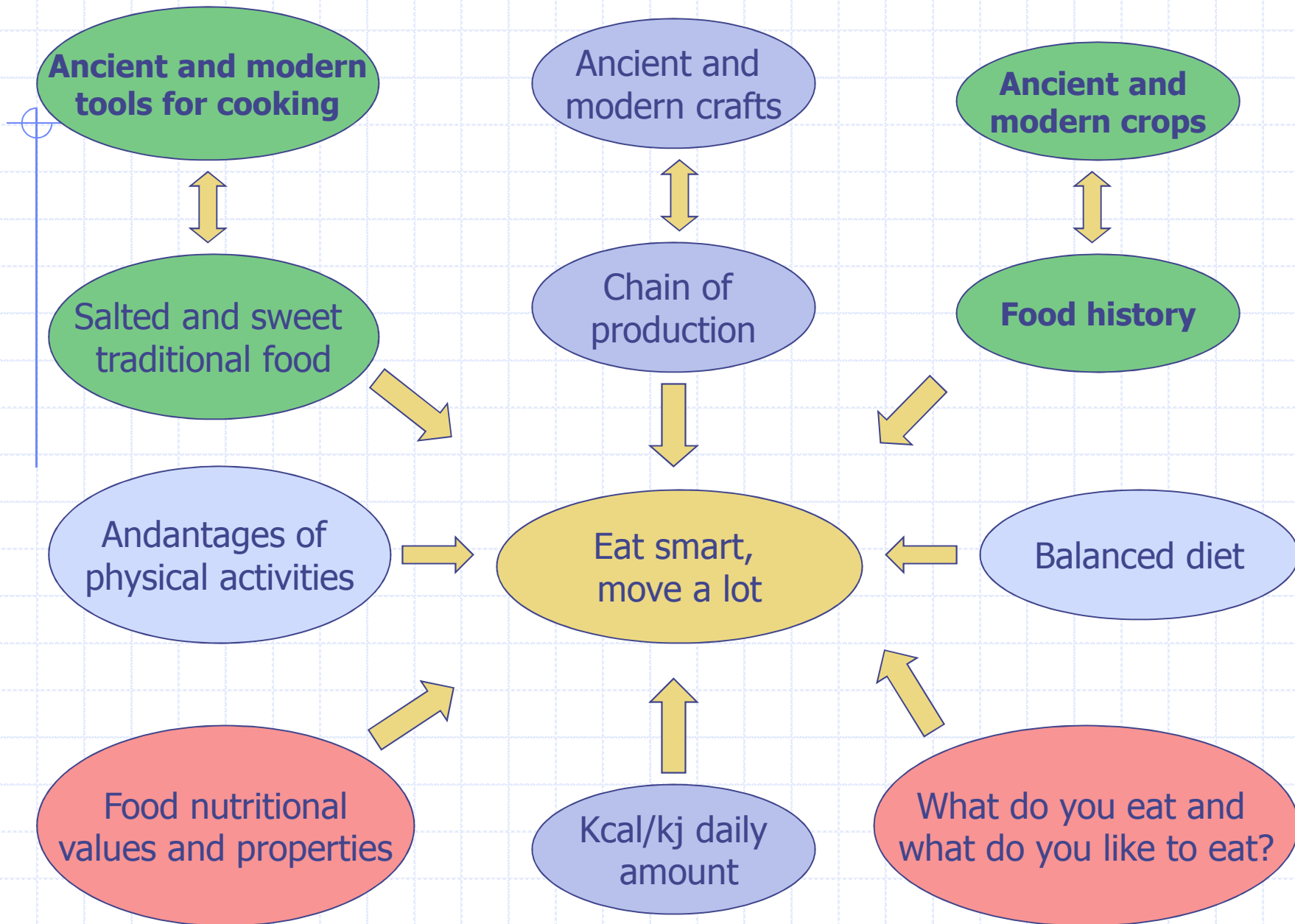
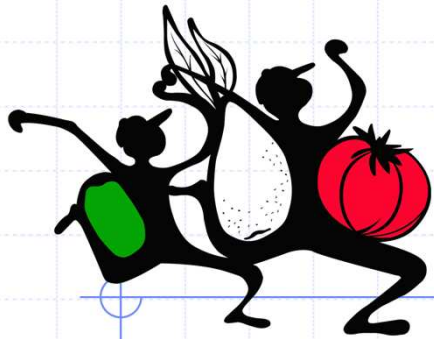


Istituto Comprensivo Fiano

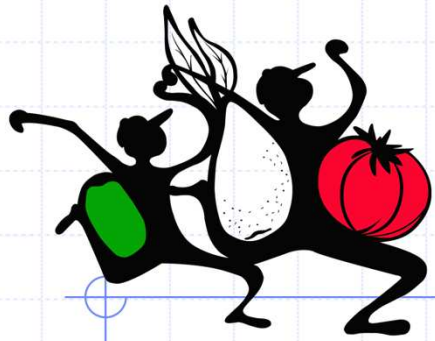
From Amarastii de Jos to
Iskenderun

Working on the project..



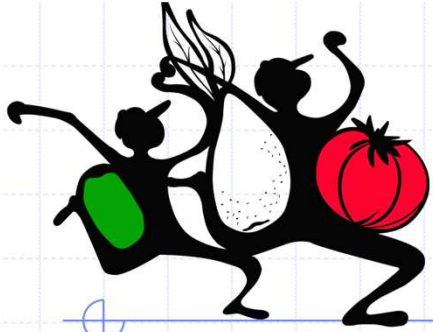


- ◆ The project directly involved 12 classes: 6 of primary and six of secondary school.
- ◆ They worked in pairs and shared the topics of the project.



From wheat to bread.....

- ◆ The students did their research about cereals:
how they were cultivated in the past
and how they are cultivated now



Students' works

◆ They realized ppt presentations



1



2



3



- Raccogliendo il grano, viene fatta la trebbiatura. Tanto tempo fa, si usava battere le spighe con bastoni legati tra loro da una striscia di cuoio o tramite i cavalli che battevano con gli zoccoli le spighe.



- Oggi, la trebbiatura viene fatta con macchinari moderni che separano il grano e contemporaneamente raccolgono le balle di fieno.



- Dal grano, si ottiene la farina e da questa si ricava la pasta, il pane e tanti altri alimenti, alla base della cucina mondiale.

Bread, bread, bread.....

ONCE UPON A TIME... THE BREAD



1 Gli uomini primitivi facevano così



2 noi mescolavamo la farina con acqua



3 Chiacchi di cereali tra due pietre



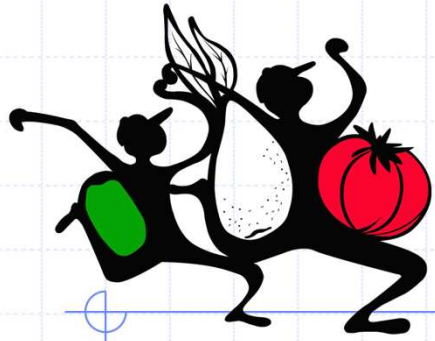
4 ottenendo una pappa molto nutriente

FROM BREAKFAST TO DINNER OUR FRIEND IS ALWAYS THE BREAD

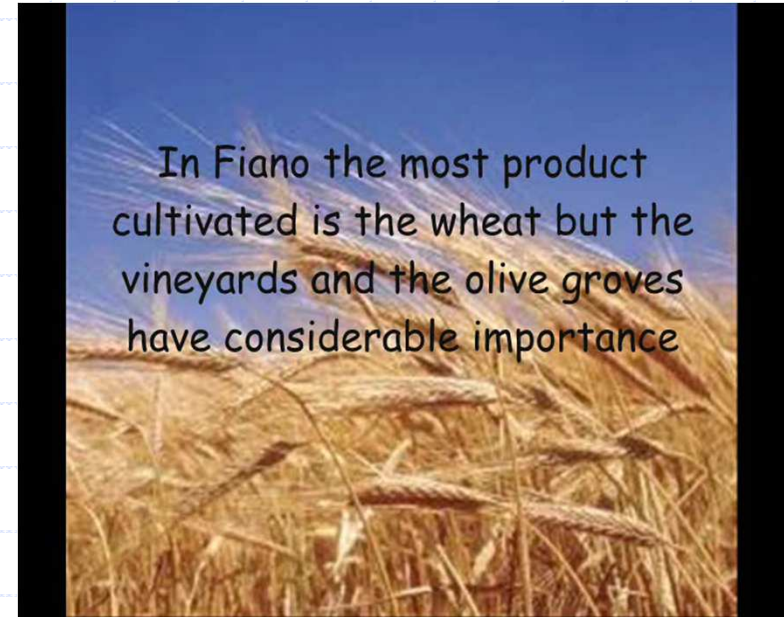




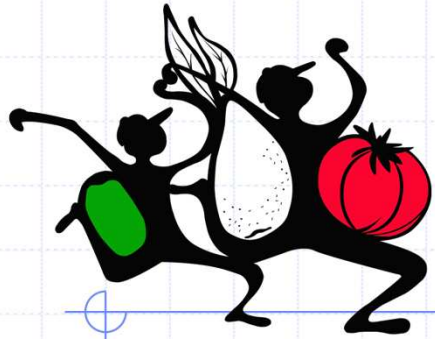
How did Egyptian, Greek, Roman and medioeval people make bread?



◆ Videos



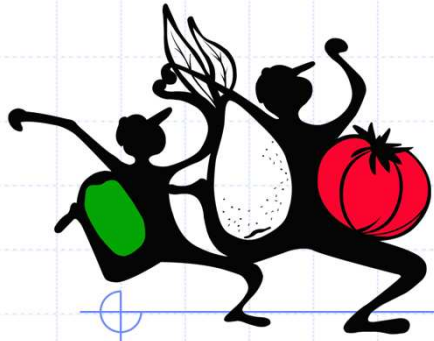
Inizialmente
l'uomo per
coltivare usava:



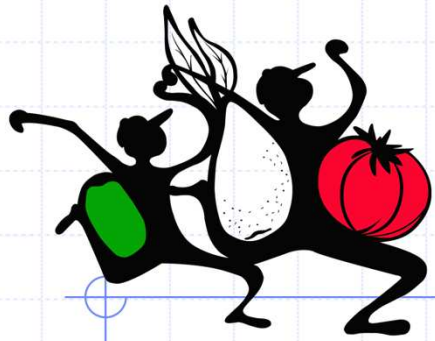
Making bread



A baker teaches our students how to make bread..



The students quickly and happily learn how to do it....

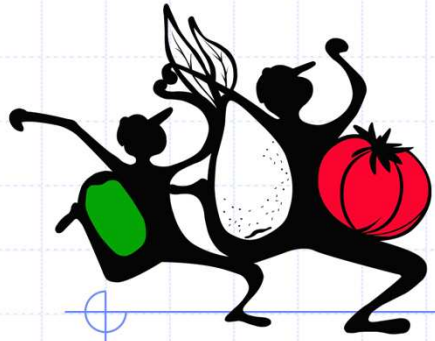


They finally and proudly can admire and taste their products!

Olives and oil

The students made their historical research about origins, cultivation and uses of olives and oil.



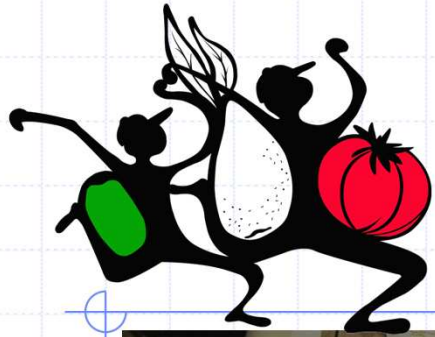


“Orto in condotta”

In november they participated to “Orto in condotta” a national event organized by Slow food, that consisted in tasting 3 different oil coming from the north, the center and the south of Italy.



11-11-2011



3 different oils and 3 little slices of bread: guess what will be the best!



ORTO in
Condotta

A singular Christmas tree

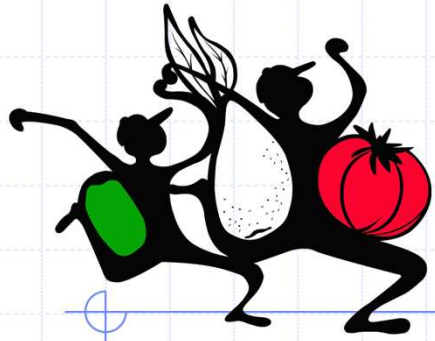
The students studied the right principles of the healthy nutrition and so they decided to realize particular decorations..



A singular Christmas tree

So that they transformed the usual Christmas Tree ...into something different ... a Christmas FOOD PYRAMID.





Desserts

Meat, fish and eggs

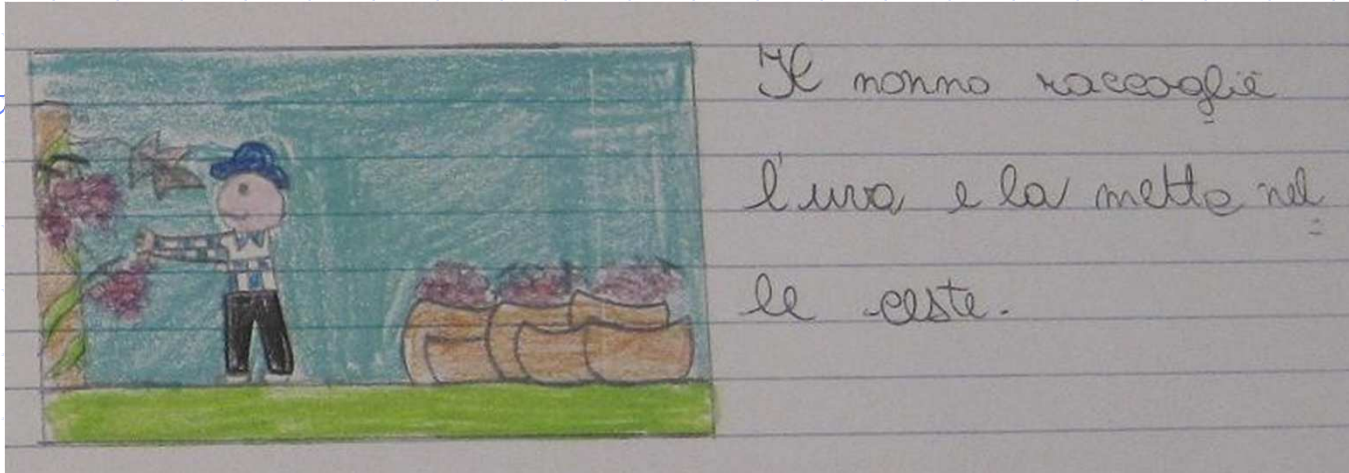
Fats, milk, yougurt...

Carbohydrates

Fruits and vegetables



Making wine

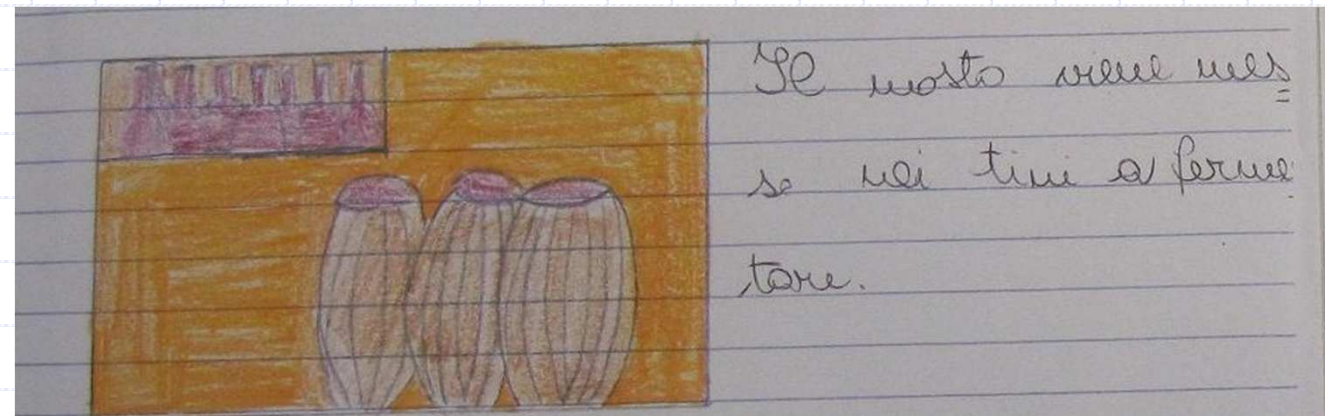


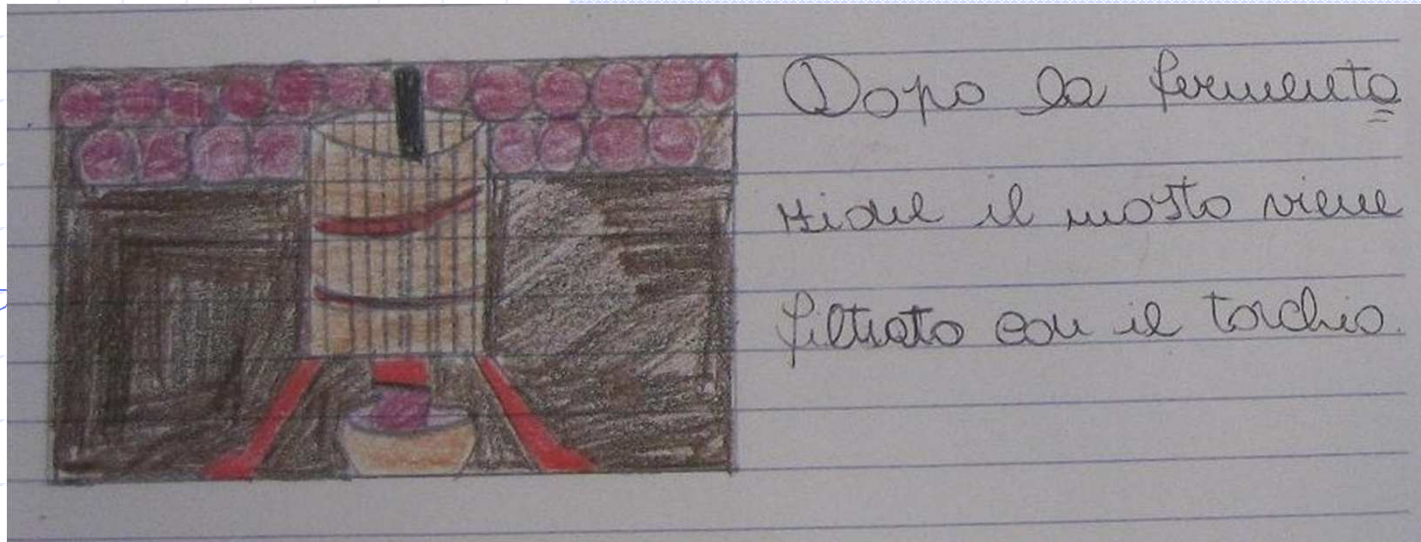
The students
asked their
grandparents
how did they
do the
wine....



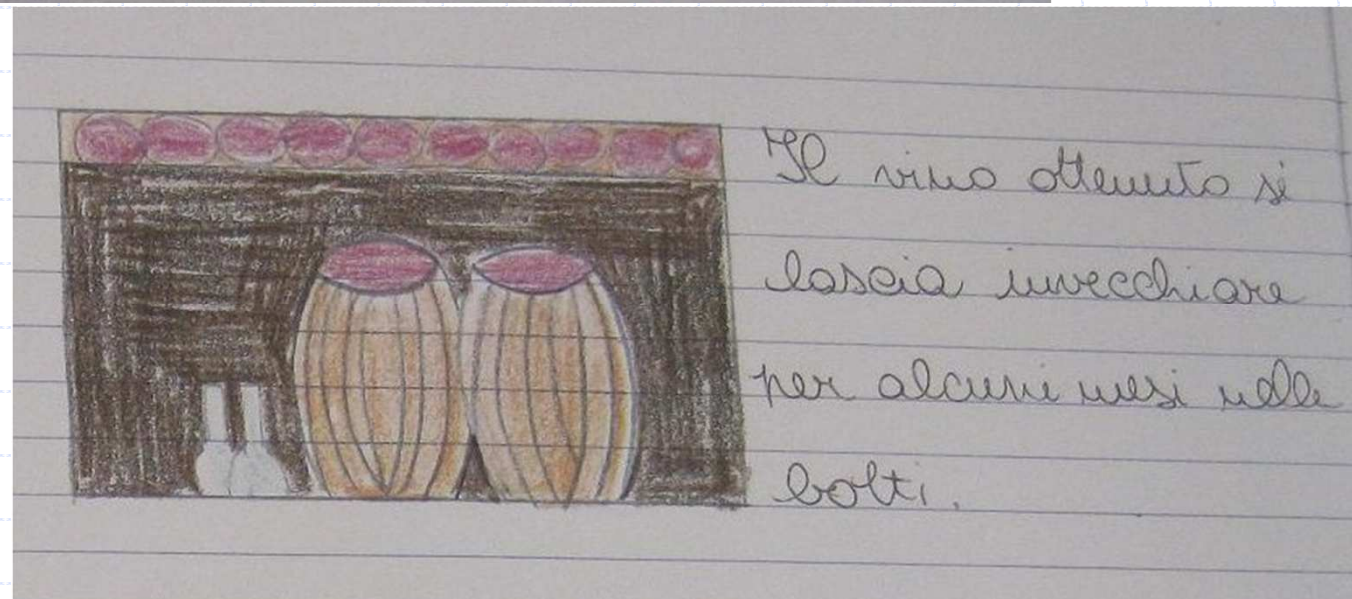


Then wrote and drew what their grandparents told them.





Dopo la fermento
Hidul il mosto viene
filtrato con il torchio.



Il vino ottenuto si
lascia invecchiare
per alcuni mesi nelle
botti.

This time just theory! No tasting!!

Healthy regional recipes

- ◆ The students searched, collected, prepared and finally tasted typical recipes both salted and sweet.



A recipe book

Ciambelline al vino

Ingredienti

- 1 tazza di olio extra vergine di oliva salino

- 1 tazza di zucchero

- 1 tazza di vino bianco

- $\frac{1}{4}$ di semi di anice

- Farina quanto basta per l'impasto

Preparazione

Si mescola il tutto fino a

formare un impasto morbido

da cui ricavare delle ciambelline che superiormente sverranno passate nello zucchero.

Si sistemano su una teglia

e si infornano a 180° per 15

minuti

Biscotti buoni

Ingredienti:

36 Ucciai di farina

18 cucchiaini di zucchero

250 gr di strutto

1 limone spremuto

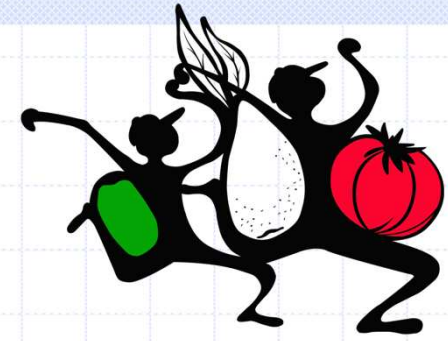
6 uova

10 gr di bicarbonato

2 pane angeli

Procedimento:

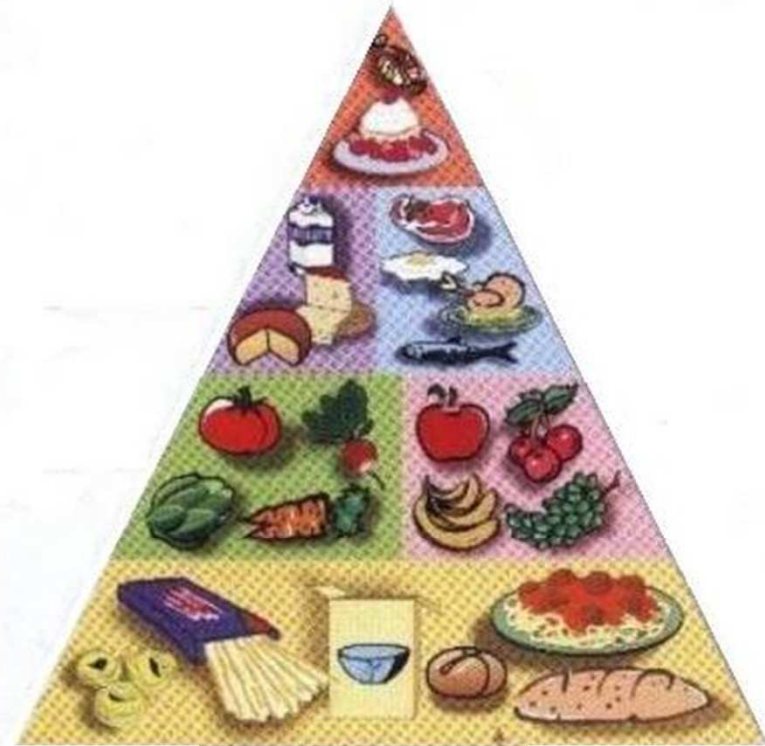
Mischiare tutti gli ingredienti finché non si ottiene un panetto omogeneo. Formare una striscetta, e di nuovo formare un piccolo cerchio che noi passate nell'uovo e nello zucchero nero. Mette in forno a 170°C. g.b. Lieviteranno grazie al rame anelli

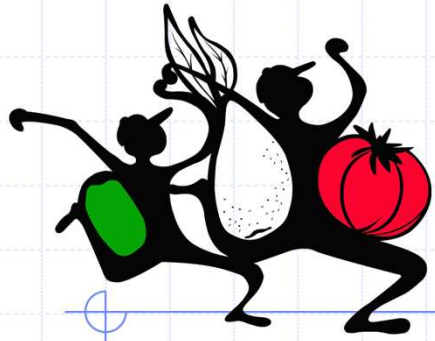


Cakes made and tasted at school by the students

Healthy life style

- ◆ The students compared different kind of diet, they decided that the mediterranean one is the most recommended, but it is necessary to do regular physical activity.





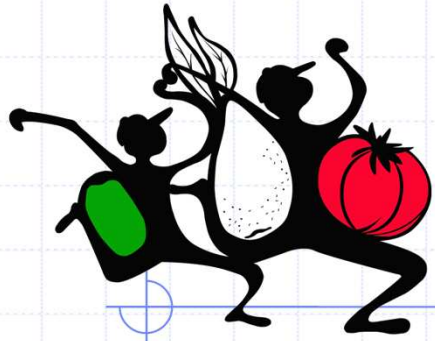
◆ They also discovered that many of them don't **eat** so **smart** and don't **move** a **lot!!**



The logo



The logo synthesizes our national flag colours, some typical mediterranean products – olive, pear, tomato – and the physical activity. The final product was realized with the teacher's help.



Italian students and teachers send you their best wishes and they are looking forward to meet you!