



Eating Around The Clock Autorský projekt České republiky

Termín: od 9. ledna do konce června 2013

Projekt třídy I1.C



Cílem projektu bylo porovnání stravovacích návyků a typických jídel v různých zemích a vytvoření kuchařské knihy v anglickém jazyce vč. sestavení společného mezinárodního fotoalba.

Finální projekt je ke zhlédnutí na internetu:

<http://eatingaroundtheclock.webnode.cz>

Naše partnerské střední školy:

Francie, Španělsko, Polsko

1. Timetable – Eating Around The Clock

January

- Students 'introduction, introduction of schools: PowerPoint, MO, pictures

Tasks for partners 'schools:

Choose one student from each country and write a message to him/her

February

- Breakfast, snack, lunch, dinner, supper – typical meals, time of eating

March

- Album of typical meals and food – pictures and description

Tasks for partners 'schools

April

- Cookery book

Tasks for partners 'schools

May

- Evaluation of the project, publishing on the website

2. Students' introduction The Czech Republic

Hello,

my name is Milan Vlach and I lived in **Jičín** [Jitchi:n], but now I live in **Kladno** (near **Lidice**) for weekdays, because it is nearer to my school. I study secondary school called **Užlabina**. It's in **Prague** (Praga in Italian).

My favourite language is English. I like it even more than my mother language. I've got two sisters. **Michaela** and **Martina**. My mother language likes to special words for woman and girls that's why my sisters are michaelA and martinA. I like watching **Pewdiepie** (You tube let's player) and developing programs in C++ (higher programming language). I liked to play **Basketball** with my friends in the past, but now I don't have much time for it. Now I study information technologies (IT) and I want to be a **programm developer**. That's why I started studying this specialization. I would like to visit some other countries like: United Kingdom, USA, New Zeland, Canada and Italy (because of my name ☺-Our family came from Italy). So that's something from my life. Hope you enjoyed and have a good day!

Photo of my classmates! :



Hello, my name is Honza, I'm 15 years old. I live in Chocerady. I study at Secondary School of Electrical Engineering. This school is in Prague.

This is Chocerady



My hobbies are playing computer games, fro example: Dota 2, Counter-Strike: Source.. I like sleeping and eating. We work with computers at school. The school is difficult.

My name is Milan Trýb.

I'm sixteen years old.

My hobbies are football, working with computers and ice-hockey.

I like watching ice jockey on TV. I like going to look at the jockey rink.

I play football in a professional way, for CAFC Prague.

I go to secondary school V Úžlabině and study Information Technology.

This is our school.



We have a football pitch on which the team plays - Junior Prague.

This is one of our classrooms.



Hi

My name is Pepa. I am 16 years old. I am from Prague and I do Muay thai, K-1, MMA. I am a fan of Bohemians1905, and I am in Ultras of Bohemians. I like listening Punk, Oi! And reage. I study at Electrical Engineering school Užlabina.

This is Prague



Electrical Engineering Užlabina



Hello

My name is Vašek. I am 15 years old. I am from Prague. I like reading fantasy books and playing computer games. I have been playing football for 9 years. I study at Secondary School of Electrical Engineering. I chose this school because I am interested in computers. My favourite subjects are English and History.



Hi, my name is James and I am 16 years old and I am from the Czech Republic, from Prague. I study secondary school, program: Information technologies. I like English language but my favourite subject is P.E.

My hobby is playing football and playing computer games.

It is ME.



My name is Denis Motrynets.

I am 16 years old. I am a student, I study Secondary School of Electrical Engineering V Uzlabině 320. The school has a good reputation and teachers are well qualified. I want to pass that school. My hobbies are various sports, Pc and sleeping.



Hi my name is Orest Refberh

I am 16 years old. I have lived in Prague for four years.
My hobbies are boxing and basketball.
I study at the secondary school.
I am focused on Information technology.
I'm trying not to fail.
And I apologize in advance for my mistakes.



Hi my name is Matyáš Zeman, I'm 15 years old and I live in Prague.



I study at secondary school, class **II.C**.

My hobbies are playing on PC, listening to music (Linkin Park, Dubstep...),
And I play Minecraft, Borderlands 2, Farcry 3.

At secondary school I found good friends and teachers.

My teachers at secondary school are not bad, but my marks are bad.

Hi. My name is David. I am years 16 old. I live in Prague. I have 2 sisters. I like Music Film. I listen to hip hop. I study at the secondary school. My hobby is street dancing.

It is ME on the right...



Hello!!!!

I am Petr and I am 16 years old. I am from Prague. My hobbies are Pc games and watching films. I like very good food. I study at the Secondary school of Electrician Engineering.

I'd like to introduce you to. My name is Luděk (Leo).

I study high school in Praha (Prague).

I come from Eastern Bohemia. I chose this school because I am interested in computers and technology.



My hobbies are: table football, football, playing computer games, music hip-hop
My fan clubs are Sparta Praha and Barcelona.



My favourite games are Counter Strike and League of Legends. Who would like to play with me (lol), add me. nick: PGEE

My favourite food is kung pao. It's not a typical Czech food.
Typical Czech food is dumplings, mashed potatoes, chicken☺

BYE BYE :)

3. Our Partners

The menu of the week in Reims, France

Monday

Starter : mixed salads

Main course : Veal stew, peas and carrots

Dessert : fruit

Tuesday

Starter : mixed salads

Main course : chicken roast, French beans

Dessert : chocolate cream

Wednesday

Starter : mixed salads

Main course : homemade lasagne

Dessert : doughnut

Thursday

Starter : mixed salads

Main course : fish fingers, broccolis

Dessert : ice-cream

Friday

Starter : mixed salads

Main course : sautéed pork with mushrooms, rice

Dessert : chocolate Cake

A normal day at school in Borja in Spain

We have a schedule from Monday to Friday from 8:30 to 14:30. The subjects we study every day are: Cooking techniques, Basic pastry-making products, Security and hygiene, Professional orientation and education, Preparation and preservation of the aliments, and of course English.

The classes are divided in theory classes and practice classes. In the theory classes we usually plan the work in the kitchen, the menus and the recipes and learn other theoretical items. The practice classes are held of course in the school kitchen. This is where we elaborate all the dishes we talked and learned about in the theory classes.

As I said, the class starts at 8:30 in the morning. The first thing we do when we arrive is changing our clothes with the kitchen suits.



Then it starts the fun part where we cook and learn new things. We are divided in four groups; each group includes five or six students. At the beginning of the class the teacher tells each group the tasks for the current class. Usually, each group prepares one or two kinds of dishes, but firstly, if the recipe is new, the teacher explains it to us.



We learn to cook dishes with all kind of food: meat, fish and vegetables. Now I would like to make you a short introduction to the Spanish cuisine.

Spanish Cuisine

If I could define Spanish cuisine in gastronomical terms it would be: olives, seafood and Iberian ham.

Spanish cuisine consists of a variety of dishes and it is heavily influenced by the seafood available from the waters that surround the country.

Among the multitude of recipes that compose the varied cuisines of Spain, a few can be considered common to all or almost all of Spain's regions, even though some of them have an origin known and associated with specific places. Examples of Spanish specific recipes: potato omelette, paella, migas, sausages (such as “embutidos”, “chorizo” and “morcilla”), jamon serrano and cheeses.



Now let's go on with the presentation of a normal day in the school kitchen.

Beside the theory and practice classes, occasionally we have complementary activities organized by other school teachers, chefs or suppliers. This school year we had different activities such as:

1. Cutting and tasting the Iberian ham (especially the ham produced in Spain region Teruel);
2. Tasting the olive oil (we learned how to differentiate all types of olive oils);
3. The Garnacha route (a talk about the relationship between the Borja country wine and the local tourism);
4. The truffle talk (we received some ideas about how to choose the best truffle and how to cook it).

Here are some pictures from these activities:

1.



2.



3.



4.



4. Album of typical meals (an example ony)

Quiche Lorraine (France)



Quiche Lorraine is made with bacon pieces, eggs, cheese, and milk on a pastry case. We eat Quiche Lorraine for starter or for main course with salad.



Mousse au chocolat (France)

It's my favorite dessert.

It's made with eggs, sugar, butter and chocolate.

It's easy to make. :)

Bigos (Poland)

It is a traditional polish dish. We eat bigos for dinner or supper. We can eat this on a party eg. birthday.



Sirloin (The Czech Republic)

This is typical Czech food. It is one of the most favourite dishes in the Czech Republic. Beef sirloin is often referred as the best quality meat. There is a lot of variations of sirloin. It is one of my favourite dishes too.



5. Cookery Book (an example only)

Gateau au yaourt (France)

Yogurt cake

- one plain yogurt
- one jar oil
- two jars sugar
- three jars flour
- one jar almond powder
- three eggs
- one packet vanilla sugar
- 1/2 packet raising powder
- one pinch of salt



Mix the ingredients in a mixing bowl.
Pour the mixture in a mould.
Bake in the oven 200°C for 30 minutes.

catalán cream, Spain *catalán cream, Spain*



- 1 liter of milk
- 2 tablespoons cornmeal
- Bark of lemon

- 4 egg yolks
- Cinnamon stick
- 200g of sugar

To prepare this tasty recipe for Crema Catalana, the first thing you have to do is heat the milk in a saucepan, add cinnamon and lemon peel.

Meanwhile, beat the egg yolks with the sugar and cornmeal, and mix it with hot milk, cinnamon and lemon peel until it takes body and thickens.

Finally, this mixture is poured in small bowls, it lies a layer of sugar on top and burn until it caramelizes.

And this great recipe of Crema Catalana is ready.

6. Students' posters

The Czech Republic

Eating around the clock



11.C_SŠ V Úžlabině CZ



The project includes the following countries.

France



Spain



Poland



Czech republic



It's polish breakfast



“ALMUERZO”

It's a Spanish snack.



Hot chocolateguess where it's a favourite meal☺



made by Denis ☺

France

Eating Around The Clock.

My favourite recipes :

From Spain :

Cheesecake.



From the Czech Republic :

Potato pancake.



From France :

Chocolate mousse.



Priscilla from the Lycée Gustave Eiffel.

