



COMENIUS MULTILATERAL PARTNERSHIP PROJECT
”LET’S HAVE A MEAL TOGETHER – MEETINGS AROUND
EUROPEAN TABLE”
2009-2011

DIARY





PARTNERS

Ten Partner Schools from nine different countries, Bulgaria, England, France, Italy, Lithuania, Poland, Romania, Sweden and Turkey, were participating in it. The project was focusing on sports, health and healthy food.

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TYRKEY



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ACTIVITY CALENDAR

Approximate date	Activity description
September 2009	Teachers and pupils discussed and decided how to organize work within the project. Informing parents and local community about the main aims of the project, activities and countries involved in it. Creating a Comenius-website by the end of the month-joint for all countries. Competition: Logo for the project! Every school chose the best candidate of the school and announced it. The logos were presented on the web site and logo was chosen for the project.
October 2009	Presentation of partner countries. Establishing pen friend and e-mails contacts between our pupils. Looking for traditional recipes for a cook book and preparing introductions of our book . Meeting in Sweden.
November 2009	Investigation ingredients of the partners' recipes and finding out which of them do not grow in local area, looking for similarities and differences between our countries.
December 2009	Traditional Christmas menu. Exchanging Christmas recipes: some recipes or one menu by the beginning of the month. Trying one Christmas recipe from another country. Sending Christmas greeting and little presents made by children. Christmas bazaar and exhibitions. Meeting in Poland-to know and to analyze the European education systems, exchanging educational experiences among the professionals of the education especially those related to the development of healthy eating habits, preparing final product.
January 2010	Evaluation sheets to be completed by staff and pupils. In the beginning of January a questionnaire about students' typical breakfast, lunch and dinner was filled by 100 pupils in each country the results of the questionnaire was announced on the website. Meeting to exchange evaluation sheets and compare the results of questionnaire, to contribute to the professional development of the teachers participating in the project, the improvement of their attitudes, working and social abilities.

February 2010	All partner schools: Meeting with the dietician, cook. Healthy Day celebrations, presentation of students' works about healthy habits in each country, short plays for stage.
March 2010	Traditional East menu. Exchanging Easter recipes: some recipes or one menu by the beginning of the month. Trying one Easter recipe from another country. Sending Easter greetings and little presents made by children. Easter exhibitions about our traditions.
April 2010	Visiting the ecological farms or pupils study the ways of producing some traditional dishes and other food products by visiting companies producing food in every country. The written presentations about the subject on the website. Meeting in Lithuania.
May 2010	Healthy picnic-recording.
June 2010	Preparation of the Project results exhibition given a brief summary of the first year of the project . A questionnaire finding out the visitor's opinion to results presented in the exhibition. Upload onto website. Meeting in Bulgaria.
July-August 2010	Drafting and publishing brochures about the project.
September 2010	Preparing healthy menus and exchanging them.
October 2010	Comenius Week in our schools. Meeting in Turkey.
November 2010	Preparing the calendar year 2011 with the pupils' help about participating schools, towns, countries and our culinary traditions in all participating countries. Printing the calendars and sending for all participating countries.

December 2010	A visit to a Christmas themed exhibition, taking photos, preparing and sending information about typical customs of celebrating Christmas project meeting teachers, pupils-to encourage the innovation in the pedagogical methods and materials, adapting them to integrate those students with special education needs and social problems, collecting materials for the final product our joint calendar. Meeting in Romania.
January 2011	Milk and/or fruit vegetables Days in our schools.
February 2011	Sport: traditional and modern games-the best way to be fit-investigation, recording the games, writing instructions, exchanging.
March 2011	Organizing educational workshops for teachers and pupils of other schools of our cities. Meeting in England.
April 2011	Announcing a competition for literary, poetic, artistic or photographic work, having Healthy habits as its subject. Project meeting-working over final products. Meeting in France.
May 2011	Sport Day in our schools.
June 2011	Final meeting in Italy to discuss evaluation of the progress and results, pupils exchange. Collection of material (photos, videos, pupils works) for our project diary. Completion of the project diary. Updating the website: Publishing results of the project in local papers, school websites, dedicated website, school newsletter.

LOGO



PROJECT LOGO





CALENDAR 2011



APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 APRIL'S FOOL DAY  FRIDAY	2	3 MOTHERING SUNDAY 
4 EASTER 	5	6	7	8	9	10
11	12	13 WORLD'S DAY OF REMEMBRANCE FOR VICTIMS OF KATYN MASSACRE 	14	15	16	17
18	19	20	21 QUEEN'S BIRTHDAY 	22 GOOD FRIDAY 	23 NATIONAL SOVEREIGNTY AND CHILDREN'S DAY ST. GEORGE'S DAY 	24 EASTER 
25 EU EASTER ANNIVERSARY OF LIBERATION 	26	27	28	29	30 WALPURG'S NIGHT, KING'S BIRTHDAY 	



AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8 QUEEN'S NAME DAY 	9	10	11	12	13	14
15 LADY'S DAY  ST. MARY ASSUMPTION DAY 	16	17	18	19	20	21
22	23	24	25	26 NIGHT OF THE HOLY QORAN 	27	28 AIRFORCE DAY 
29 SUMMERBANK HOLIDAY 	30 VICTORY DAY AND RAMADAN FESTIVAL(3 DAYS) 	31 DAY OF SOLIDARITY AND FREEDOM 				



DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 NATIONAL DAY 	2	3	4
5 THE DAY OF MUHARRAM 	6 MIKOLAJKI ST. NICHOLAS 	7	8 ST. IMMACULATE CONCEPTION 	9	10 NOBEL DAY 	11
12	13	14	15	16	17	18
19	20	21	22 CHRISTMAS VACATION 	23 QUEEN'S BIRTHDAY 	24 CHRISTMAS EVE 	25 CHRISTMAS DAY 
26 BOXING DAY  	27 ST. STEFAN 	28	29	30	31 NEW YEAR'S EVE  	

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 VALENTINE'S DAY BIRTHDAY OF PROPHET MOHAMMED  	15	16 RE-ESTABLISHMENT DAY 	17	18	19	20
21	22	23	24	25	26	27
28						



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ONEȘTI, ROMANIA



Pabrze Basic School, Lithuania

JANUARY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 NEW YEAR 	2
3	4	5	6 EPIPHANY 	7 ST. JOHN THE BAPTISTA 	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 KING'S NAME DAY 	29	30
31						



JULY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6 STATE HOOD DAY 	7	8	9	10
11	12	13	14 CROWN PRINCE'S BIRTHDAY DAY BIRTHDAY 	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 CHILDREN'S DAY 	2 ASCENSION DAY  REPUBLIC DAY	3	4	5 FATHER'S DAY 
6 NATIONAL DAY 	7	8	9	10	11	12 PENTECOST 
13 QUEENS OFFICIAL BIRTHDAY  PENTECOST	14	15	16	17	18	19 FATHER'S DAY 
20	21 IVAN KUPALA DAY 	22	23 FATHER'S DAY 	24 ST. JOHN'S DAY 	25 MIDSUMMER 	26
27	28	29	30			



MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 LABOUR, MOTHER'S DAY  MAY DAY 
2 FLAG DAY  MAY DAY 	3 CONSTITUTION DAY 	4	5	6 ST GEORGE DAY  MIDWINTER 	7	8 MOTHER'S DAY  SAINT PATRON 
9	10	11	12	13	14	15
16	17	18	19 COMMEMORATION OF ATATURK YOUTH AND SPORTS DAY 	20	21 ST. CONSTANTIN AND ELENA 	22
23	24	25	26	27	28	29 THE CONQUEST OF ISTANBUL (1453) 
30	31					



MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 BEGINNING OF SPRING 	2	3 LIBERATION DAY 	4	5	6
7	8 + SHROVE TUESDAY WOMEN'S DAY  	9 ASH WEDNESDAY 	10	11 INDEPENDENCE DAY(1990) 	12 CROWN PRINCESS VICTORIA'S NAME DAY  THE TURKISH NATIONAL ANTHEM DAY 	13
14	15	16	17	18 GALLIPOLI VICTORY 1915 	19	20
21 NEVRUZ 	22	23	24	25 THE GOOD NEWS 	26	27
28	29	30	31			



NOVEMBER

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 NATIONAL LEADER'S DAY  ALL SAINTS DAY    	2	3	4	5 GUY FAWKES NIGHT  ALL SAINTS DAY 	6 GUSTAVUS ADOLPHUS DAY THE FEAST OF THE SACRIFICE (4 DAYS)  
7	8 ST. MICHAEL & GABRIEL 	9	10 COMMEMORATION OF ATATURK 	11 INDEPENDENCE DAY 	12	13
14	15	16	17	18	19	20
21	22	23	24 TEACHERS' DAY 	25	26	27
28	29	30 ST ANDREW 				



OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14DAY OF TEACHERS  ST.PARASCHEVA	15	16 POPE JOHN PAUL II. 
17	18	19	20	21	22	23
24UNITED NATIONS DAY 	25	26 ST.DIMITRIE 	27	28	29 FOUNDATION OF TURKISH REPUBLIC 	30
31 HALLOWEEN 						



SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 1ST DAY GERMANY INVADED POLAND(1939) 	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 DAY OF SOFIA 	18
19	20	21	22 INDEPENDENCE DAY 	23	24	25
26	27	28	29	30 BOY'S DAY 		



RECIPIES BOOK



CHRISTMAS EVE BISCUITS WITH POPPY SEED MILK

1cup self-rising flour

2 cups

2tbsps. Powdered sugar

1 egg

½ lb. margarine (two sticks)

1 cup cold water (approx.)

Mix all ingredients (margarine should be room temperature – soft), knead dough, cool in refrigerator 2-3 hours or overnight, roll into finger-width strips, cut into inch long pieces and bake on a cookie sheet at 350 oven until brown.



FRESH CRANBERRY PUDDING

3 cups cranberries (bottled cranberry juice may also be used. Preparation is identical, but for cooking cranberries)

2 cloves

4 cups sugar (less, according to taste)

3 tbsps. Potato starch

Pick over cranberries, cover with cold water (reserve about ¼ cup of water for dissolving the potato starch) and simmer until berries burst. Force cooked berries through strainer, place in saucepan, add some sugar and cloves. Dissolve potato starch in cold water and slowly add to boiling liquid, stirring constantly. Boil 2-3 minutes until pudding thickens. Serve cold. May be garnished with whipped cream.



MARINATED HERRING WITH MUSHROOMS



2 herrings, 2 onions, 8oz. can mushrooms drained, ¼ cup oil, 2-3 bay leaves, ½ tsp. ground white pepper, 1 tbsp. lemon juice

Soak herrings 48 hours in cold water, changing water at least three times. Wash, skin, remove bones and cut into small pieces. Saute chopped onion in oil only until tender, do not brown. When onion is soft, add mushrooms, seasonings and bring to simmer. Cool well and mix with herring pieces. Allow the herring and mushrooms mixture to stand several hours in refrigerator before using (may be prepared a day before).

POPPY SEED MILK



Cover about 2 cups of dried poppy seeds with boiling water, let stand 5 minutes, drain and crush or grind the seeds in a food mill. Add some water, sugar or honey. Put Christmas Eve biscuits into poppy seed milk wait until the biscuits became softer.

MIXED VEGETABLES -WINTER SALAD



½ cup each: dried peas (whole); dried beans (small, white); carrots; red beets; fresh cooked cabbage (1 cup raw); dill pickles, chopped fine, 2 hard-boiled eggs, Salt to taste, Parsley for garnish, ½ cup sour cream

Soak beans and peas in warm water at least 1 hour, place in pot, cover with water and simmer until tender but still whole. Boil whole, unpeeled carrots. Cool. Peel and cut into round or smaller pieces. Carrots have a stronger "carrot" taste if cooked unpeeled. Cook beets or purchase canned beets. Fresh beets have a better red colour and taste, it's best to use them. Boil fresh beets also unpeeled, cool, peel and cut into small cubes.

Chop a small head of fresh cabbage and boil just until crisps tender. Drain. Chop pickles – the salad looks nicer. Chop 1 egg fine, peel the other and slice into rounds. Cool eggs well before chopping and slicing. Place all vegetables in a bowl and allow to cool thoroughly. Add egg, sour cream and mix well. Add salt to taste. If salt is added to the water used to cook vegetables, do not add more salt to mixture. Refrigerate mixture several hours before serving because this allows the different flavors to blend better. Before serving, mix well for an even colour, garnish with egg slices and parsley. Leftovers may be refrigerated for up to 3 days.

TOMATOES STUFFED WITH EGGPLANT SALAD

Ingredients:

1 kg tomatoes - medium size
4 eggplants
½ kg salad oil
salt as needed
green parsley
1 green mild pepper

Directions:

- Empty the tomatoes.
- Fill them with the eggplant salad (we mix the eggplant already baked and chopped with salad oil). If we want we add an onion very well hashed.
- Decorate the tomatoes with green parsley and mild green pepper.

FISH PASTE

Ingredients:

1 tin of sardines
1 packet of butter
1 lemon
salt
pepper

Directions:

- The sardines without oil are flaked with a fork.
- Add the other ingredients: butter, lemon juice, salt and pepper.
- Mix all the ingredients until they make a paste.
- It is served on slices of bread decorated with olives.

In the picture you can see both tomatoes and the paste made by our pupils.



SWEET SNOWBALLS

Ingredients:

1 kg biscuits
1 packet butter
100 cocoa
syrup made from water and sugar
sugar
flakes coconut
1 orange and 1 lemon

Directions:

- Grate the biscuits
- Add butter, syrup, sugar, grated orange and lemon peel.
- Mix all the ingredients together to make a paste.
- Make small balls or put the paste into certain shapes (fir-tree or Santa Claus)
- Powder them with coconut flakes.



YOGURT SOUP

Turkish Name: Yayla Corbasi

Ingredients

1/3 cup Rice (60 gr)

4 cups Water (800 gr)

2 teaspoon Salt

3 tbsp Plain Flour

1,5 cups(360 gr) Yogurt

1 Egg

4 tbsp Butter

1 heaped tbsp freshly chopped Mint

Instructions

1. Place the rice in a saucepan together with the water and salt, bring to the boil then reduce the heat to medium and cook for 20 minutes or until the rice is tender.

2. Place the flour, yogurt and egg in a small bowl and blend well.

3. Add a 3 tablespoons of the hot liquid from the soup to the yoghurt mixture and blend well.

4. Gradually add the yogurt mixture to the saucepan of soup, mixing well then raise the heat and bring to the boil stirring constantly.

5. Reduce the heat and simmer for 10 minutes.

6. Meanwhile, melt the butter in a small saucepan, add the mint, stir a couple of times then remove from heat.

7. To serve - transfer the soup to a serving dish and slowly drizzle the mint mixture over the soup. Serve immediately.



Stuffed Peppers with Olive Oil

5 medium sized peppers

2 ¼ cups water

1 cup rice, washed and drained

4-5 medium sized onions, chopped

2 tbsp currants

2 tbsp pine nuts

1 ½ tbsp mint

½ cup extra virgin olive oil

4 tbsp sugar

1 tsp salt



Sautee the onions with the oil for about 10 minutes in a medium-sized pot.

Then add the rice, sugar and salt, stir and cover the lid.

Cook on very low heat until the rice looks see through.

Add the nuts, currants, mint and a cup of water.

Stir occasionally on low heat.

Cook until all the water evaporates and put aside.

Cut of the tops of the peppers using a small knife, but don't throw them away as you will put them back on after you stuff the peppers.

Discard the seeds inside the peppers.

Stuff the peppers with the filling using a tablespoon.

Put in a medium sized pot along with 1 ¼ cup of water poured over the peppers.

Cover the lid, cook until most of the water evaporates on medium-low heat.



FOREST KEBAB

Ingredients:

1 lb beef cubes, 1 large onion (chopped)

2 carrots (peeled and cubed), 2 small size of golden potatoes (peeled and cubed), 1/2 cup of peas , 1 tbsp of red pepper paste, 2 tbsp of vegetable oil, 1/4 cups of water, 1/2 tsp of ground thyme, salt and pepper to taste

Preheat the oven 400F. Take vegetable oil and ground beef in a large skillet. Cook until it absorbs its juice add chopped onion into the skillet. Stir and saute it for another 5 minutes. Turn the heat off and let it cool Take carrots, potatoes, peas, cooked beef&onion, red pepper paste, ground thyme, water, salt and pepper in a large mixing bowl. Mix it with your hands. Take the mixing 13 17-inch rectangular baking dish. Cover the dish first parchment paper then aluminum folio. Bake it for 50 minutes or until vegetables are tender.

TURKISH CACIK



Cacik has a million different uses. Use as a dip for kebabs, pita dip, or eat it alone, it has the most fabulous flavor.

Ingredients: 2 cucumbers, peeled and grated, 16 oz. cold, plain yogurt, 2 garlic cloves, minced, 1 tablespoon fresh mint, salt, olive oil

Preparation: In a mixing bowl, combine cucumbers and garlic. Add salt to taste. Mix in yogurt with wooden spoon. Transfer to serving bowl. Garnish with mint and drizzle olive oil on top. Serve immediately or cover and refrigerate.

PITA – CHRISTMAS BREAD

To prepare the bread:

1 kg flour
220 g butter
200ml milk
130g yoghurt

eggs
1 teaspoon of sugar
1 teaspoon of salt
hard yeast, as big as a box of matches

Preparing:

Bolt the flour and mix with the fresh milk and the yoghurt.

You beat 4 eggs with 1 tea-spoon of sugar and salt; dissolve the yeast using a little bit of the fresh milk and add it into the egg's mixture.

Put both the mixtures together and kneed.

You divide the dough into 7 even pieces. Use a rolling pin to roll out them in circle 40cm/diameter/. The last one /7th/ you roll out 30cm, grease soft butter and wind as a "snail".

Put the "snail" in the middle of the dish you'll use to bake the bread.

The other 6 pieces you put together, so you'll make a circle of 6 pieces. Don't forget to grease butter between them.

Divide this circle into 12 triangles. Wind and put them round the "snail"

Leave it to raise for about 30 min.

You bake in the oven /170 degrees temperature/ until the bread is ready.



Stuffed capsicum with beans

Ingredients:

20 dried capsicum
1/2 kg. dried beans
2 onions
3 cloves garlic
50 gr. flour
1 carrot
1 bunch of parsley
Red pepper
Salt



Preparation and serving:

Put the capsicum in warm water and leave it for 1 hour. Cook the beans. Chop fine the carrot and the onion, then add them to the cooked beans.

Add as well the fine chopped parsley and the flour. Stir the mixture to make it homogeneous. Fill in the capsicum with the mixture and put in a baking tin, covering the capsicum openings with flour to seal it during the baking. Bake it for about 30 min. at 200°C.

LUCIA BUNS

(makes 20 large ones)



INGREDIENTS: 100 g fresh yeast, 400 ml full fat milk, 100 ml cream (35-40% fat), 200 g butter, 1-1,5 g saffron, 200 ml sugar, 1 tsp salt 1 egg, 1 kg white flour

DECORATION: 1 egg, beaten, raisins
Crumble the yeast into the bowl of your stand mixer (or a regular bowl, if making this by hand). Melt the butter, then add the milk and the cream and heat until it's about 37°C - it should just barely feel warm to the touch. Add this to the yeast and stir until it has dissolved.

Put the saffron with a pinch of sugar in your pestle and mortar, and mix well. Add to the dough, along with salt, sugar, the egg and most of the flour. Work into a smooth and silky dough - it will look pretty sticky, so add the rest of the flour, but don't worry if it's still sticky. It's supposed to be. It shouldn't stick to your fingers though.

Transfer the dough to a clean bowl, and leave to rise, covered, for 45 minutes. Then it's time to shape the dough. Start by dividing the dough into equal portions. Make your lucia buns fairly large - that helps counter any dryness. The traditional shape is a fairly tight "s". Place raisins in the middle of the swirls on each side.

Place on a cookie sheet, cover, and let the buns rise for about 15 minutes. Brush with a beaten egg, and bake at 200°C for 8-10 minutes.

RICE PUDDING

(serves 2-3)

INGREDIENTS:

2 1/2 cups (600 ml) of whole milk
1/3 cup (66 grams) of uncooked grain white rice, pinch of salt, 1 egg
1/4 cup (50 grams) dark brown sugar
1 teaspoon of vanilla extract
1/4 teaspoon of cinnamon
1/3 cup (40 grams) raisins



METHOD:

1. In a medium-sized, heavy-bottomed saucepan, bring the milk, rice and salt to a boil over high heat. Reduce heat to low and simmer until the rice is tender, about 20-25 minutes. Stir frequently to prevent the rice from sticking to the bottom of the pan.
2. In a small mixing bowl, whisk together egg and brown sugar until well mixed. Add a half cup of the hot rice mixture to the egg mixture, a tablespoon at a time, vigorously whisking to incorporate.
3. Add egg mixture back into the saucepan of rice and milk and stir, on low heat, for 10 minutes or so, until thickened. Be careful not to have the mixture come to a boil at this point. Stir in the vanilla. Remove from heat and stir in the raisins and cinnamon. Serve warm or cold.

SWEDISH



CRACK - KNÄCK

(makes around 40)



INGREDIENTS:

100 ml cream
100 ml golden syrup
80 g / 100 ml sugar
3 tsp finely chopped almonds
tiny paper cups

Mix cream, sugar and syrup in a suitable container. This means something that can take a lot of heat, go into the microwave, and still have high sides so the whole thing doesn't boil over. I have a quart-sized Pyrex glass pitcher that's absolutely perfect. Put it the microwave on the highest setting, for exactly 7 minutes. (You might need to try this a couple of times - if it doesn't boil for long enough, it'll be very soft and chewy. If it's boiled too long, it'll be rock hard.) Remove very carefully - it's super hot - and gently fold in the almonds. Pour into tiny paper cups very fast, if it cools down it'll be a lot harder to pour.

Place in the fridge until they're set. Keeps well in an air-tight container.

Marzipan egg recipe



Ingredients for Basic Marzipan

2 cups sugar, 1/8 teaspoon cream of tartar, 4 cups ground almonds (or almond meal) , 2 egg whites

1. Powdered sugar for dusting repare a workspace by sprinkling powdered sugar over a marble slab, wooden cutting board or large baking sheet. Fill your sink or a large bowl with cold water.

2. Place the sugar and 2/3 cup water in a large heavy saucepan and heat gently, stirring, until the sugar dissolves.

3. Add the cream of tartar and turn up the heat. Bring to a boil and cover, boiling for 3 minutes.

4. Uncover and boil until the temperature reaches soft-ball stage, 240 degrees on a candy thermometer.

5. Place the bottom of the saucepan in the 6. Stir in the ground almonds and the egg whites, then place back over low heat and stir for 2 minutes more until the mixture is thick.

7. Spoon the marzipan onto your prepared

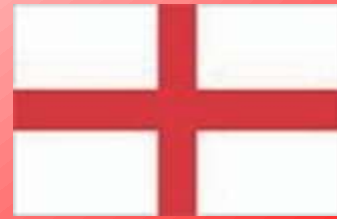
work surface, and turn it with a metal spatula until it cools down enough to touch.

8. Coat your hands in powdered sugar and begin to knead the marzipan, working it until it is smooth and pliant.

9. Your marzipan can be used immediately or stored by wrapping it in plastic wrap and keeping it in an airtight container.

Now that you have marzipan you can make påskägg (Easter eggs) or other figures with a little bit of yellow food dye and baking chocolate (approximately 100 g). Melt the chocolate. Just use a few drops of the food dye. Shape little eggs of the marzipan, then dip in melted chocolate. Let cool in the fridge.

cold water you've prepared, stirring the sugar mixture constantly until it becomes thick and creamy.



1. POPPY-SEEDS WITH NOODLES

100g poppy-seeds

2 tablespoons of honey

2 tablespoons of chooped almonds

200g of noodles (shape of squares or wide stripes are the best)

2 tablespoons of raisins

2 tablespoons of chopped nuts

a few tablespoons of milk

Cook the poppy-seeds on a small fire and when it's cold grind it. Add honey, nuts, raisins, almonds and milk. Mix everything and put away.

Cook the noodles and after rinsing them in cold water add them to the poppy-seeds. Mix everything

3. Barszcz - Borsch

12 medium beets

1 onion sliced

1 qt. water

juice of 1 lemon

1T sugar

2 cups vegetable bouillon

salt and pepper

Wash and peel beets. Cook beets and onion in water until beets are tender. Add lemon juice, sugar, salt and pepper. Leave overnight. Strain and add bouillon. Heat.

You can buy instant Barszcz. Serve the borsch with small dumplings, called uszka.

2. Dried Fruit Compot

1 lb. mixed dried fruit

2 cups of water

grated rind and juice of 1 lemon

6 whole cloves

1 1/2 cups of sugar

Rinse and soak fruit in 2 cups of water overnight. Add sugar and heat till it dissolved. Add lemon juice, rind and cloves. Refrigerate.

GRATIN DAUPHINOIS

Preparation: 30 min

Cooking: 1 hour

Ingredients (serves 5 people):

- 2 lbs of potatoes
- 1 liter of cream (creme fraiche)
- 2 garlic clove
- salt and pepper

Directions:

Peel and cut the potatoes in thin slices.

Press the garlic (or cut it in really small pieces).

Put the garlic in a gratin dish and coat the bottom with cream.

Alternate layers of potatoes, cream, garlic, salt and pepper, until there are no more ingredients.

Finish while coating the top with cream, salt and pepper.

Cook at 350°F for at least an hour, or 280°F for 1 1/2 hour...

The lower the temperature, the longer the cooking time, the more the potatoes will melt and



PRALINE PIE

Praline delight pie recipe with butter and brown sugar and pecans, along with pudding and whipped topping mix.

Ingredients:

- 1/3 cup butter, 1/3 cup light brown sugar, packed,
- 1/2 cup chopped pecans, 1 lightly baked 9-inch pie shell
- 1 package (5 1/2 ounces) instant vanilla pudding
- 2 1/2 cups milk, 1 envelope Dream Whip whipped topping mix

Preparation:

Combine butter, brown sugar, and pecans in a saucepan; heat until butter and sugar are melted. Spread in the bottom of the pie shell; bake at 450° for 5 minutes, or until bubbly. Set aside and let cool completely. Prepare pudding with 2 1/2 cups milk as directed on package for pie filling. Measure out 1 cup of the filling and set aside. Pour remaining filling into the pie shell. Prepare whipped topping mix as directed on package; blend 1 1/3 cups of whipped topping into the reserved 1 cup of pie filling. Spoon into pie shell, over the first filling. Chill for 2 to 4 hours. Garnish with remaining whipped topping and pecan halves, if desired.



CHICKEN MARINATED IN WINE



Preparation time: 30 minutes

+ 12 hours of marinating

Cooking time: 2 hours 45 minutes

Ingredients (for 8 people):

- 1 chicken, around 6 lbs, cut in pieces
- 1/2 cups of bacon, cut
- 1 1/4 cups of mushrooms - 1 onion
- 2 carrots
- 2 garlic cloves
- 1 bouquet of herbs
- 1 bottle of red wine
- 2 tbsp of seasoning with appropriate amount of water
- 1 shot glass of cognac
- 3 tbsp of oil
- 1 tbsp of flour
- a few parsley stems
- salt, pepper, nutmeg

Method:

The day before, put the pieces of chicken in a salad bowl with the sliced onion and carrots.

Pour the red wine on top.

Add the bouquet of herbs and some peppercorns.



Cover.

Let it marinate for 12 hours in the fridge.

The very same day, drain the pieces of chicken and dry them with paper towels.

Filter the marinade.

Dry the vegetables.

Heat oil in a casserole.

Brown the pieces of chicken on all sides.

Take the chicken out and then put in the vegetables.

Brown them for 3 - 5 mn.

Sprinkle with flour.

Stir it well.

Put back in the pieces of chicken with the crushed cloves of garlic.

Flame with the cognac.

Pour the wine of the marinade in with the seasoning bouillon water.

Salt and pepper.

Once boiling, cover.

Let it cook for 2 hours on low.

15 minutes before being served, in a non-stick frying pan, brown the pieces of bacon and the sliced mushrooms.

Add this into the pot.

Season and sprinkle with some parsley. Serve hot.

POPPY-SEEDS WITH NOODLES

100g poppy-seeds
2 tablespoons of honey
2 tablespoons of chooped almonds
200g of noodles (shape of squares or wide stripes are the best)
2 tablespoons of raisins
2 tablespoons of chopped nuts
a few tablespoons of milk



Cook the poppy-seeds on a small fire and when it's cold grind it. Add honey, nuts, raisins, almonds and milk. Mix everything and put away. Cook the noodles and after rinsing them in cold water add them to the poppy-seeds. Mix everything.

BARSZCZ - BORSCH

12 medium beets
1 onion sliced
1 qt. water
juice of 1 lemon
1T sugar
2 cups vegetable bouillon
salt and pepper



Wash and peel beets. Cook beets and onion in water until beets are tender. Add lemon juice, sugar, salt and pepper. Leave overnight. Strain and add bouillon. Heat.

You can buy instant Barszcz.

Serve the borsch with small dumplings, called uszka.

CHRISTMAS FRUIT CAKE



Set oven temperature to 350°F (175C) and preheat.
Grease three loaf pans.

Prepare a 1½ pound (700g) mixture of fruits and nuts - which should include raisins, figs, sultanas, candied orange peel, dried apricots, walnuts or pecans. Except the raisins and sultanas, all should be chopped into small pieces about half the size of your small fingernail. Then thoroughly mix up and lightly dust with flour, so that ingredients do not stick together.

Prepare ingredients for the cake:

- * 4 cups (950ml) powdered sugar,
- * ½lb (225g) sweet (unsalted) butter,
- * 8 fresh eggs,
- * 4¾ cups (1,100ml) white flour (NOT self-raising),
- * 4 teaspoons (20ml) baking powder.
- * 2 teaspoons (10ml) vanilla extract.

Using an electric or hand mixer, thoroughly beat the eggs, sugar and butter together.

Then slowly add flour, baking powder and vanilla extract.

Finally, thoroughly mix in the fruit and nut mixture.

Pour the completed mixture in to the 3 pans and place in preheated oven. Bake about one hour, until an inserted toothpick comes out clean.

Allow to cool, then carefully remove the cakes from the pans. You may wrap in aluminum foil and plastic and store in a cool place up to four weeks.

DRIED FRUIT COMPOT

1 lb. mixed dried fruit, 2 cups of water, grated rind and juice of 1 lemon

6 whole cloves

1 ½ cups of sugar

Rinse and soak fruit in 2 cups of water overnight. Add sugar and heat till it dissolved. Add lemon juice, rind and cloves. Refrigerate.



“ Le cartellate ”



Ingredients :

500 grams of hard wheat
500 grams of tender wheat flour
100 grams of “pugliese” extravergin olive oil
100 grams of white wine

Procedure :

combine the two flours
mix the oil with the white wine and bring to boiling
make a hole at the centre of the two flours mixed and gradually pour the mixture of wine and oil in the hole
mix and add enough lukewarm white wine
make a smooth and soft dough and form a ball
roll out dough by a rolling-pin to form a very thin layer; using a shagreened wheel, make strips; after, pinch and roll them to obtain the typical shape of the “cartellate”
keep the cartellate in a dry place for 24 hours
fry them in vegetable oil to obtain crisp cartellate
after, immerse the cartellate in cooked wine (made from figs or grape) or in honey
finally, arrange the cartellate on a platter and, if you want, decorate them as desired (add colored sugar beads, sugar cane, ...)

ORECCHIETTE WITH THE TOPS OF TURNIPS



Ingredients (for 500 grams of orecchiette)

500 grams of hard wheat
Lukewarm water
Salt

Instructions

Mix hard wheat, lukewarm water and put a pinch of salt. Make a smooth and soft dough and form. By the point of a knife, cut a little dough to form a dish such as an “auricle”

Keep the orecchiette in a dry place for two hours

Ingredients (for 4 people)

300 g “orecchiette”
1kg turnips
1 clove of garlic
100g pugliese extra virgin olive oil
2 salted fillets of anchovy
Chilli to taste



Instructions

Select the tender leaves and the tops of the turnips

Clean, wash and dry the turnips

Heat the oil and lightly fry the garlic in a large pan, add 2 salted fillets of anchovy

Boil the turnip tops and leaves in salted water for ten minutes. Then orecchiette and boil them altogether for 8/10 minutes

Strain orecchiette and turnips

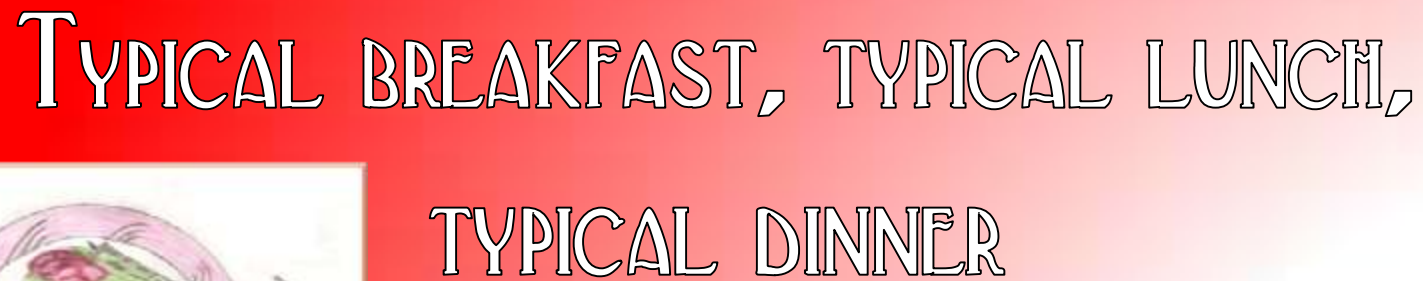
Mix pasta, turnips and sautéed anchovies

If you want serve it chilli on the top



PICNIC







VEGETABLE AND FRUIT DAY









Meeting in Turkey

4th – 8th October 2010



5th TRANSNATIONAL MEETING –KOCAELİ-DARICA, TURKEY

Date:October 3– October 8 2010

PROGRAMME



friday/Saturday/Sunday 1-2-3-October	Welcome to Darica. Participants arrival. Check in at the Bayramoğlu Resort Hotel, Bayramoğlu cd. No:229 Bayramoğlu-Darica-Kocaeli Tel:+90 262 653 4030 (Pbx) Fax:0(262) 653 4033
<i>Monday-4th October</i>	
08.30	Pick-up at the Resort Hotel for a sightseeing from Çamlıca Hill in İstanbul
10.30. 11.30	Pick up for leaving. Boat tour in Bosphorus
12.00	Lunch on the boat
14.00. 15.00	Visiting Eminönü Mosque. Free time in Spice Bazaar
18.00	Welcome dinner on Galata Bridge on Bosphorus in a fish restaurant.
22.00	Return to Darica
<i>Tuesday-5th October</i>	
7.45.	Pick-up at the Resort Hotel.
9.00	Visiting Dolmabahçe Palace in İstanbul Guided Tour.
12.00	İstiklal Street in İstanbul and Lunch in a Restaurant
13.00	Visiting Saint Antoine Church and Galata Tower
14.00-19.00	Free time for shopping
19.00	Leaving for Darica
<i>Wednesday-6th October</i>	
7.45	Pick-up at theResort Hotel.
9.00-11.00	Visiting Topkapı Palace Guided Tour.
11.00-12.30	Visiting Hagia Sophia Museum
13.00	Free time in Sultan Ahmet Square
16.30	Visiting Basilica Cistern and Blue Mosque
17.00	Walking around Historical Gülhane Park
18.00	Dinner on Beyaz İnci restaurant on Galata Bridge
21.00	Return to Darica
<i>Thursday 7th October</i>	
8.45 - 9.00	Pick-up at the ResortHotel. Project Meeting at school
10.00	Coffee Break
10.30	Visiting Local Authorities
12.00	Lunch in a restaurant
13.00	Coffee break
13.30 – 18.00	Viaport Shopping Center free time
18.00	Return to Darica
19.30	Farewell dinner
<i>Friday-8th October</i>	Guests leave Darica.Departure day.

**COMENIUS
MULTILATERAL
PARTNERSHIP
”LET’S HAVE A MEAL
TOGETHER – MEETINGS
AROUND EUROPEAN
TABLE”**

Our Comenius team



AYSEGUL KARACA



EMEL TASDAN

The children,
dressed in
traditional
costumes,
demonstrated
Bulgarian
folk traditions









The Sports day





Meeting with girls from Club 'Ecology'



Meeting with Dr. Mitova





Н
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Visiting ecological company producing food



Healthy picnic





Fruit and Vegetable Day at school





Photo/Drawing competition



MEETING IN BULGARIA

June 2010





8th – 12th June 2010





4rd TRANSNATIONAL MEETING - SOFIA, BULGARIA

June 7 – June 11, 2010

PROGRAMME



Date	Time	Activity
Mon 7/06		Arrival days for the participants. Check in at the Lozenetz Hotel. www.lozenetzhotel.com
Mon 7/06 dinner	18.30	Could be organized, either in the hotel or in a nearby restaurant – Price: 10 euro
Tue 8/06	9.15 -10.30	Meeting at ‘Dobri Voinikov’ school. First project discussion.
	10.30-11.00	Coffee break.
	11.00-12.30	Visiting a kindergarten
	13.00 –14.00	Lunch at the school canteen
	14.00 –15.30	Second project discussion
Dinner	18.00	Dinner party at school
Wed 9/06	8.15-19.00	Day trip to Plovdiv by coach - sightseeing in the city - old town, ancient theatre, churches, Ethnographic Museum, etc. http://en.wikipedia.org/wiki/Plovdiv
	13.00-14.00	Lunch at the city
10/06	9.00	Tour round Sofia Visit to the National History Museum, Alexander Nevski Cathedral, National Theater "Ivan Vazov", Rotunda "St. George
	13.00–14.00	Lunch
	15.30-18.30	Free time
	19.00	Dinner in a restaurant
11/06		Walk round in Sofia Visiting CITY CENTRE shopping mall
11/06	12.00	Departure days for the participants.

COMENIUS
MULTILATERAL
PARTNERSHIP
"Let's have a meal
together – meetings
around European
table"

Our Comenius team



Antoaneta Tsvetkova

Radostina Toneva

Toshko Tonev

Polia Baicheva

Vania Lyubomirova

Rumyana Dolapchieva

Donka Aleksandrova

Stanka Hristova

Maria Markusheva

Elena Lazarova



LOGO



Health day



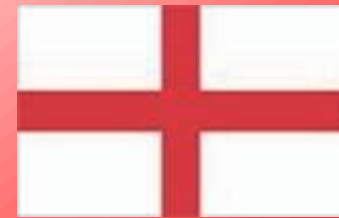
They taught the children how to eat healthy and how to prepare meals.



Direct Services came into school to teach us about healthy eating.



They learnt how they make the pizza dough, add toppings and how to cook it in a hot oven. They took their pizza home!!



CHRISTMAS IN ENGLAND

Just before Christmas families send cards to their friends and relatives.



Christmas Eve

Christmas Eve is an exciting time because the tradition is that just before bed children will put out a glass of milk, mince pies and carrots by the fireplace. These are for Santa and his reindeers when they deliver the presents.



Typical English breakfast



Porridge



Cereal



Fruit juice or tea



Easter in England



☞ Just before Easter, families send cards to their friends and relatives.

Decorating eggs



Easter Food





7th transnational
meeting-
Birmingham,
ENGLAND 21st
- 25th March
2011



7th transnational meeting- Birmingham, ENGLAND 21st – 25th March 2011 PROGRAMME



SATURDAY 19th March	Turkey arrive. Check into the Hotel
SUNDAY 20th March	France/ Lithuania/ Romania arrive. Check into the Hotel
MONDAY 21st March	Italy/ Poland/ Sweden arrive. Check into the Hotel
TUESDAY 22nd March	
8:30	Pick-up at the hotel for a visit to Marsh Hill Primary School Watch a welcome assembly in school hall. Visiting the classrooms in two groups:(4 – 7yrs) and (7 – 11yrs) All delegates to visit Stockland Green Secondary School (11 – 16yrs) but the Swedish group to visit Marsh Hill Nursery School (2-4yrs)
13:00	Buffet lunch at school
14:00	Coach back to hotel
	Free time in Birmingham City Centre, Bullring, Broad Street, Mailbox, Pallasades, Pavilions – see map provided
18:30	Coach pick up at the hotel and take to Jimmy Spices Welcome dinner at Jimmy Spices http://www.jimmyspices.co.uk/broad_street.php
WEDNESDAY 23rd March	Bulgaria arrive
9.00	Pick up at the hotel
9.30 - 10.30	Project Meeting at Aston Villa Football Club
10.30 - 12.30	Tour of Aston Villa Football Club
12.30 – 13.30	Lunch at Aston Villa Football Club
13.30	Coach to take participants back to the Hotel.
14.00	Free Time in Birmingham City Centre, Bullring, Broad Street, Mailbox, Pallasades, Pavilions – see map provided
THURSDAY 24th March	
9.00	Pick up at the hotel for a daytrip to Stratford Upon Avon http://www.stratford-upon-avon.co.uk/index.htm
Approx 10.00 – 11.00	Shakespeare's Birthplace
Approx 11.30 – 12.30	Anne Hathaway's Cottage
13.00	Free Time in Stratford Upon Avon
17.00	Back to Hotel
19.30	Pick up from hotel and take to Akbars for our farewell dinner. http://www.akbars.co.uk/contact.php?id=25
FRIDAY 25th March	France/ Italy/ Lithuania/ Romania/ Turkey depart
SATURDAY 26th March	Poland depart
SUNDAY 27th March	Sweden/ Bulgaria depart



Project opening



Cooking





Logo contest exhibition



Christmas activities





Letters



The pupils wanted to paint what is good to eat for their health



During this project the children learnt to eat healthy food and to do exercises.





Easter



Visiting a Farm



Healthy picnic



Games



Meeting in Romania



4th – 11th December 2010



6th transnational meeting- ONEȘTI, ROMANIA

6-11 December 2010

PROGRAMME



**Comenius
Multilateral
Partnership
“Let’s Have
A Meal
Together-
Meetings
around
European
Table”**

MONDAY 6th December	Participants arrival. Check-in at the „Trotus” Hotel http://www.hoteltratus.ro/
TUESDAY 7th December	
8:30	Pick-up at the hotel for a visit to School no.1
8:45	Visiting the school – the primary school classes
10:30	- coffee break
11:00-11:30	Visiting the kindergarten
11:45-12:45	Project discussions
13:00	Lunch at „Union” restaurant http://uniononesti.ro/
14:00-15:30	Visiting the school – the secondary school classes
15:30-16:30	Project discussions
16:30 – 18:45	Free time
18:45	Pick-up at the hotel. Welcome dinner at „Marisano” restaurant http://www.marisano.ro/foto_restaurant_en.htm
WEDNESDAY 8th December	
7:30	Pick up at the hotel. Trip to the Bran Castle – Brasov. www.brancastrlemuseum.ro/ http://www.romaniatourism.com/brasov.html
THURSDAY 9th December	
9:45	Pick up at the hotel
10:00-12:00	Pupils and little children of the kidergarten will give a performance at the „Radu Rossetti” Library hall
12:30	Lunch at the „Seasons” restaurant
13:30	Visit at the „Nadia Comaneci” High school
	Free time
FRIDAY 10th December	
9:30	Pick-up at the hotel
	Visit at the Museum and Church of Borzesti (built in 1494)
	Trip to the salt mine in Tg.Ocna http://www.salina.ro/en/
	Lunch in Onesti at the ‘Seasons’ restaurant
	Free time
18:45	Farewell dinner at the „Seasons” restaurant – Christmas menu
SATURDAY 11th December - Guests leave Onesti	



LOGO



Health day



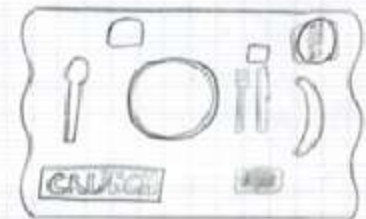
MILITARY
Amateur
4/5

Amateur
Amateur

19/10/11 10

10 people were interviewed
100 percent of interviewed people had breakfast every day
10 percent drink chocolate milk
10 percent eat drink coffee
10 percent drink morning juice
10 percent prefer eat fruits
10 percent eat in a nice restaurant
10 percent eat outside
10 percent eat french bread
All of our interviewed people like their breakfast

The breakfast is very important that's why you should eat it. You should not have more breakfast every day.



Sports day





11th - 15th April 2011



COMENIUS PROJECT 2009-1- PL1-COM06-05374 3
“LET’S HAVE A MEAL TOGETHER”, MEETING AROUND
EUROPEAN TABLE
INTERNATIONAL MEETING IN MORESTEL (FRANCE)
11TH - 15TH APRIL 2011

SATURDAY 9TH SUNDAY 10TH	MONDAY 11TH	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH
Arrival of participants St Exupery airport, LYON	8h30 : welcome at school, visit Coffee 10h30 : visit of Morestel and to town hall	9h : departure for Lyon Eglantine Stéphane	8:30-10:20: lessons for pupils Coffee then work meeting for adults. 10:30-12:20 presentations	9h : departure for Aix les Bains Visit of abbaye d’Hautecombe Pascale Stéphane Michel	10h30: Work meeting Departure of some participants
	School restaurant	Free meal in Lyon Saint Jean	Free meal in Morestel	Picnic in Aix-les- Bains	School restaurant
Sat: 18:10: Romania Sun: 18:10: Turkey Sun: 18:10: Lithuania	Visit of Crémieu Michel Sébastien Arrival of participants St Exupery airport 16:40: Bulgaria 17:10: Poland 17:40: Sweden	Shopping in rue de la République 17h30 : return from Lyon	14h 30: Visite de cave à Groslée	Visit of Le Revard, Chambéry 17h : return from Aix les Bains	Departure of participants from St Exupery airport, LYON
	20h30 : Meal in « Le coin du feu»	19h30 : Meal in Chapeau Cornu	Free evening	19h30 : Meal at school	

Our Comenius team



Birmingham Catherine



Malmö Michel



Morestel Sophie



Sofia Alain and Michel

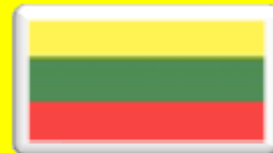


**Darica Sophie and
Michel**



**Pulawy Pascale
Isabelle Stéphane
and Michel**

PICNIC





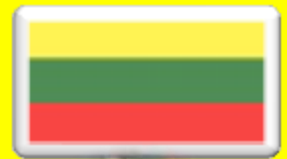
VISITING A FARM



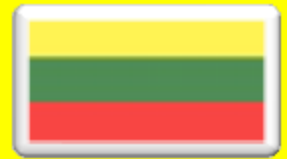
VISITING ECOLOGICAL COMPANY FOOD

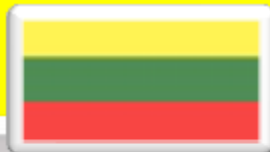


MILK DAY



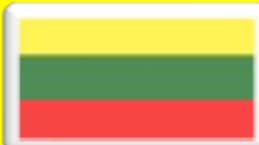
THE SPORTS DAY





MEETING IN LITHUANIA

2010-04-(19-22)



PROJECT
DISSCUSSION



Educational
programme
"Beer Road".



FAREWELL DINNER
IN PABIRZE



PICKNIC FOR
CHILDREN



2010-04-(19-22)



SIGHTSEEING IN
RYGA



3rd TRANSNATIONAL MEETING- PABIRZE, LITHUANIA

Date: April 19 -April 23 2010

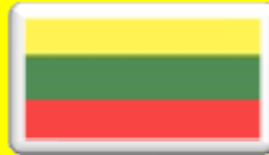
PROGRAMME



**COMENIUS
MULTILATERAL
PARTNERSHIP
"LET'S HAVE A
MEAL TOGETHER -
MEETINGS
AROUND
EUROPEAN
TABLE"**

Day	Time	Activity
Mon 19/04	9.30	Pick-up at the Tyla Hotel for a official welcome at school.
	10.00-11.30	Greeting event at assembly hall, school performance.
	11.30-12.00	Coffee break.
	12.00-13.30	The first project disscusion.
	14.00-15.00	Lunch
	15.30-16.00	Visiting a local museum at Birzai castle.
	16.00-17.00	Teacher – educational programme “Beer Road” with degustation
	17.00-18.00	Free time
	18.30 -22.00	Welcome party at Balsiai mill.
Tue 20/04	8.45	Pick-up at the Tyla Hotel.
	11.00-14.30	Sightseeing in Vilnius (Gediminas castle, churches, Vilnius university etc.)
	14.30-15.30	Lunch in Cili Kaimas
	15.30-19.00	Free time for shopping in Akropolis commercial and entertainment centre.
	22.00	Dinner at the hotel
Wed 21/04	8.00	Pick-up at the Tyla Hotel.
	9.30-10.30	Visiting The Cross Hill in Siauliai
	11.30-13.00	Sightseeing in Riga
	13.00-14.00	Lunch in Albert Hotel
	14.00-15.00	Sightseeing in Riga
	15.00-18.00	Free time and shopping in Riga
	20.00	Dinner at the hotel
Thu 22/04	9.30	Pick-up at the Tyla Hotel
	10.00-11.30	Second project discussion.
	11.30-12.00	Coffee break.
	12.00-12.30	Children present Easter eggs’ rolling. Presentation of the school
	13.00-14.00	Lunch
	14.00-17.00	Excursion in town (visiting Astravas palace, catholics’ and reformats’ churchers, phenomenal gypsium sinkholes)
	17.00-18.00	Free time
	18.30	Pick-up at the Tyla Hotel.
	19.00	Farewell dinner in Pabirze
Fri 23/04		Departure day for the participants. Farewell at the Tyla Hotel.
Contacts		Jurate +37061238289 jurate.jz@gmail.com Vilma +3706

Our Comenius team



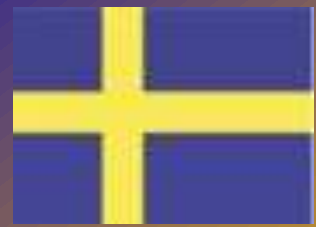
GUBBABACKENS PRESCHOOL



Christmas recipies



Christmas bazaar, making cards





HOW TO BAKE CARROT CAKE?





Finally we got to taste the good cake.



"Yummy....."

Interview with our chef Fadi



What are you doing in the kitchen?

-I cook

What shall we eat today?

- Meatballs / falafel balls with mashed potatoes and lingonberry

Do you have vegetables in the kitchen?

- Yes, in the fridge. I have cucumbers, peppers, lettuce, tomatoes, carrots, cauliflower and cabbage. I'm going to make salad for lunch.

What fruits do you have in your kitchen today?

- Bananas, kiwi, oranges and pears.

What else do you cook in the kitchen?

-Whole-grain rice, wholemeal pasta, beans, fish and chicken.

It is hard to cook?

- No, I like to cook different dishes

Healthy day



Healthy food

We eat lots of vegetables and fruit:

- the children have cooked vegetable soup
- we made fruit salad



We think about our health



- we like to walk or be out every day
- we bathed
- we have gymnastics
- we like to bike and run
- sometimes we go on excursions to the woods



FRUIT AND VEGETABLE DAYS



At Gubbabacken preschool, we work actively with teaching children the names of various fruits and vegetables.



Children get a taste, smell and feel of various vegetables and fruits.



One day kids 4 – 6 years old has painted images of peppers, tomatoes, cucumber, apple and orange





Easter Traditions in Sweden



Easter recipies





Learning about animals...



Healthy picnic



Exploring the world and exercising

...and the rest of nature



We have received environmental certificate "Green Flag". It means that both children and staff contribute to sustainable development.

"Green Flag"



One of the theme of "Green Flag" is lifestyle and health. The food we eat at Gubbabacken is cooked mostly of organic products.



The children are involved in environmental work by:



sorting paper, plastic, cardboard and glass.



Children at Gubbabacken has gymnastics every week.
different motion play.



MTI-gym - stands for Motor Skills, Training and Learning.

TYPICAL GAMES IN SWEDEN

FLOORBALL





Dorota Owczarek
Teacher



HERMODSDALSSKOLAN

BAKING





THE SPORTS DAY







SKATING



GINGER BREADS - PEPPARKAKOR





Every year in spring time we have a special day called the HD-day to celebrate our school. This year we also had a healthy picnic the same day. The day started with a concert by pupils from all classes. Then we continued with some games and football matches between classes. Unfortunately the weather decided that our picnic was held indoor instead of outdoor in the sun.



HEALTHY PICNIC





Pupils in grade 5 while they are drawing logos to the logo competition of the project.





FRUITDAY 2011



LUNCHES IN SCHOOL CANTEEN



Pictures
taken by
pupils.



**FIRST MEETING IN
SWEDEN/ MALMÖ**
19-23 OCTOBER , 2009
We have had wonderful
weather and we've met
children and teachers
from Gubbabacken
preschool and
Hermodsdal school.
We were guided in
Sweden by a Viking and
in Copenhagen we
visited The Little Sae
Maid



1st TRANSNATIONAL MEETING - MALMÖ, SWEDEN

Date: October 19 – October 23 2009

PROGRAMME



Day	Time	Activity
Sat 17/10		Arrival days for the participants.
Sun 18/10		Transport to the hotel. Check in at the Rica Hotel. www.rica.se
Mon 19/10	8.30	Pick-up at the Rica Hotel for a visit to Hermodsdalsskolan (Hd).
	9.00-10.30	First project discussion. Information material will be shared.
	10.30-11.00	Coffee break.
	11.00-12.15	Grade 3 and grade 6 will give a performance. Visiting our school library.
	12.15-12.45	Lunch at school canteen.
	12.45-14.00	Presentation of Hermodsdalsskolan. Visiting classes, meeting pupils, teachers and principals.
	17.45	Pick-up at the Rica Hotel.
	18.00-22.00	Evening at Hermodsdalsskolan "Food and drinks of Europe" – tasting some traditional dishes from our countries.
Tue 20/10	10.00	Pick-up at the Rica Hotel.
	10.30-11.30	<i>Foteviken</i> , The Viking Reserve. Guided tour. www.foteviken.se
	12.00-13.00	Lunch at <i>Foteviken</i> .
	13.00-15.00	Skanör/Falsterbo, an old fishing village.
	15.30	Free time for shopping and private sightseeing in Malmö. Participants will be able to "taste" our city by their own.
Wed 21/10	9.15	Bus stop Line 999 at Gustav Adolfs torg (near the Rica Hotel).
	9.30	Leaving with bus to Copenhagen (round-trip ticket 150 SEK).
	11.00	Cultural Bridges, a guided bus-tour in Copenhagen.
	14.00	Lunch on your own. Time for shopping and private sightseeing.
	18.00	Leaving for Malmö.
Thu 22/10	8.30	Pick-up at the Hotel for a visit to Gubbabacken's nurseryschool.
	9.00-10.00	Second project discussion.
	10.00-10.30	Coffee break.
	10.30-11.30	Presentation of Gubbabacken. Visiting the young children.

**COMENIUS
MULTILATERAL
PARTNERSHIP
"LET'S HAVE A
MEAL TOGETHER –
MEETINGS
AROUND
EUROPEAN
TABLE"**

**URSULA
DOBROWOLSKA - IWANOW**



ULLA HARJUNPAA









CHRISTMAS EVE TABLE



HOLLY WAFER



HAY



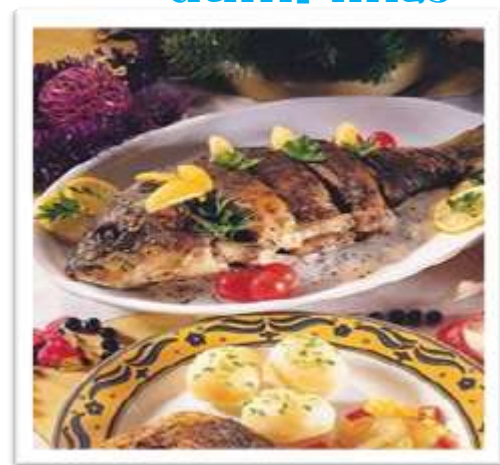
TRADITIONAL FOOD



„Red borsch with dumplings”



„Cabbage”



Fish – mostly carp and herrings



„Kutia” – made of grits, honey and raisins

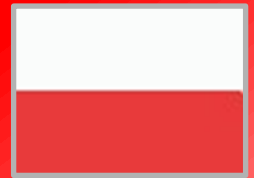


**When the first star appears
in the sky, people take
their seats at the
Christmas table.**

**They do not forget leaving
an empty place for an
unexpected guest.**

**The table is covered with
white tablecloth and
hay is spread on it as a
reminder that Christ
was born in a manger.**

**They share Oplatek – a
thin wafer and wish one
another whatever the
heart dictates:
happiness, good health,
lots of money etc**



7th-11th
December 2009



2nd transnational meeting- Puławy, Poland

Date: from 7th to 11th , 2009 December

PROGRAMME



Saturday/Sunday 5/6 th December	Welcome to Puławy. Participants arrival. Check in at the Prima Hotel, Street Partyzntów 44, Puławy. Tel: (+48 81) 886 46 15
Monday- 7th December	
9.30-12.00	Pick-up at the Prima Hotel for a visit to Szkoła Podstawowa nr 11. Visiting our school, Students greet the guests and give a Christmas performance. Visiting classes and meeting with pupils and teachers staff.
12.00	Lunch at school canteen
12.30-16.00	First project discussion. Coffee break with cakes offered by the teachers Brief presentation of the project done by all coordinators from participating countries to local press, radio.
16.00-17.30	Free time.
17.30	Pick-up at the Prima Hotel. Welcome dinner at Dom Chleba in Janowiec, a little regional restaurant.
Tuesday-8th December	
9.00	Pick-up at the Prima Hotel.
10.00	Visiting Zamoyskich Palace in Kozłówka. Guided Tour.
13.00	Lunch at " Bida" restaurant
15.00	Free time for shopping and private sightseeing in Puławy.
Wednesday- 9th December	
10.00	Pick-up at the Prima Hotel.
10.30-13.00	Trip to a little town Kazimierz Dolny. Guided Tour.
13.00	Lunch at the Knajpa u Fryzjera in Kazimierz- traditional Polish and Jewish Restaurant.
14.00	Time for shopping and private sightseeing.
Thursday-10th December	
9.00	Pick-up at the Prima Hotel.
9.30	Visiting the young children- Kindergarden. Project Meeting continues- the second discussion.
12.00	Lunch at school canteen
13.00-16.30	Free time.
16.30	Pick-up at the Prima Hotel.
17.00	Farawell dinner at Czartoryskich Palace in Puławy. Polish Christmas carols and Christmas music – pupils will present. Polish Christmas Eve menu will be served.
Friday- 11th December	
	Guests leave Puławy. Departure day

Comenius
Multilateral
Partnership
“Let’s Have A Meal
Together-Meetings
around European
Table”



Beata Kryczka-Tarka,



Dorota Łysiak



Anna Żabicka,



Sport Day at school



"YOUR CHRISTMAS RECIPES"



BANITZA FROM TRUN



CHRISTMAS LOG CAKE



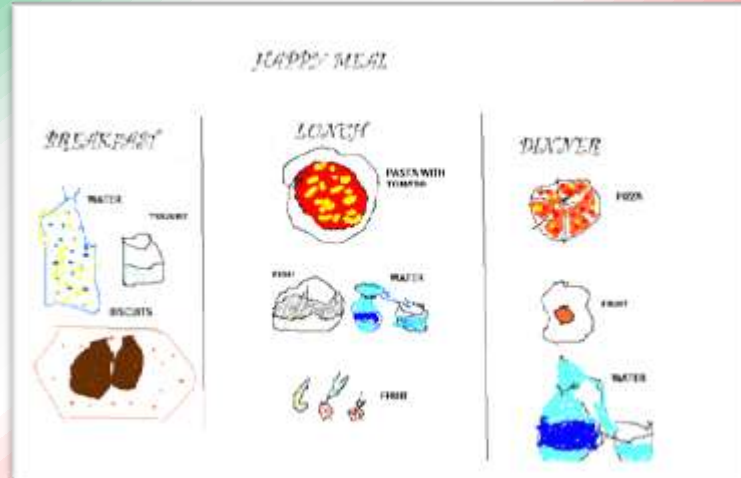
LUCIA BUNS



"CHRISTMAS BAZAR"



Typical breakfast - Lunch - dinner



Health day



Easter recipies



Ecological farm and picnic



Italy

Bari



Our Comenius logos



Our school



Culinary Art



As you know the Italian cooking is famous all over the world. In the Southern part of Italy we are the best “mozzarella makers”, and we have a lot of traditional courses.



Mozzarella is a kind of fresh cheese



Patate, riso e cozze.
Potatoes, rice and mussels



Pane. Bread with natural yeast
cooked in wood oven



Orecchiette con le rape, a
typical kind of pasta with
broccoli

5th - 11th JUNE 2011



9th transnational meeting-Bari 6 - 9 June 2011

PROGRAMME



MONDAY 6th June	
9:00	Pick-up at the hotel entrance http://www.unahotels.it/
9:30	Arrive at School
9:45	Student Performance
11:15	Project discussions
12:30	Lunch at school
13:15	Trip to Bari's Old Town
	Free time Afternoon
19:00	Return to hotel (Meet at Castle entrance)
TUESDAY 7th June	
	Free time Morning
14:15	Pick up at the hotel entrance
15:30	Trip to Alberobello http://www.tuttoalberobello.it/
17:00	Departure for Egnazia
18:00	Tour of Archaeological excavations
19:15	Departure for Polignano
20:00	Dinner at a traditional restaurant "INFERMENTO"
23:00	Return to hotel
WEDNESDAY 8th June	
9:30	Pick up at the hotel
10:00	Arrive at nursery school: Children's performance
11:00	Visit sister school for coffee
12:00	Meet with local government representative
13:00	Lunch at pizzeria
14:00	Return to hotel
	Free time
THURSDAY 9th June	
9:00	Pick-up at the hotel
10:00	Arrive at "Marina Grande beach" -Monopoli*
12:00	Picnic on the beach
15:00	Return to hotel
19:30	Pick up and leave for the final dinner in a traditional restaurant "RISTORANTE BRUNO"
23:00	Return to hotel

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