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**Template activity**  
**AGENDA 2030: CHANGE THE SCHOOL TO CHANGE THE COMMUNITY**  
**2020-1-BE01-KA229-074904**

<b>TITLE</b>	<b>Discover Italy by taste</b>
<b>DESCRIPTION</b>	<p><u>Activity presentation</u> The aim of the activity is to discover the Italian cousin and in particular the Tuscan one, or rather the local cuisine. Cuisine and food in Italy are part of the culture. The habit is to eat with someone, to set the table and to enjoy a meal that is generally structured in several courses. The preparation of a dish is also very important. The choice of ingredients and the preparation methods tell a lot about a place.</p> <p><u>Game</u> The aim of the game is to discover the territory using the sense of taste. The game is a competition by countries (France, Belgium and Finland). Each component of the group has to taste two typical dishes of the Tuscan tradition and identify the ingredients used for the preparation. Each group can choose between the ingredients over a table. On the table, there are ingredients used for the preparations and others that have nothing to do with it. Once they have identified the ingredients, they have to take the tag corresponding to the name of the chosen ingredient and put it on their plate. The winner is the one who identifies the correct ingredients. The price was a typical Tuscan dish.</p> <p><u>Conclusion</u> At the end of the game we give them the recipe of dishes and a reminder on the guidelines to follow for a healthy diet. Our territory offers us products of excellent quality, the Mediterranean diet has been declared a World Heritage Site by Unesco.</p>
<b>PROCEDURE</b>	<ol style="list-style-type: none"><li>1) Activity presentation 15 minutes</li><li>2) Game<ul style="list-style-type: none"><li>- "Tasting and identification ingredients" 30 minutes</li><li>- Reading the recipes and assigning points 20 minutes</li></ul></li><li>3) Conclusion 25 minutes</li></ol> <p>Delivery of materials</p>
<b>MATERIAL</b>	<p>Dishes to taste Ingredients and tag with ingredients name Plates and cutlery Tables and chairs Recipes of dishes<ul style="list-style-type: none"><li>- Recipe "Crostoni neri" (Annex 1)</li><li>- Recipe "Panzanella" (Annex 2)</li></ul>Guidelines for a healthy diet<ul style="list-style-type: none"><li>- Healthy Heating plates (Annex 3)</li></ul></p>

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	- Mediterranean Diet Pyramid (Annex 4)
<b>TIME</b>	1h 30minutes
<b>GROUP SIZE</b>	No limit
<b>COMPETENCES AND SKILLS TO BE ACQUIRED</b>	Knowledge of Italian cuisine and tradition Knowledge of typical Italian products Knowledge of the Mediterranean diet and of the guidelines of healthy diet Manual skills, cooperation in a team, team management.
<b>NOTES (recommendation, pitfalls)</b>	Prepare all the ingredients in advance and be sure to have enough dishes to be tasted.
<b>School subjects involved</b>	Work based on interdisciplinary approaches: culinary, nutrition, environmental education, cooking class.
<b>School responsible for the realization of the activity</b>	Istituto Comprensivo Lucignano - ITALY

[www.erasmusagenda2030.com](http://www.erasmusagenda2030.com)

### **Annex 1 - Crostini recipe**

"Tuscan Crostini Neri" is the most classic appetizer and you will always find at family gatherings or on the menu of a local restaurant. Its name comes from its brownish color because the reason is the main ingredient in "crostini neri" is chicken liver.

#### ***INGREDIENTS:***

carrot  
celery stalk  
red onion  
some leaf of sage  
laurel leaf  
chicken livers  
1-2 tablespoons of capers  
few gr. of anchovy paste or some anchovy fillets  
extra virgin olive oil

#### ***PROCEDURE:***

First you have to mince celery, onion and carrot. Put the minced vegetables in a medium sized saucepan with olive oil and add a pinch of salt. Then sauté the vegetables over medium heat for about 10 minutes, then add the chicken livers and stir with a wooden spoon and brown the liver nicely. In some local recipes, we used to add some liver veal! Cook on medium-low heat for about 15 minutes stirring from time to time. In the end add capers, anchovy paste or fillets, remove the laurel leaf and blend into a paste using an immersion blender. Spread the paste over small slices of toasted bread that you have previously soaked in a broth.

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## **Annex 2 - Recipe Panzanella the “classic Tuscan tomato and bread salad”**

### ***INGREDIENTS:***

Stale Bread and not dry Bread!\*  
Small and ripe Tomatoes  
Cucumber  
Onion  
Fresh basil  
Salt just a pinch  
Vinegar  
Extra virgin olive oil

### ***PROCEDURE:***

Soak the bread in water then squeeze and put it in a bowl. Slice thinly the red onion. Cut into small pieces some ripe tomatoes and cucumber and add some fresh leaves of basil salt and season with extra virgin olive oil and vinegar.

\*Bread is the focus of the salad, we prepare this dish with stale and not dry bread!

What does “stale” mean? Stale and dry mean two different conditions: if bread is stored wrapped in plastic after 1 or 2 days it will become stale but if it left unwrapped and stored for 1,2 days it will come to crisp...

Anyway, Panzanella is a bread salad flavored with vegetables!

It's a typical Tuscan dish but is very common in the Mediterranean area. This dish is simple and healthy and represents a good method to reuse bread that you generally throw away.



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### Annex 3 - Healthy Heating plates

## HEALTHY EATING PLATE

**HEALTHY OILS**  
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

**WATER**  
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

**VEGETABLES**  
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

**WHOLE GRAINS**  
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

**FRUITS**  
Eat plenty of fruits of all colors.

**HEALTHY PROTEIN**  
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

**STAY ACTIVE!**  
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# Build a Healthy Meal

## Kid's Healthy Eating Plate

Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a balanced diet because each food has a unique mix of nutrients. At a glance, the Healthy Eating Plate and Kid's Healthy Eating Plate provide a blueprint to creating healthy meals—whether served at the table or packed in a lunch box.

Learn more about these resources and access other downloadable tools, including a Kid's Plate coloring page, and over 25 translations of the Healthy Eating Plate: [health.msu.edu/20](http://health.msu.edu/20)

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## Annex 4 - Mediterranean Diet Pyramid



# Mediterranean Diet Pyramid

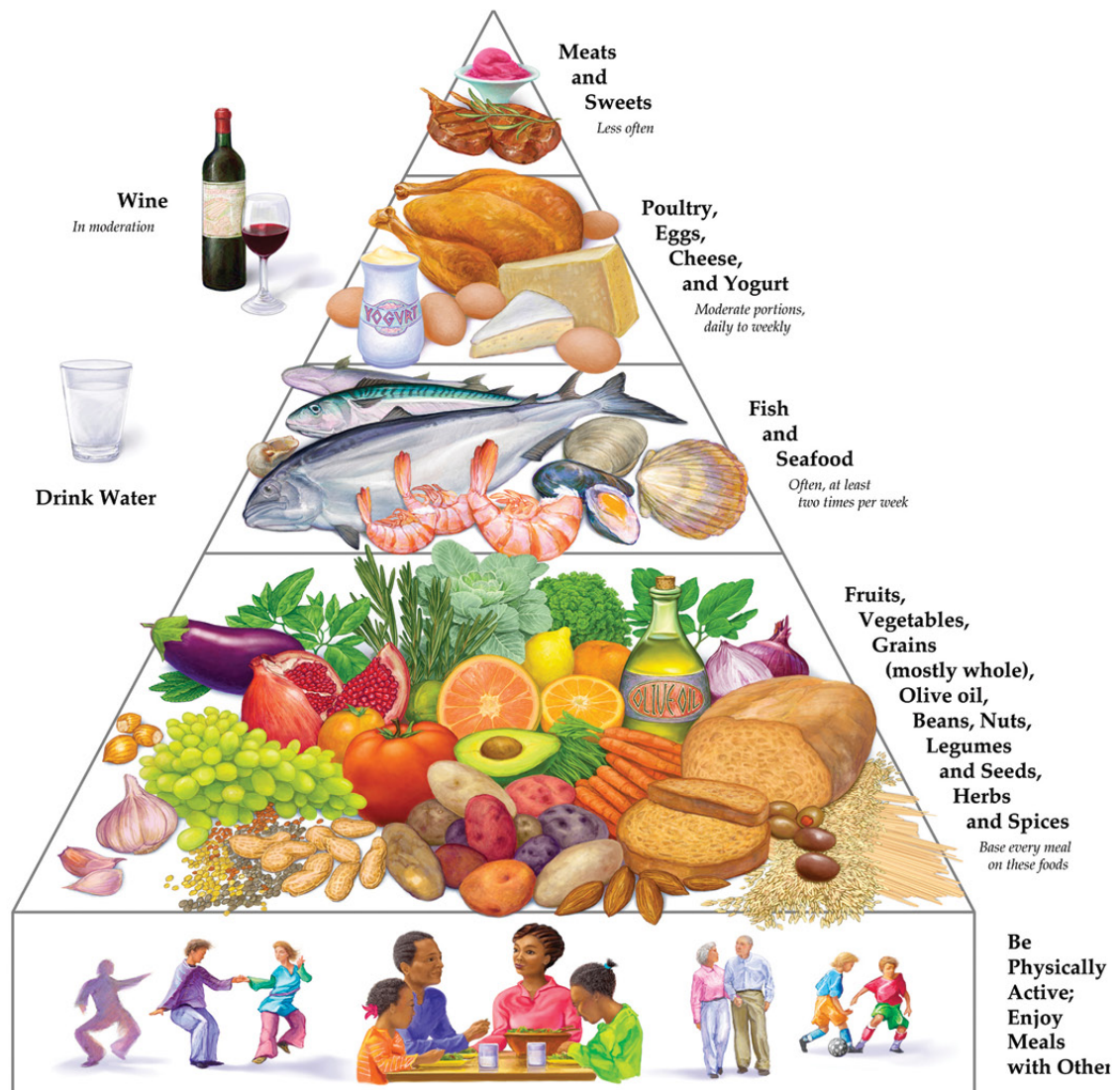


Illustration by George Middleton

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