean cuisine as they and fish. Central Anatolia is famous for its pasta.

Istanbul and Adana - is famous for its kebabs, kadayıf and klincefi. Especially in the western olive oil is the major type of oil used and Mediterranean regions display are rich in vegetables, herbs specialties, such as kashkaval (kashkaval), mantı (especially İsmirli) and gözleme.



Adana kebab





Greece

Acropolis







GREECE  
ACROPOLIS



Moussaka

ACROPOLIS of  
ATHENS



Greek cuisine is an example of healthy Mediterranean diet (Western diet). Greek cuisine incorporates fresh ingredients into a variety of local dishes such as moussaka, stifado, Greek Salad, spanakopita and the world famous Souvlaki. Some dishes can be traced back to ancient Greece like skordalia (a thick purée of potatoes, walnuts, almonds, crushed garlic and olive oil), lentil soup, retzina (white or rose wine sealed with pine resin) and pasteli (candy bar with sesame seeds baked with honey). Olive oil is added to almost every dish.

Sweet (dessert) desserts such as galaktoboureko, and drinks such as ouzo, metaxa and a variety of wines including retzina.



# GERMANY



German cuisine varies from region to region. The southern regions of Bavaria and Swabia, for instance, share a culinary culture with Switzerland and Austria. Pork, beef, and poultry are the main varieties of meat consumed in Germany, with pork being the most popular. Throughout all regions, meat is often eaten in sausage form.

More than 1500 different types of sausage are produced in Germany. Sausage food has gained a market and is credited to the Brandenburg (as a former symbol of Berlin).



Sausage food has gained a market and is credited to the Brandenburg (as a former symbol of Berlin). It is one of the main dishes of Germany.

Sauerbraten

Sauerbraten is a braised pot roast, usually of beef (but other meats such as venison, lamb, veal, and chicken are sometimes used) marinated before cooking in a mixture of vinegar, water, rice and seasonings. Sauerbraten is traditionally served with red cabbage, potato dumplings (Kartoffelkloße), potatoes, boiled potatoes, or noodles.



German cuisine varies from region to region. The southern regions of Bavaria and Swabia, for instance, share a culinary culture with Switzerland and Austria. Pork, beef, and poultry are the main varieties of meat consumed in Germany, with pork being the most popular. Throughout all regions, meat is often eaten in sausage form.

More than 1500 different types of sausage are produced in Germany. Organic food has gained a market and is predicted to increase further.

The Brandenburg Gate is a former site symbols of Berlin.



Organic food has a share of around 3.0%, and is predicted to increase further. The Brandenburg Gate is one of the main symbols of Berlin and Germany.

## Sauerbraten

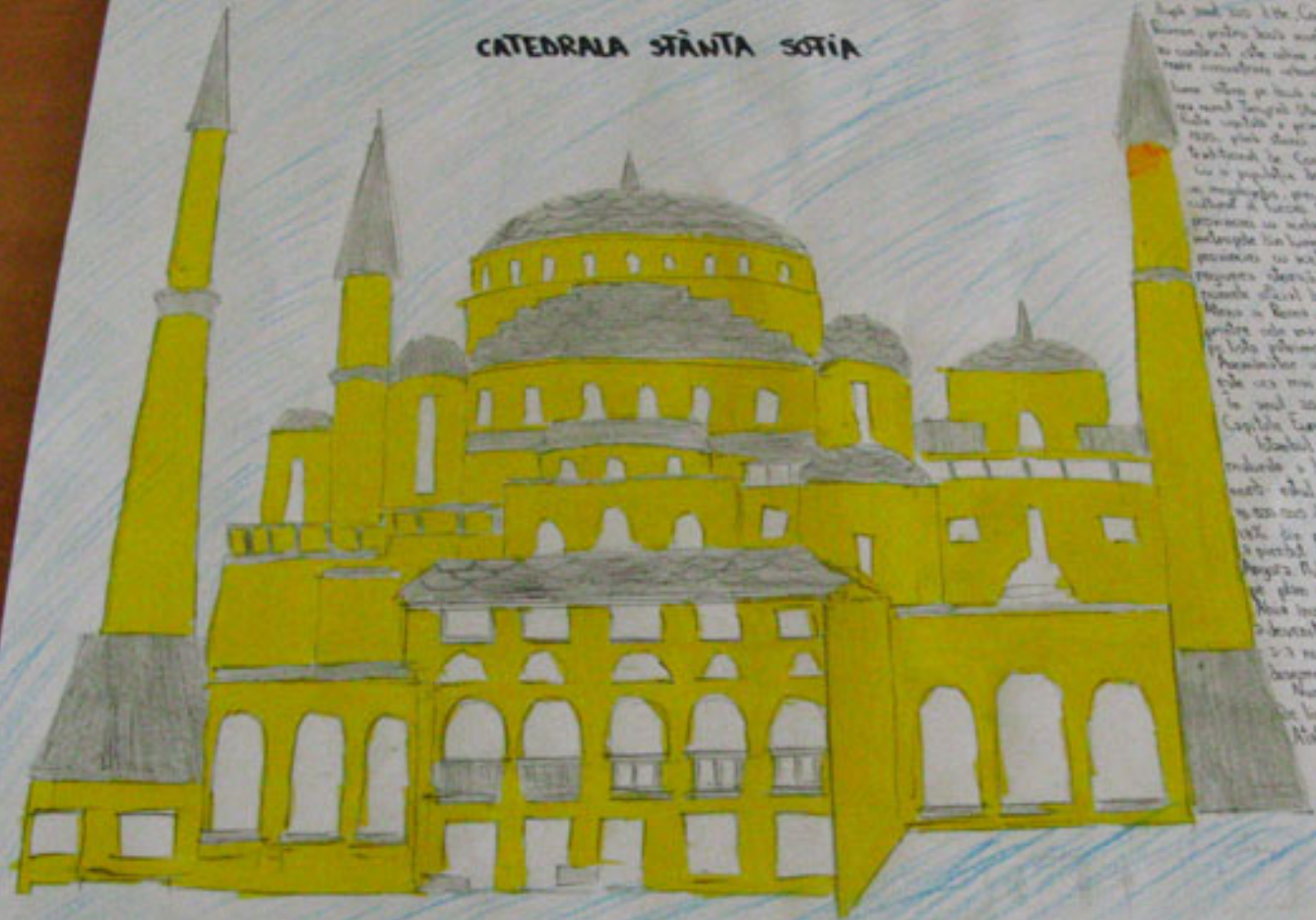
Sauerbraten is a German pot roast, usually of beef (but other meats such as venison, lamb, mutton, pork, and horse are sometimes used) marinated before cooking in a mixture of vinegar, water, spices and seasonings.

Sauerbraten is traditionally served with red cabbage, potato dumplings (Kartoffel Klöße), potatoes, boiled potatoes, or noodle.



# ISTANBUL

## CATEDRALA SĂNTĂ SOFIA



Istanbul

Istanbul este un oraș mare în Turcia, pe strada Bosphorului, pe malul mării Marmara. Este un oraș mare și important, fiind unul din cele mai mari orașe din lume. În Istanbul se află Catedrala Sântă Sofia, care este una din cele mai mari și mai frumoase catedrale din lume. Catedrala Sântă Sofia a fost construită în anul 537 de împăratul Justinian cel Mare. În prezent este un muzeu și este deschisă pentru vizitatori.

În Istanbul se află și alte importante clădiri, cum ar fi Palatul Topkapı, care a fost palatul oficial al sultanilor otomani. Alte clădiri importante sunt Catedrala Ayasofya, care a fost construită în anul 537, și Catedrala Sântă Sofia, care a fost construită în anul 537. În Istanbul se află și multe alte clădiri importante, cum ar fi Palatul Dolmabahçe, care a fost construit în anul 1848, și Palatul Beylerbeyi, care a fost construit în anul 1703.

Istanbul este un oraș mare și important, fiind unul din cele mai mari orașe din lume. În Istanbul se află Catedrala Sântă Sofia, care este una din cele mai mari și mai frumoase catedrale din lume. Catedrala Sântă Sofia a fost construită în anul 537 de împăratul Justinian cel Mare. În prezent este un muzeu și este deschisă pentru vizitatori. În Istanbul se află și alte importante clădiri, cum ar fi Palatul Topkapı, care a fost palatul oficial al sultanilor otomani. Alte clădiri importante sunt Catedrala Ayasofya, care a fost construită în anul 537, și Catedrala Sântă Sofia, care a fost construită în anul 537.

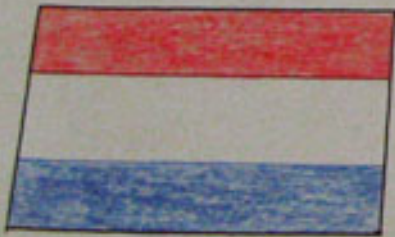
Andrei Bănuș  
Clasa 2-V-a B



# Netherlands

A typical Dutch breakfast consists of several types of bread, slices of Dutch cheese, butter, jam or honey, sometimes eggs, sausages, or prepared meats, coffee, tea, chocolate and fruit juice and drink at breakfast.

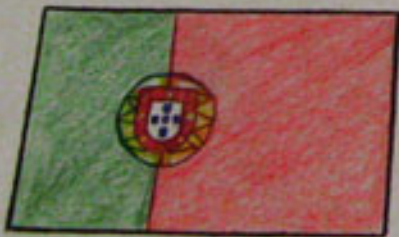
Another traditional Dutch breakfast is an uitsmijter, which is the same given to a substantial meal of eggs, bread, cheese and/or ham and bacon.





# Portugal

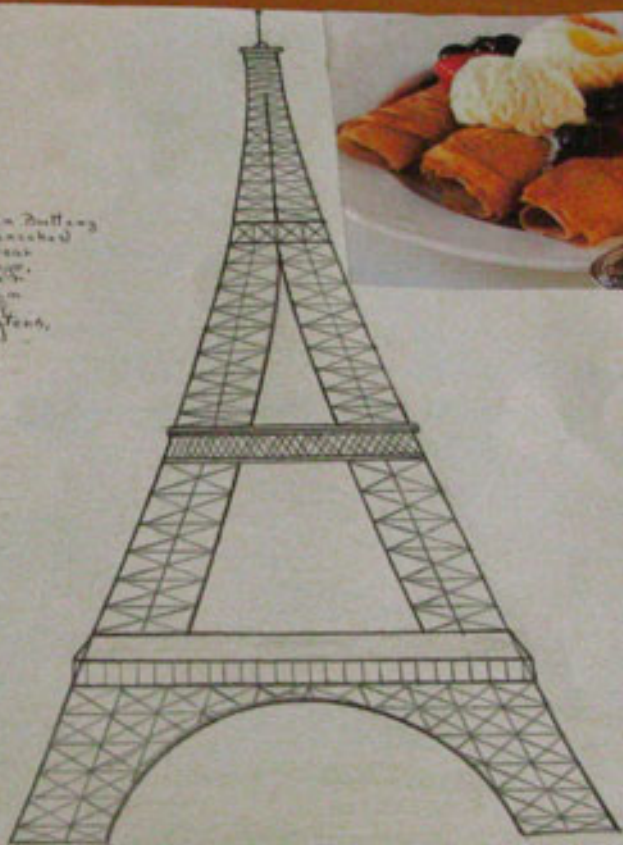
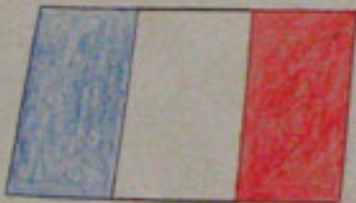
Portuguese cuisine is diverse.  
The Portuguese consume a lot of dairy and  
Charutaria in Portugal, for which there  
are hundreds of recipes. There are  
more than enough breads dishes  
for each day of the year.





# France

The regions of France have varying cuisines. In Brittany (Southwestern France), the main dish is crêpes (thin pancakes) with eggs, and in the Alsace region (Eastern France) near Germany a popular dish is cabbage with pieces of sausage, called 'choucroute'. The French from the Loire River Valley eat a special dish made of the Loire fish that can only be found in the Loire River. On the coast of the sea seafood is plentiful, including mussels, oysters, shrimp, and squid. The French enjoy escargots (snails) cooked with garlic and butter, wood duck, and rabbit.







## Malta

Maltese cuisine is typically Mediterranean in character, based on fresh seasonal locally available produce and seafood. While many dishes are native to the island, some popular Maltese recipes reflect Sicilian and Southern Italian as well as traces of Moorish, Jewish, Arab, French and British influences (such as gassosa). There are many unique, distinctive and popular local dishes such as *għana biż-żgħira* (unleavened bread with tomatoes as its main ingredient and olive oil),

*għajnejn* (round cheese made from goats

milk), *pastizzi* (made with puff



pastry filled with either ricotta cheese or  
mashed peas and rice. It's often baked pre-boiled rice in a tomato and minced  
meat sauce). Maltese cuisine is still popular in households and restaurants in Malta.





# Belarus

Delicious and warming, modern-day Belorussian cuisine is a mix of two key factors:

- the people's relationship with the land and the local produce
- influences from neighbouring countries and migrant settlers

For these reasons, you'll find that food in Belarus is quite similar to the cuisines of Russia, Lithuania, Ukraine and Poland. The European Community has also contributed much to modern-day food in Belarus.

Belarus dishes are typically based on vegetables and cereals, especially: potatoes, beetroot, mushrooms, berries, barley.



DRANIKI





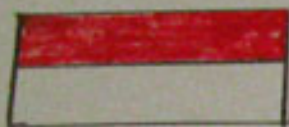
# BOSNIA SI HERZEGOVINA



Cevapi - Bosnian Kebabs: small grilled meat sausages made of lamb and beef mix; served with onions, sour cream, onion and pita bread (somun) (lepinja)

Bosnian cuisine uses many spices, in moderate quantities. Most dishes are light, as they are cooked in lost of water, the sauces are fully natural, consisting of little more than the natural juices of the vegetables in the dish. Typical ingredients include tomatoes, potatoes, onions, garlic, peppers, cucumbers, carrots, cabbage, mushrooms, spinach, zucchini, dried beans, fresh beans, plums, milk, paprika and cream called Pavloka. Typical meat dishes include primarily beef and lamb.





## Monaco

Paradisul impozitelor, cum  
este considerat statul Monaco,  
atrage multe firme pe bucatia  
de steuri. Din cauza starii ricide  
cate de imigrare micul stat poate  
sa asigure cetatenia sa doar lokuion  
te in blocuri. In fiecare an aici are  
loc si celebra cursa de formula 1  
si Invide Prize de Monaco.



# MONACO



Barbaguan  
is made with rice,  
spinach, leek and cheese.

Monaco has neighbors such as France and Italy, which both have significant and personalized cuisines and which represent the basic 2 influences found in the Monaco culinary culture. There can be found many French delicacies in the Monaco cuisine, combinations of delicate sweet tastes with sour flavors, the Italian pastas, various kinds of fish dishes with lime and other complex and rich traditionally Monaco recipes. The national specialties are Barbaguan, Socco, Fougasse and Stocofi.





# SLOVAKIA



Bryndzové holičky

Slovak cuisine varies slightly from region to region. It was influenced by the traditional cuisines of its neighbors and influenced these as well. Origins of the traditional Slovak cuisines are in times when majority of the population lived in villages in self-sufficiency and with very limited food imports and exports and with no modern means of food conservation or preservation. This gave rise to a cuisine heavily dependent on a number of staple foods that could stand the hot summers and cold winters. These included wheat, potatoes, milk and milk products, pork meat, sauerkraut and wine. To a lesser degree beef, poultry, lamb and goat, eggs, a few other vegetables, fruits and wild mushrooms were traditionally eaten. All these were usually produced and processed by families themselves with some local trade on the country markets.



# Austria



Austrian cuisine is a style of cuisine native to Austria and composed of influences from throughout the former Austro-Hungarian Empire. Regional influences from Italy, Hungary, Germany and the Balkans have had an effect on Austrian cooking, and in turn this fusion of styles was influential throughout the Empire. Austrian cuisine is most often associated with Viennese cuisine, but there are significant regional variations.



Wiener  
Schnitzel





# Hungary



The traditional food of Hungary are heavy on paprika, but their flavours and origins are varied. While Hungary can claim many of its traditional dishes, Germany, Austria, France, and the neighbours of Eastern European nations have influenced Hungarian cuisine as well. If you're dining out in Hungary, you'll be able to sample some of Hungary's traditional food. However, you'll want to be knowledgeable about the restaurant and service culture in Hungary so that you can enjoy your meal without any surprises.



Goulash

Goulash is primarily a soup, also existing as stew, usually made of beef, onions, vegetables, spices and ground paprika powder. In the Czech Republic and Slovakia, goulash is also popular, and the word goulas means "meat soup".





# Republic of Macedonia



Food is important in Macedonia. It is part of our culture where hospitality is a synonym for good manners.

Geography and climate are the most significant factors that shape the country's cuisine. The same forces determine which plants and animal thrive, and what preservation methods will be traditionally used, which affects the flavor and the texture of the food. The cuisine of Macedonia might not be as sophisticated as the French or Italian cuisine, but

The basic food products used in the cuisine of Macedonia are beans, milk, yogurt, cheese, tomatoes, potatoes, apples, water-melons, grapes etc. specialties include: rakiya, kajmak, smoked ham, beef and sausage, beans, jam, jelly, main dishes as combination of meat and vegetables, sarma, corn bread, proja, dumplings, filled with chicken or goose liver, various pickled food notably pickled cabbage - kisela zelha, ajvar.



many ingredients are extraordinary fresh and natural. Macedonians eat also pork, beef, lamb, chicken and fish. National specialties include: rakiya, kajmak, smoked ham, beef and sausage, beans, jam, jelly, main dishes as combination of meat and vegetables, sarma, corn bread, proja, dumplings, filled with chicken or goose liver, various pickled food notably pickled cabbage - kisela zelha, ajvar.

Tavče-gravče, the national dish of the Republic of Macedonia





# Switzerland



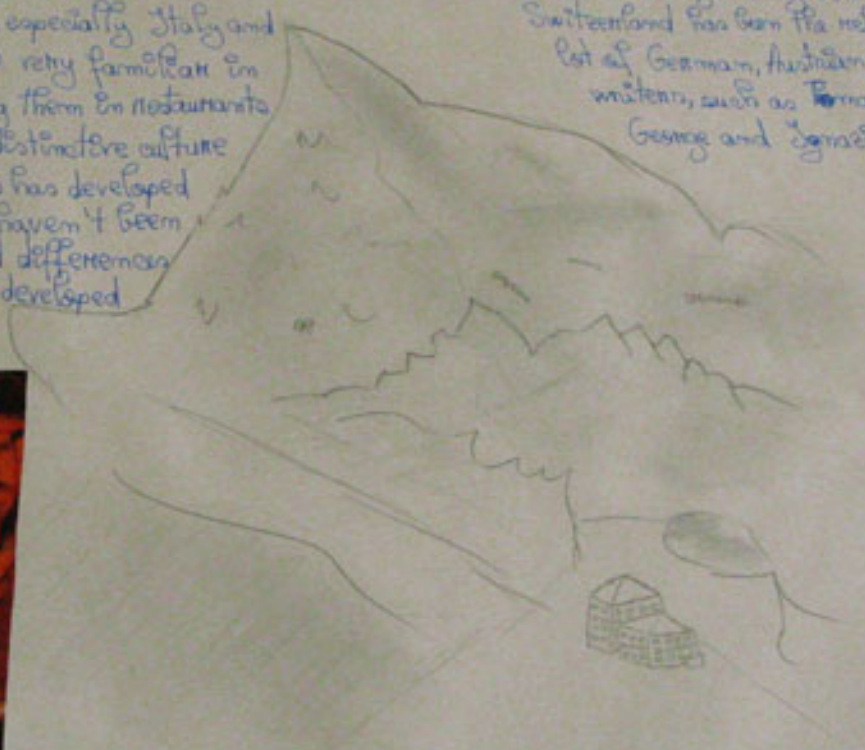
The food culture of Switzerland has been influenced by its neighbors, especially Italy and France. Pasta and pizza are very familiar in Switzerland, people serving them in restaurants as well. Over the years a distinctive culture with strong regional differences has developed inside the country. Some parts haven't been influenced by cultural and food differences found in other countries, and have developed their own eating habits.

Fish and chips

their own eating habits



Switzerland is an Alpine European country that has existed as a compact country for centuries. Being a neutral country during both world wars, Switzerland has been the refuge place for a lot of German, Austrian and Italian writers, such as Thomas Mann, Stefan Zweig and Ignazio Silone.







# Moldova

Moldova food is quite delicious and is best to go with fine Moldovan wine.



Apart from this there is also toarna (pork stew) which can be tried with sweet-and-sour watermelons and apples. Nistru or boimac brandy is said to be ideal to go with the desserts.

If you are taking a trip to Moldova you should definitely taste the local specialities that include small grilled sausages with onion and pepper (mititiyi) and marmaliga, a thick, sticky maize pie served with brinza.





# Finland

The cuisine of Finland is notable for generally combining traditional country fare and haute cuisine with contemporary continental style cooking. Fish and meat play a prominent role in traditional Finnish dishes from the western part of the country, while the dishes from the eastern part have traditionally included various vegetables and mushrooms.



Karelian pasty:

Is a traditional

Finnish dish made

from thin rye crust with a filling of rice.  
Butter, often mixed with boiled egg, is spread over  
the hot pastries before eating.





Stanislav Carla  
8 B

Welcome to  
Romania!





Vinos de La Rioja



# Spanish cuisine



Delescu Ana Maria  
8 B





# Iasi



Municipiul Iasi (istoric Iassi, Iamii, Iasii) este reședința județului Iasi și principalul centru urban din nord-estul României. Iasi a fost capitala Moldovei în perioada 1564 - 1859, una dintre cele două capitale ale Principatelor Unite între 1859 și 1862 și capitala României între 1916-1918.

Conform datelor recensământului din anul 2002, Iasi număra 320.888 de locuitori și era astfel al doilea oraș ca mărime din România. Zona Metropolitană Iasi, care include 13 localități învecinate, avea o populație de aproximativ 400.000 de locuitori.

Iasi este centrul cultural, economic și academic al Moldovei. Aici funcționează Universitatea Alexandru Ioan Cuza, una din cele mai prestigioase instituții academice din România, precum și alte patru universități publice și șapte particulare.

Hreniuc Andreea  
8 B



COMENIUS – PROJECT

BEHAVIOUR AND INTERCULTURAL RESPECT – DEVELOPMENT IN SCHOOLS

B I R D S

TASTES  
AROUND THE WORLD

**CLASS MAGAZINE**

**GRADE 5 A**

**JANUARY 2011**





Amariei Lavinia  
Ciumala Bianca  
Cojocaru Alexandra  
Croitoru Gabriel  
Duduman –Lisman Ionut  
Dumbrava Catrinel

Galii Denisa  
Galii Gabriel  
Parfene Oltica  
Pădurariu Eduard  
Țabara Albert  
Vatra Paula

Harbuz Vlad  
Dumitriu Mihai  
Poiana Ioana  
Petrusca Alin  
Hurmuz Catalin  
Irod Mariana  
Popa Alexandru  
David Robert  
Marcu Andreea  
Luca Cornel  
Moisuc George



Editor  
Form Teacher  
**Dorina Zeciu**

GH. I. BRATIANU SCHOOL