

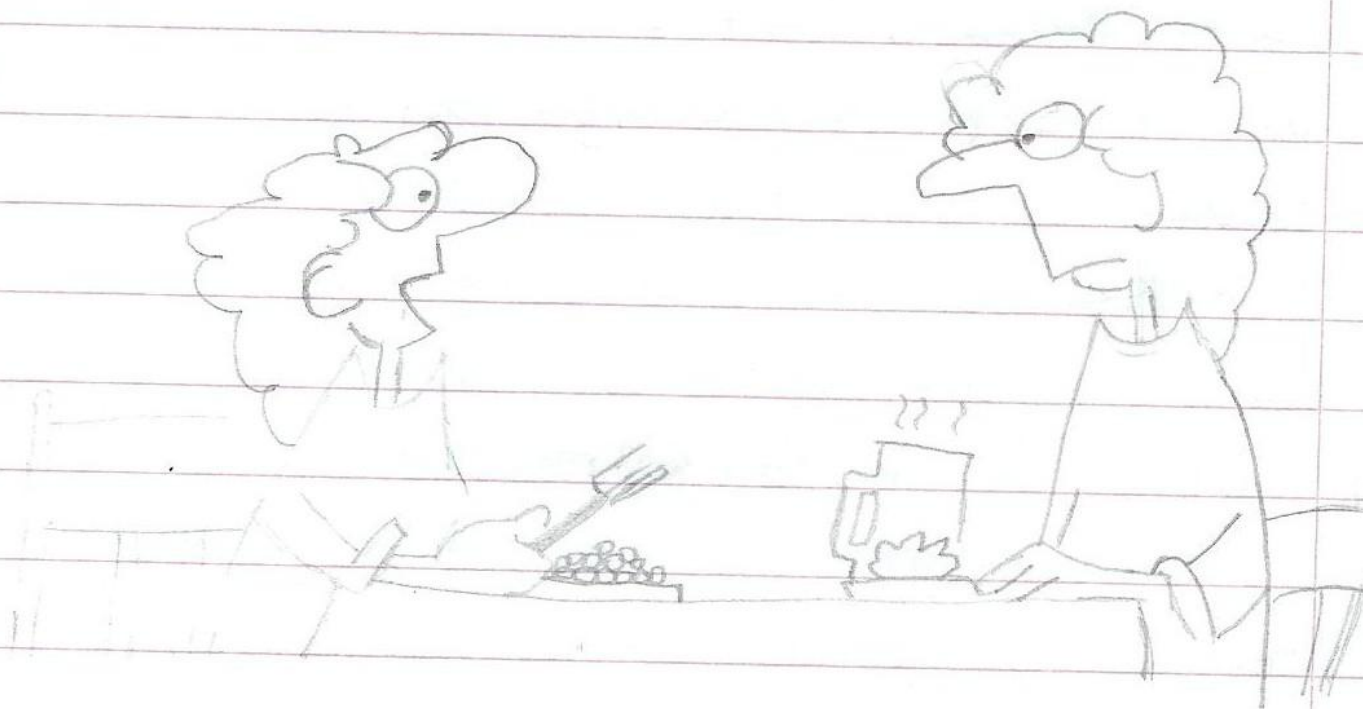
FOOD PROJECTS !!!

#1 By Kristallis Konstantinos

4-4-14

Project

Painting. Food Issue.



"There's war, disease, poverty, and violent crime all over the world... and your greatest concern is me not eating peas!"

#2 By Chatzi Dimitra-Maria

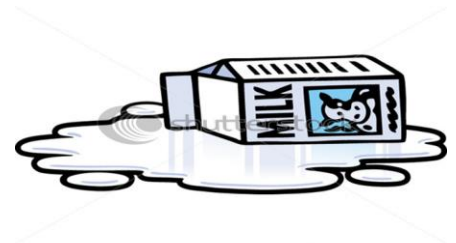
Food idioms...!!!

As days go by
and you're out to cry
I'm as cool as a cucumber
and as hungry as a bear.



Don't butter anyone up,
bottoms up
and have fun
'cause this is the spice of life

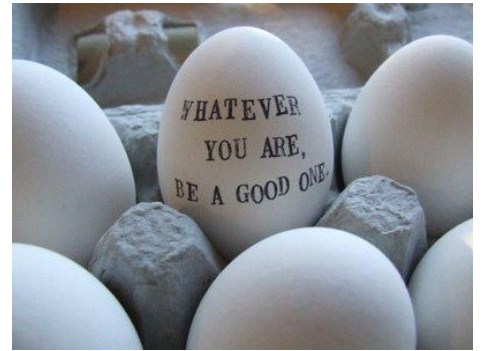
Don't buy chips and dips
and don't spill the beans
don't cry over spilled milk
unless you want to drink



My cup of tea
is all the meals
and it is a piece of cake for me
to understand you're full of beans



First you go bananas
and then you go beet-red
but you're a good egg
who never sees red



Grab a bite to eat
chill out, have fun it's free.
this is the life and
the spice of it!!!

Chatzi Dimitra – Maria/r5

#3 *By Vgena Chryssa*

Fruits

What fruits can mean to our body?

I chose to present you what fruits can mean to our body because they are very tasty, fresh, healthy and colourful which means fun to eat.

But why fruits are recommended for a healthy diet?

- First of all, fruits are 80% consist of water such as our human bodies. That makes fruits the best food choice for our diet. Vegetables also contain a similar amount of water so they are the second best choice for a healthy diet.
 - They do not have bad-cholesterol.
- Fruits stimulate our memory and they help the brain to think faster. This is a benefit for students who give exams.
- Fruits also help people with high blood pressure which could cause a heart disease. That happens because fruits contain fibers. A human must consume 25 to 30 fibers per day. That means 5 to 9 portions of fruits or vegetables each day.

- There are some examples when people were depressed and they healed slowly but surely because they consumed fruits, vegetables or fresh juices. This means that they make you feel better. But remember: you have to wait 30 days until you see the results.

- Fruits can be eaten by vegetarians and vegans because they are not animal products. They can also be eaten by people who don't eat things with "soul", as the religion doesn't say anything about not eating fruits or vegetables.

To sum-up fruits are definitely a good start for a healthy life and they help you so much in any way you want.

To be honest before my research I didn't use to eat a big amount of fruits but now I make sure that my diet consists of lots of fruits. I also understand the difference to my body since I started eating more fruits, and it's true that they make feel better because even though I was never depressed I know that I am more confident and happy than ever!

My source:

<http://www.thefruitpages.com/whyfruit.shtml>

#4 *By Milios Gregory*

My favourite food is spaghetti with ketchup and cheese. I like it because I have liked cheese and ketchup since I was 3 years old.

Spaghetti comes from Italy. It has many sizes. An emblem of Italian cuisine. Spaghetti appeared around the 12th century first time in Sicily and the 19th century spread in Italy and the U.S.A.

Spaghetti is cooked in a large pot of salted, boiling water for 15 minutes at 100 degrees C. The spaghetti is frequently served with tomato sauce, which may contain various herbs (oregano, basil, laurel) or to escort with olive oil, meatballs, mushrooms or vegetables.

From the view point of health, pasta is a rich source of carbohydrates. The tomato sauce is rich in lycopodium. Finally the cheese has vitamin D and calcium which do

good to teeth and bones.



By Gregory Melios

#5

PROJECT IN ENGLISH LANGUAGE

SUBJECT: MEDITERRANEAN DIET (PROS and CONS)

1ST SECONDARY SCHOOL OF PYLAIA

ΗΛΙΑΣ ΚΑΡΑΓΚΙΟΖΗΣ Γ'2

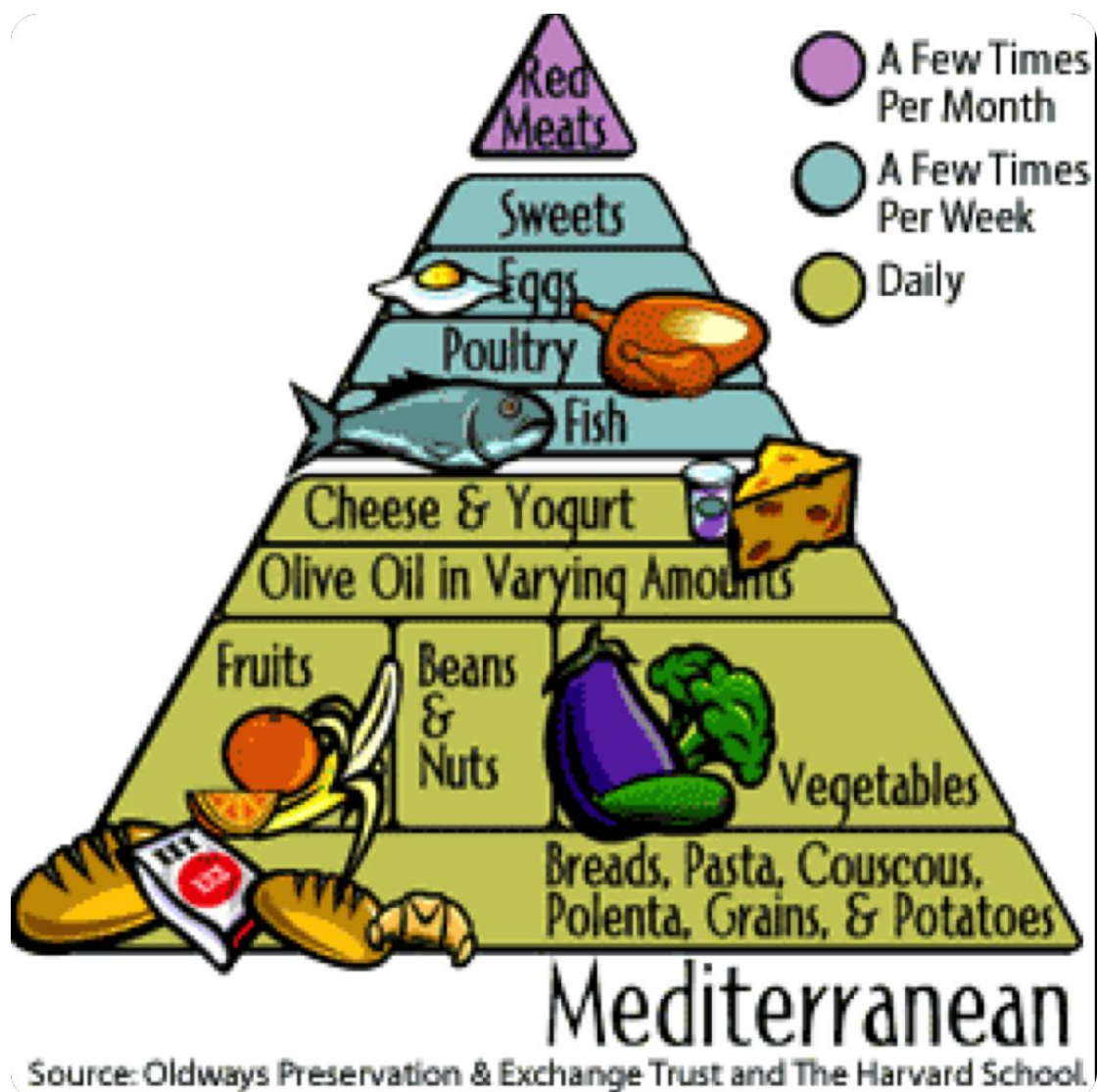


PART 1: INCEPTION

WHAT IS THE REASON FOR ME TO CHOOSE THAT SUBJECT

I am inclined to believe that the Mediterranean diet is a part of my life. As Greece is a littoral country and belongs to the Mediterranean, it is high affected by the way of eating it necessitates. In my opinion, it is a way of life for me, it is something that concerns me a lot. That is why I chose that.

PART 2: ANALYSIS



After watching the Mediterranean diet's pyramid, we realize several things. That diet includes:

- Cereals, bread, pasta and potatoes for everyday meals
- Vegetables, fruits and legumes every day
- Olive oil and dairy products every day
- Fish, poultry, eggs and sweets several times per week
- Red meat a few times per month

PART 3: FINDINGS

After making researches about the type of foods included in the Mediterranean diet, we come in a few results and conclusions. If we follow that kind of diet, our body receives a lot of kinds of nutritional substances. They are:

- Non-fat proteins (from cereals, rice, pasta and legumes)
- Carbohydrates & fibers
little fat
vitamin A & C
mineral parts & sugars
- Proteins, vitamins and minerals (dairy products)
- Proteins, ferrum and Vitamin B (poultry, fish & meat)
- Calories (sweets*)
- Unsaturated fatty acids (olive oil)



Fruits & Vegetables

***ATTENTION:** if sweets are consumed in large quantities, there are many possibilities of dental decay's or obesity's appearance!!!

PART 4: CONCLUSION

As we can understand after the results of the researches, that kind of diet and food life has lots of positive effects for the human body. It offers every nutrient our organism demands for its survival and for coping with everyday activities. It is a very positive for us diet, so we have to follow it if we want to have a good health and physical situation.

#6

ICE-CREAM

Vicky Tsapara, project for my favourite food

Ice cream is a frozen dessert usually made from dairy products, such as milk and cream and often combined with fruits or other ingredients and flavours. Most varieties contain sugar, although some are made with other sweeteners. I like eating this dessert because it is very delicious and has different flavours, so you can choose the flavour you like.



Meaning of the word "ice cream"

The meaning of the phrase "ice cream" varies from one country to another. Phrases such as "frozen custard", "frozen yogurt", "sorbet", "gelato" and others are used for varieties and styles. In some countries, such as the United States. . Analogues made from dairy alternatives, such as goat's or sheep's milk, or milk substitutes, are available for those who are lactose intolerant, allergic to dairy protein, or vegan. The most popular flavours of ice cream in North America are vanilla and chocolate!



- *In the Persian Empire, people would pour grape-juice concentrate over snow, in a bowl, and eat this as a treat. This was done when the weather was hot. In 400 BC, the Persians went further and invented a special chilled food, made of rose water and vermicelli, which was served during summers. The ice was mixed with fruits and various other flavours.*
- *Ancient civilizations have served ice for cold foods for thousands of years. The BBC reports that a frozen mixture of milk and rice was used in China around 200 BC. The Roman Emperor Nero had ice brought from the mountains and combined it with fruit toppings.*
- *Arabs used milk as a major ingredient in the production of ice cream and sweetened it with sugar rather than fruit juices. It was flavoured with rosewater, dried fruits and nuts.*

Ice cream cone

Reliable evidence proves that ice cream cones were served in the 19th century, and their popularity increased greatly during the St. Louis World's Fair in 1904. According to legend, at the World's Fair an ice cream seller had run out of the dishes used to put ice cream scoops in, so they could not sell any more produce. Next door to the ice cream booth was a Syrian waffle booth, unsuccessful due to intense heat; the waffle maker offered to make cones by rolling up his waffles and the

new product sold well, and was widely copied by other vendors.



Nowadays, there is no person who has not tasted ice-cream, especially at the summer season! It is believed to be the most famous dessert in the world and there are great amounts of these products to be sold.





#7 **By Vikelidou Marilena**

Idioms for Food

1. as busy as popcorn on a skillet

-very active

2. as cool as cucumber

-to be calm

3. as easy as apple pie

-very easy

4. as nutty as a fruitcake

-silly, crazy

5. bite off more than one can chew

-to try to do or eat more than you can manage

6. bite the hand that feeds one

-to harm someone who does good things for you

7. bitter pill to swallow

-something unpleasant that one must accept

8. couch potato

-someone who spends a lot of time on a couch watching television

9. cook up a storm

-make some kind of plan

10. a cream puff

-a person who is easily influenced

11. cry over spilt milk

-to cry or complain about something that has already happened

12. eat like a horse

-to eat a large amount of food

13. eat like a bird

-to eat only a small amount of food

14. eat the forbidden fruit

-something that one finds attractive partly because it is illegal or immoral or prohibited

15. full of beans

-feeling energetic

16. food for thought

-something to think about, something that provides mental stimulation

17. piece of cake

-a task that is easily accomplished

18. pie in the sky

-an idea or plan that you think will never happen

19. so clean you can eat off the floor

-very clean

20. upset the applecart

-to ruin a plan or event by a surprise or accident

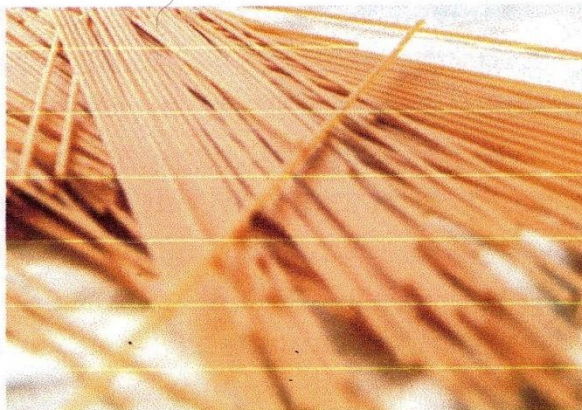
HISTORY OF MY FAVOURITE FOOD

My favourite food is **PASTA**. I like pasta a lot because of the taste they have. I can eat pasta many times and not get bored of the taste.



What is Pasta ?

Pasta is a classic food of traditional Italian cuisine, with the first reference dating to 1154 in Sicily. It is also commonly used to refer to the variety of pasta dishes. Typically pasta is made from an **unleavened dough** of a **durum wheat** flour mixed with water and formed into various shapes, then cooked and served in any number of dishes. It can be made with flour from other **cereals** or **grains**, and eggs may be used instead of water. Pastas may be divided into two categories, dried and fresh.



1. Dried Pasta



2. Fresh Pasta

What is the history of Pasta ?

In the 1st century before Christ writings of Horace, lagana were **fine sheets** of fried dough and were an everyday foodstuff. Writing in the 2nd century Athenaeus of Naucratis provides a recipe for lagana and an early 5th century cookbook describes a dish called lagana that **consisted** of layers of dough with meat **stuffing**, a possible ancestor of modern-day lasagna. However, the method of cooking these sheets of dough does not correspond to our modern definition of either a fresh or dry pasta product, which only had similar basic ingredients and perhaps the shape. The first information concerning pasta products in Italy dates from the 13th or 14th century. Historians have noted several **lexical milestones** relevant to pasta, none of which changes these basic characteristics. According to historians like Charles Perry, the Arabs adapted noodles for long journeys in the 5th century, the first written record of dry pasta. The dried pasta introduced was being produced in great quantities in Palermo at that time. In North Africa, a food similar to pasta, known as couscous, has been eaten for centuries. At first, dry pasta was a luxury item in Italy because of high **labor** costs; durum wheat **semolina** had to be **kneaded** for a long time. There is a legend of Marco Polo importing pasta from China. Rustichello da Pisa writes in his Travels that Marco Polo described a food similar to "lagana". Jeffrey Steingarten **asserts** that Arabs introduced pasta in the Emirate of Sicily in the ninth century, mentioning also that traces of pasta have been found in ancient Greece and that Jane Grigson believed the Marco Polo story to have originated in the 1920s or 30s in an advertisement for a Canadian Spaghetti company. In the 14th and 15th centuries, dried pasta became popular for its easy storage. This allowed people to store dried pasta in ships when exploring the New World. A century later, pasta was present around the globe during the voyages of discovery. The invention of the first tomato sauces dates back from the late 18th century. Before tomato sauce was introduced, pasta was eaten dry with the fingers; the liquid sauce demanded the use of a fork.



Vocabulary

unleavened = άζυμος

dough = ζύμη

durum wheat = σκληρός σιτός

cereals = δημητριακά

grains = seeds = σπόροι

fine sheets = λεπτά φύλλα

consisted = αποτελούμαι

stuffing = γέμιση

lexical milestones = λεξιλογικά ορόσημα

labor = εργασία

semolina = σμιγδάλι

kneaded = ζυμωθεί

asserts = βεβαιώνει

Sites

wikipedia.org

Google photos