

# Handle with Care

## The Future of Europe

What will the Common Future of all countries involved in the project look like? A cooperation of Belgium, Bulgaria, Germany, Hungary, Iceland, Norway and Scotland that offers a window on the future...

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Photography: Jóhann Finnur

Common Roots – Common Future

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# International recipes

## Hot Dog

### Ingredients

- 1 all-beef hot dog
- 1 poppyseed hot dog bun
- 1 tablespoon yellow mustard
- 1 tablespoon sweet green pickle relish
- 1 tablespoon chopped onion
- 4 tomato wedges
- 1 dill pickle spear
- 2 sport peppers
- 1 dash celery salt



### Directions

1. Bring a pot of water to a boil. Reduce heat to low, place hot dog in water, and cook 5 minutes or until done. Remove hot dog and set aside. Carefully place a steamer basket into the pot and steam the hot dog bun 2 minutes or until warm.
2. Place hot dog in the steamed bun. Pile on the toppings in this order: yellow mustard, sweet green pickle relish, onion, tomato wedges, pickle spear, sport peppers, and celery salt. The tomatoes should be nestled between the hot dog and the top of the bun. Place the pickle between the hot dog and the bottom of the bun. Don't even think about ketchup!

Prep Time:

**10 Min**

Cook Time:

**5 Min**

Ready In:

**15 Min**

## “SCHWEINSHAXE”

"German/Bavarian style pork knuckles. Pork knuckles are also known as foreshanks, or ham shanks. Water may be used in place of beer."

### Ingredient

- 1 carrot, diced
- 1 onion, peeled and diced
- 1 leek, chopped
- 1 stalk celery, diced
- 2 meaty pork knuckles
- 2 tablespoons vegetable shortening
- 1 teaspoon whole black peppercorns



- salt to taste
- 1/4 cup beer
- 1 pinch ground cumin, or to taste

### Directions

1. Place the carrot, onion, leek, celery, and pork knuckles into a large stockpot. Throw in the peppercorns, and season with salt to taste. Add enough water to the pot to cover the vegetables. Cover, and cook over medium heat for 2 to 3 hours, or until everything is tender. Remove the knuckles from the water, and drain. Reserve vegetables and cooking liquid.
2. Preheat the oven to 425 degrees F ( 220 degrees C). Melt the shortening in an enamel coated cast iron baking dish or pan. Place the drained pork knuckles, cooked vegetables, and about 2 cups of the cooking liquid into the pan.

Bake for 30 minutes in the preheated oven. During the last 10 minutes, sprinkle with beer in which a good amount of salt has been dissolved. Dust lightly with cumin to increase flavor. Serve with potato or white bread dumplings, or sauerkraut salad. In Bavaria, the cooking liquid and juices are strained, and served as an accompanying sauce.

## Hamburgers

### Ingredients

- 1/4 cup Goya Mayonnaise
- 1 pepper from a can of Goya Chipotle Peppers in Adobo Sauce, finely chopped
- 1/4 cup sauce from a can of Goya Chipotle Chiles in Adobo Sauce
- 3 tablespoons Goya Minced Garlic, divided
- 1 tablespoon finely chopped fresh cilantro
- Goya Adobo All-Purpose Seasoning, to taste
- 2 pounds ground beef (80% lean)
- 1 teaspoon Goya Vegetable Oil
- 6 slices Cheddar cheese
- 6 hamburger buns
- 6 (1/4 inch thick) slices red onion
- 6 (1/2 inch thick) slices tomato
- 6 lettuce leaves



## Directions

1. In medium bowl, stir together mayonnaise, 1 tbsp. chipotle sauce, 1 tsp. garlic, cilantro and Adobo; cover and refrigerate until ready to use.
2. In large bowl, gently mix together beef, chopped chipotle, 3 tbsp. chipotle sauce, remaining garlic and adobo until combined. Divide meat into 6 portions; form into 1 inch-thick patties. (Take care not to over-handle meat or else it will toughen).
3. Prepare grill to medium-high heat, grease with oil (or heat oil in medium skillet over medium-high heat). Cook burgers, flipping once, until charred and cooked to desired doneness (about 12 minutes total for medium rare). Add cheese to patties about 5 minutes before taking them off grill.
4. To assemble, divide patties evenly among bottom buns; top with onion slice, tomato slice, lettuce and top bun spread with reserved chipotle mayonnaise.

## Facts

Organic farmers in Sykkylven have their own meat company (Tindemat). With "Food from the heart" they developed a heartburger. It symbolizes that food is not only about earning money. Food is also about having heart for the nature, the people, the animals and the environment as well.



# Interview Ingrid Van Der Velde

Benedikte Stølen and Beatrice Pavolovic.



*Projectmanager Ingrid*

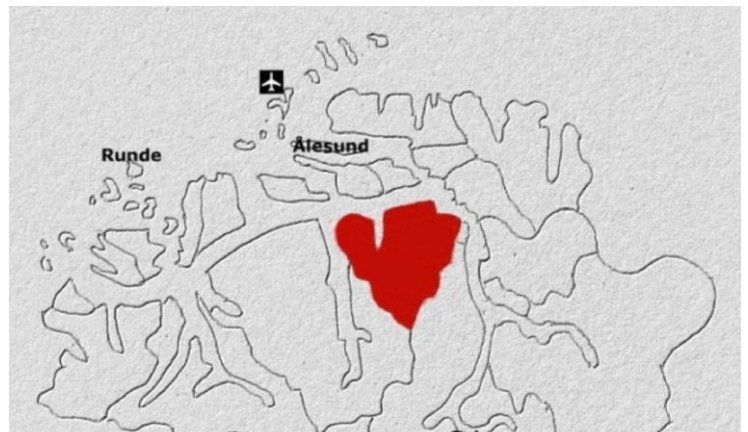
An exemple of the work that has been done was on a kindergarten. The food that was being served in a kindergarten in Sykkylven was analyzed. It was shown that the food the kindergarten was serving the children wasn't as healthy as the employees thought it would be. The people working in the kindergarten changed their workinghabits and payed more attention to the food they prepared. Nowadays the children get 60% more fruits and five times as much vegetables then before. After the first change they were ready for the next changed: serving local organic food as well.

Ingrid van der Velde has been working with a project called "Food from the heart" in Sykkylven. It was called "Food from the heart" because Sykkylven is heartshaped. Sykkylven is the heart of Sunnmøre in Norway. In the project they wanted people to use more organic food and get more organic farmers as well. "Food from the heart" was a part of a national project called "Økoløft".



Mat frå hjartet

Økoløft - Sykkylven kommune



*Sykkylven is a municipality on the westcoast of Norway. Sykkylven is heartshaped.*

The project has also developed a recipe book. The special thing about this book was that "Food from the heart" calculated how much the costs were for each recipe when using local organic meat. The costs weren't that high as expected and people were surprised. The costs for these recipes were actually lower than two frozen pizzas.

## Facts

While schools from Reykjavic (Iceland) and Waregem (Belgium) were having a project week on apples in Urspring, Germany, the man behind the Apple company and computers, Steve Jobs, died. So, Apples were the main headline in the news as well



## A dream for the future

We have been working hard to provide you with the eco-friendly school of the future. We will now take you through our dream school.

One of our first ideas was solar power, which would be situated on the roof. We would use the energy power to supply the school's energy demand and this would be the main energy source.



Hydroelectric power would be another vital component of that which is our school. We would have water features scattered all around the school building, which provide us with infinite supply of electricity. This is possible because the water would turn the turbine which



would be connected to a generator. Part of the electricity provided will be siphoned off and will be used to pump water up back to the source, therefore creating an unlimited energy.

Another important generator of the school is wind energy, which would be provided by wind turbines which would be mounted on the side of the school.

The school that we had envisioned will be self sustaining and therefore it will require a farm. The scheme could provide employment for the locals.

Water will be used very efficiently with minimum waste. Under floor heating is more efficient than radiators and because of this it will be used in the entire building. As heat rises, some heat will be lost at the ceiling. To prevent this we have solar panels on the ceiling, the energy captured with this panels will be sent back down to the underground heating system, therefore creating another infinite loop of energy.



A lot of water is wasted when you flush the toilet and wash your hands. So we plan to change this. It will be done by linking the sink with the toilet, so the water that you wash



your hands with is used to flush the toilet. Thus any water previously being wasted will now be used constructively.

Every eco-school needs recycling so we plan to have bins around the school for recycling materials. These can be used to provide equipment for the school, such as pencils, chairs, bags, desks. We also plan to recycle any food waste from the kitchens, which can be turned into compost for the farm. Clothes and other such materials can be used to manufacture cushions for the chairs, any excess material can be donated to charity. Henceforth using all waste to its full potential and thus saving the students' money on buying stationary as the recycled goods will provide a cheap alternative. So, in conclusion this would be the perfect eco-school, assuming money were no object!



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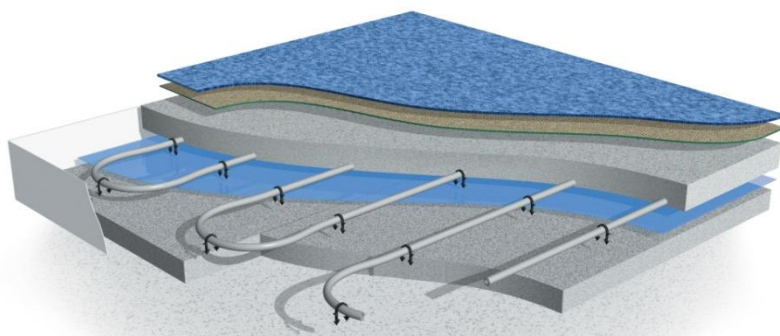
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## Icelandic Expressions

### water

Eitthvað svífur yfir vötnum

- Something hovers over waters
- Something is about to happen

Að dýfa ekki hendi í kalt vatn

- To not dip your hand in cold water
- To not do any extra work

### salt

Eitthvað liggur í salti

- Something lies in salt
- Taking too long to wait for something

Að eiga ekki fyrir salti í grautinn

- To not have enough for salt in the porridge
- To not have money

Að strá salti í sárin

- To put salt in someone's wounds
- To make things worse for someone

### lamb

Að launa einhverjum lambið gráa

- To pay someone the grey lamb
- To revenge for something

Að vera ekkert lamb að leika sér við

- Not to be a lamb to play with
- To be rather tough

### butter

Að vera eins og bráðið smjör

- To be like melted butter
- To be very easy to manipulate

Það drýpur smjör af hverju strái

- Butter drips from each straw
- There is plenty about for everyone

Áfram með smjörið

- Get on with the butter
- Get on with your work

egg

Eggið ætlar að fara að kenna hænunni

- The egg is about to teach the chicken
- The student is about to teach the teacher

Allir fuglar úr eggri skríða

- All birds crawl from the egg
- You don't start flying, you practice first



# Discussion about food

- by Pauline and Nadja

*During our project work, we had a discussion about food. We discussed what we normally ate, why we ate it and about who decide what we are going to eat. We also discussed organic food and what we meant about it. Another topic was shopping. For example where we were shopping and what we were aware of when shopping. These are the questions we were asked.*

## **What do we eat during the week and why? Healthy/ unhealthy?**

During the week we have many different kinds of food. Something that was common in almost every country was vegetables, both for lunch and dinner. Dishes such as pasta or spaghetti and pizza were also eaten in many of the Comenius-families. Everyone agreed that they mainly had a healthy diet, but sometimes had food that was less healthy. We all agreed that in the weekdays there were often made food that was quickly prepared and sometimes also food that were unhealthy. That is because the unhealthy food often is easier to prepare than other food. It takes 10 minutes to warm a pizza in the oven, and then it is easier to choose the pizza instead of chicken and vegetables for example, that might take an hour to prepare.



## **Who decides?**

Our diet is determined by several factors. Price, time and availability are the most important. If we don't have much time to prepare food or eat it, it can be easier to choose food that can be prepared quickly. Other things might be the government, religions and traditions. The governments around Europe have decided that many products are illegal, because they contain of E-values. The E-values makes the food seem "fake", and may cause allergies or diseases. Religion may also decide what to eat and what not to eat.

Muslims for example, cannot eat pork and if they are going to eat meat, they have to prepare it in a special way. Jews also have special rules in the kitchen. They need to separate milk and meat, both when it comes to the dishes and the tools. Traditions also affect what we eat. The Bulgarians are still eating traditional food from Bulgaria, and Norwegians are still eating traditional Norwegian dishes. But not as often as they used to. Now we can communicate with people all over the world, and that gives us new dishes and recipes to try out.

### **Organic food – are we conscious, aware of it when shopping?**

In all of the countries there was eaten organic food, but there were some varieties. Some families had organic food more often than others. One thing was the availability. In Belgium for example, it is much easier to get hold of organic food than in Norway, which makes more Belgians eat organic food than for example here in Sykkylven. In some of the countries there are big supermarkets with only organic food, while in other countries just a small fraction of the usual shops have that type of food. Organic food is also much more expensive than ordinary food, and that may be one of the reasons that most people don't eat it.

### **Where do you do your shopping? Big supermarkets/small shops/ market place?**

In every culture and country there are different offers for shopping. The Belgians have big supermarkets, while in Norway they have small shops. In the cities there are bigger stores than in smaller towns. In Germany and Hungary there are both big supermarkets and small shops, that depends if the town is big or small. Not many of the Comenius-families go to market places, but it is more common in the big cities than at the countryside.



## Healthy Food

What does that mean?

It means food that benefits your health and is good for your body. There are special signs on food to tell you the calories, fat, sugar, salt content to see how bad or good it is for you. There are companies who check the food to see if it is up to the right standard for customers to eat.



<http://www.food.gov.uk/>

In Germany there is a company called Wirtschaftskontrolldienst (WKD) which proves if your food is safe to eat.

They check if bakeries and restaurants and butchers are clean for their produce.

## Foto



# Our daily food

## The Belgian school system

Every country has its own habits and so every country has its own system for eating on a school day. Today I will tell you something more about the eating habits of a Belgian student.



In the morning we start with breakfast. This is around 7 and 8 o'clock. In Belgium you eat before you start to work or go to school. The breakfast in Belgium includes in the week: coffee, bread, some slices of cheese, jam, chocolate paste,... Sometimes we eat cereals instead.

The schools in Belgium start at twenty past eight. Then there are two lessons of fifty minutes. After those two lessons, we've got a break of fifteen minutes. In our school you've got the opportunity to buy fruit. Others bring a little snack from home.

After that you've got two or three lessons again. Normally it's only two, but because of the big crowd in our school, the school invented a shift system. The shift system involves that half of the classes have three lessons after 10 o'clock on Monday and Tuesday. The other half got the three lessons on Thursday and Friday.

For lunch you've got 2 choices: you can go home and eat there or you stay in school. If you stay in school you've got three options: bread, soup or warm. Bread means that you bring your own meal. It's a cold meal, you don't have the ability to warm it up. Soup is the same as bread, but you get soup from school. Warm is a hot meal, the meal involves soup, a main dish with fish or meat (you can not choose), potatoes or something like that and vegetables. There's also always a salad bar. And for dessert there's always fruit, yoghurt or a cookie. The most students at our school choose for the hot meal. Around thousand two hundred of the thousandsevenhundred pupils.

After the students have eaten and got their break, they go back to their class. The next break is at 3 o'clock. There the pupils get again the chance to eat a little snack, but they should bring it themselves. The school doesn't offer fruit or snack then.

The school day is over at 4 o'clock or ten to five. For the students who are intern in our school or have chosen to join the study moment in the school, can eat bread with chocolate paste or jam in the break.

The last moment of eating is dinner. Most Belgians eat pretty late, around 7 and 8 o'clock. The evening meal can be very different. That's because some eat a hot meal at noon, others choose to eat a hot meal in the evening. There are people who eat twice a day a hot meal, but in my opinion that's not a very healthy habit.



*The facts about chocolate*

- ❖ The chocolate has its origin from the Aztecs in Mexico and the Mayas in Central America.
- ❖ Chocolate comes from cacao beans.
- ❖ The chocolate from the past was a paste and very bitter. Not tasty at all.
- ❖ In 1544 Spain imported the chocolate drink to Europe. It was very unpopular.

- ❖ Because the chocolate was not tasty, people added sugar and honey.
- ❖ 1733 the first industrial production sale. They invented the first chocolate pressing machine.
- ❖ Chocolate consists out of cacao powder, cacao butter, milk powder, sugar. Sometimes people add herbs and water.
- ❖ In white chocolate, they don't put cacao powder and in black chocolate they don't put milk powder.
- ❖ Dark chocolate (>80% cacao powder) is good for people with a great fatigue. If they eat daily 15 gr. their symptoms decrease.
- ❖ It's medical proven that chocolate doesn't make you happy. But the physical effect make you feel happy.
- ❖ Dark chocolate (<17 %) improves blood circulation of the heart. It has also an anti-aging effect.
- ❖ Dark chocolate makes diabetic make more insulin.
- ❖ Milk chocolate doesn't got any anti-oxidants.
- ❖ Dark chocolate decreases the risk on a heart attack with 40 %.
- ❖ Chocolate makes you fat:



<u>100 gr</u>	<u>calories</u>
Dark	480
Milk	526
Nuts	556
White	540



## Chocolate mousse

### Ingredients:

4 ½ ounces bittersweet chocolate, finely chopped

2 tablespoons (1 ounce) unsalted butter, diced

2 tablespoons espresso or very strong coffee

( also possible: decaf espresso)

1 cup cold heavy cream

3 large eggs, separated

1 tablespoon sugar



### Method:

1. Whip the cream to soft peaks, then refrigerate.
2. Combine the chocolate, butter and espresso in the top of a double boiler over hot, but not simmering, water, stirring frequently until smooth. Remove chocolate is just slightly warmer than body temperature. To test, dab some chocolate on your bottom lip. It should feel warm. If it is too cold, the mixture will seize when the other ingredients are added.
3. Once the melted chocolate has cooled slightly, whip the egg whites in a medium bowl until they are foamy and beginning to hold a shape. Sprinkle in the sugar and beat until soft peaks form.
4. When the chocolate has reached the proper temperature, stir in the yolks. Gently stir in about one-third of the whipped cream. Fold in half the whites just until incorporated, then fold in the remaining whites, and finally the remaining whipped cream.
5. Spoon or pipe the mousse into a serving bowl or individual dishes. If you wish, layer in fresh raspberries and whipped cream. Refrigerate for at least 8 hours. (The mousse can be refrigerated for up to a day.)

*By Yentl Vandewalle*

## 10 Tips of healthy eating habits

- 1) Versatile eat  
Enjoy the variety of food. There are no „healthy”, „unhealthy” or even „forbidden” foods. On the set, selection and combination is important.
- 2) Cereal products - several times a day and plenty of potatoes  
Bread, pasta, rice, cereal flakes, preferably from whole grains, and potatoes are hardly any fat, but plenty of vitamins, minerals, trace elements and dietary fiber and phytochemicals.
- 3) Vegetables and fruit - Take "5" on the day ...  
Eat 5 servings of vegetables and fruit a day, as fresh as possible, only briefly cooked or as juice - ideally with each main meal and also as a snack: this will be plenty of vitamins, minerals and fiber.
- 4) The best thing you can do for your health.  
Daily milk and milk products, fish once a week, in meat, sausages and eggs measure  
these foods contain essential nutrients, such as Calcium in milk, iodine, selenium and omega-3 fatty acids in fish. Amounts of 300-600 g of meat and sausage per week are sufficient for this purpose. Choose low-fat products, especially meat products and dairy products.



- 5) Low fat and fat-rich foods  
Fatty foods usually taste very good. Too much dietary fat makes you fat, however, and promotes long-term development of cardiovascular diseases and cancer. Keep therefore the dietary fat in check. 70-90 g fat, preferably of plant origin, on the day, e.g. a good third less than in the past provide sufficient vital (essential) fatty acids and fat-soluble vitamins and round out the taste of food. Look for the hidden fats in some meat products and confectionery, dairy products and biscuits.

- 6) Sugar and salt in moderation  
Enjoy sugar and with added sugar foods and drinks only occasionally. Get creative with seasoning herbs and spices and less salt. Use iodized salt in any case.
- 7) Plenty of fluid  
Water is absolutely vital. Do you drink about 1.5 liters of fluid every day. Alcoholic beverages should be consumed only occasionally and then in small quantities (of which in men eg, 0.5 liters of beer, or 0.25 liters of wine or 0.06 liters of brandy per day in women by half. This is about 20 g and 25 ml of pure alcohol).
- 8) Tasty and carefully prepared  
Cook the respective meals at very low temperatures, where it is short, with little water and little fat - that preserves the full flavor, preserves the nutrients and prevents the formation of harmful compounds.
- 9) Take time to enjoy your meal  
Conscious Eating helps to eat properly. Also eat with your eyes. Take your time when eating. This is fun, encourages, and promotes access versatility and the satiety sensation.
- 10) Watch your ideal weight and stay in motion  
with the right weight you feel comfortable and with plenty of movement keeps you going. Do something for fitness, well being and your figure!
- 11)

#### Hungarian salad: 'Csalamádé'

##### Ingredients:

- \* 1 kg onions
- \* 1 kg cucumber
- \* 1 kg sweet cabbage
- \* 1 kg pepper
- \* 1 kg green tomato (not ripe)
- \* 1 carrot
- \* 10 g salt
- \* 30 g sugar
- \* 3 dl in 20% acetic
- \* 1 spoon tartaric
- \* 1 spoon salicyl
- \* whole pepper to taste, bay

leaves, cumin

Cut and slice everything and mix together



<http://schaff.hu/images/products/9554b506.jpg>

German Salad:

'Wurstsalat'

Ingredients:

600 g sausage, Lyon (veal sausage)

1 large onion (s)

4 large cucumber (s) (Spreewald pickles), diced

4 m.-large tomato (s)

1 pepper (s), red, marinated in the glass

300 g cheese, Leerdam

6 tablespoons vinegar

3 dashes of sweetener or sugar

½ tsp, salt

1 tsp, mustard, medium hot

1 teaspoon pepper, colorful, from the mill

6 tablespoons safflower oil or other neutral

120 ml of water, possibly more





















1 bunch chives, finely chopped



(<http://schaff.hu/images/products/9554b506.jpg>)



# Food comparison

<p>Scotland</p>	<p>Germany</p>
<p><b>Breakfast :</b></p> <p>Fry-up </p> <p>Cereal </p> <p>Toast </p> <p>Pancakes</p> <p>Fruit</p> <p>Yoghurt</p>	<p>Croissant </p> <p>Scrambled egg/fried egg</p> <p>French Toast</p> <p>Yoghurt</p> <p>White sausage </p> <p>Cold Pretzel  meat</p>
<p><b>Lunch:</b></p> <p>Pasta </p> <p>Filled rolls </p> <p>Soup</p> <p>Salad </p> <p>Toastie/Panini </p>	<p>Warm meals </p> <p>Noodles</p> <p>Meat</p> <p>Fish</p> <p>Pizza</p> <p>Salad</p> <p>Pancakes</p> <p>Beef </p>
<p><b>Dinner</b></p> <p>Stew and dumplings </p> <p>Fish</p> <p>Mince and tatties </p> <p>Haggis</p> <p>Stovies </p>	<p>Cold meals</p> <p>Bread</p> <p>Cheese </p> <p>Salami </p> <p>Soup</p> <p>Salad</p>
<p><b>Desserts :</b></p> <p>Cream o Galloway ice cream </p> <p>Cranachan</p> <p>Strawberries and cream</p> <p>Cheesecake </p> 	<p>Cake and coffee at 4 pm</p>

## Our daily food (German edition)

Food is very important for every human being. There is a proverb that says: „In the morning you should eat like an imperator, for lunch like a king and at dinner like a farmer“. The breakfast is the most important meal in our daily routine. A lot of people forget this but to start your day right you should get a balance of vitamins and nutrients. At dinner you should not eat fatty food, because you will not have the chance to work up the calories.



In the Ursprungschule you have got different possibilities to get food. In the morning (from 7:15 to 7:40) you can get what we call first breakfast. It's mostly for the boarding school students. There you will get different kinds of cereals and fruit salad. But also some bread with different toppings like jam or chocolate cream.

The next chance to grab some food will be the second breakfast (from 9:15 to 9:40). This meal is for all the students of our school. There will be served different sausages like salami, lyoner, ham or liver paté. The sausage are delivered by a local butcher. We also have some cheese.

Normally we get bread but twice a week we get rolls. The bread we get from "Becka Beck". This is a local bakery that gets his ingredients from farmers of our region. Once a week the school serves boiled eggs. The eggs are from a farmer near the school. To drink you will get cold and hot milk, tea and coffee.

The lunch is separated between year 3 to year 9 students and year 10 to year 13 students. The younger students will get their meal from 12:15 to 12:40 and the older students will get their food from 13:05 to 13:30. The lunch menu is very variegated. It

changes every week. We have different meals for example: all kinds of pasta; soups; sweet plates or typical Swabian food like „Linsen mit Spätzle“.

At 15:30 it's „Vesper time“. Normally the apprentices and the boarding students will go there. You sit together and drink your cup of coffee or some milk. If you want to you can get a sandwich to eat.

At around 18:15 after two hours of school or apprenticeship you will get your dinner in the school mensa. Sometimes we will get something worm, but usually we get bread with cheese, sausage and salads.

## Ice Cream: History



The ice cream is came from the Persian Empire. They ate as a treat, they made it when the weather was really hot. Snow would be saved int he cool-keeping, underground chambers known as yakhchal" or taken from fresh snow that may still have remained at the top of the mountains by the summer capital – Hagmatana. In 400 BC the Persians invented a special cool food, and they served to royalty during summers. They mixed the ice cream with fruits.

## Doughnuts



Doughnuts have a disputed history. One theory suggests that doughnuts were introduced into North America by Dutch settlers, who were responsible for popularizing other American desserts, including cookies, apple and cream pie, and cobbler. Indeed, in the 19th century, doughnuts were sometimes referred to as one kind of olykoek (a Dutch word literally meaning "oil cake"), a "sweetened cake fried in fat." Hansen Gregory, an American, wanted to surprise his mother and tried to make Donuts first time in history when he was sixteen. 19th century the doughnut looked and tasted like today's doughnut, and was viewed as a thoroughly American food.

# Fast Food

## The food curse of modern times

**In most families you will not have the lunch in the company of your family at the kitchen table in your own four walls but to be on the 10 minute drive from school or work and at home. In Germany, when we are hungry we eat mostly everything to go. Something that is prepared quickly and fills your stomach until the next meal. But we don't think about things we eat when we have stress. In most cases, we choose for McDonalds or fast food is prepared very fast like Döner Kebap or Gyros. It's not expensive and you can get it quickly and everywhere. And this is everything-but not the healthiest things you can eat!**

### **New food culture**

Fast food takes in most people in today's society is becoming very important. Already in childhood, we are under time pressure and live a very hectic life. Time is money-and therefore people try to save time, especially in terms of food intake. In a hectic world like ours we need food but we don't want to spent time preparing it. Over the years the quality of food has lost its importance. So we think there are more disadvantages than benefits from this habit.

### **Back to basics**

Some consumers have noticed this negative trend and quite a movement against this eating habit is beginning to build up. On the Internet you can get already many suggestions and tips to the „right“ new cooking again. They want to reach young people. At some schools you can learn healthy cooking.

### **Effects of fast food mania**

But it's not just that a part of our culture is lost, the excessive fast food consumption has medical consequences!!!People will loose their true taste of food or most young people no longer recognize the individual taste of vegetables, or they can't distinguish them.

**The main consequences:** people get fat and destroy their healthiness. This and the lack of bodily exercise leads to social consequences and the uneasy feeling that people have in their own body.

Another problem is that media will continue to sell models as an ideal, which will turn many young people who are still easy to influence, into other eating habits and illnesses like Bulimia or anorexia.

Finally, we want to start a call in our article. Now and then the lure of a frozen pizza or McDonald's you can't resist is not bad in itself. Also if Fast Food is served in an objective measure then it is neither harmful nor healthy for the body. However, these calories are consumed as beverages and do not qualify as a daily bread on the plate. So what are you waiting for? Go, learn cooking, good luck and enjoy your meal!



## Lefser

In the old days, people baked lefse in Norway for occasions such as Christmas and Easter. In Norway there are hundreds of recipes and each district has its own traditions.

1 L sourmilk, warmed to about 39 degrees  
1 package dry yeast, stirred in the milk  
1 can "sæter" sour cream, mix with the milk  
1 egg, stirred in milk  
2 kg wheat flour  
150 g butter, crumbled in the flour  
150 g sugar, mix in the flour  
2.5 tbsp red deer salt, mix in flour

Make the dough, knead it as least as possible. Make pats of 100 g in each, roll them into buns and let them rest for about 30 min.



Roll out the lefse on paper with a square rolling pin. Use a mixture of wheat flour and semolina to sprinkle when you roll out. Roast on a griddle, and place the lefse in the press.

Pour water on the lefse, put them under a cloth. Lubricate them with:

### Fill

500 g butter  
500 g bremyk (butter)  
300 g sugar                      stirred white  
300 g powdered sugar  
3 tablespoons "sæter" sour cream



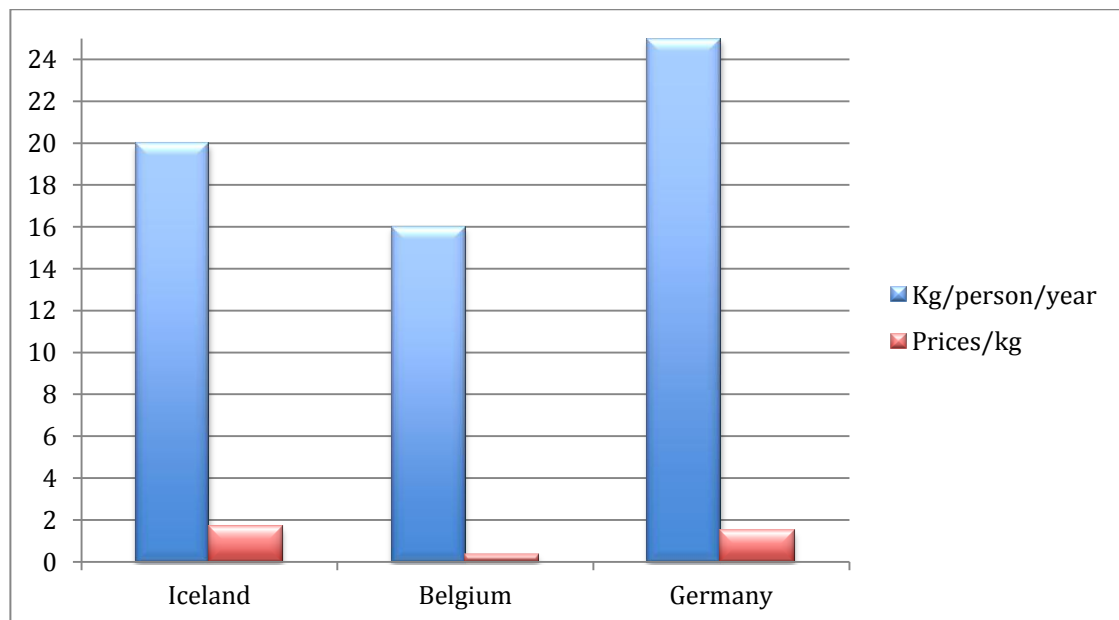
## Apples all over the world

As we are in the Comenius Project we studied about apples in different countries like Iceland, Belgium and Germany and found interesting results.

Iceland only imports apples because the climate is not suitable for apple trees. That is why the apples come from many different countries all over the world where the climate is moderate. For example: Argentina, Austria, Italy, Spain, USA, France, Chile and South Africa.

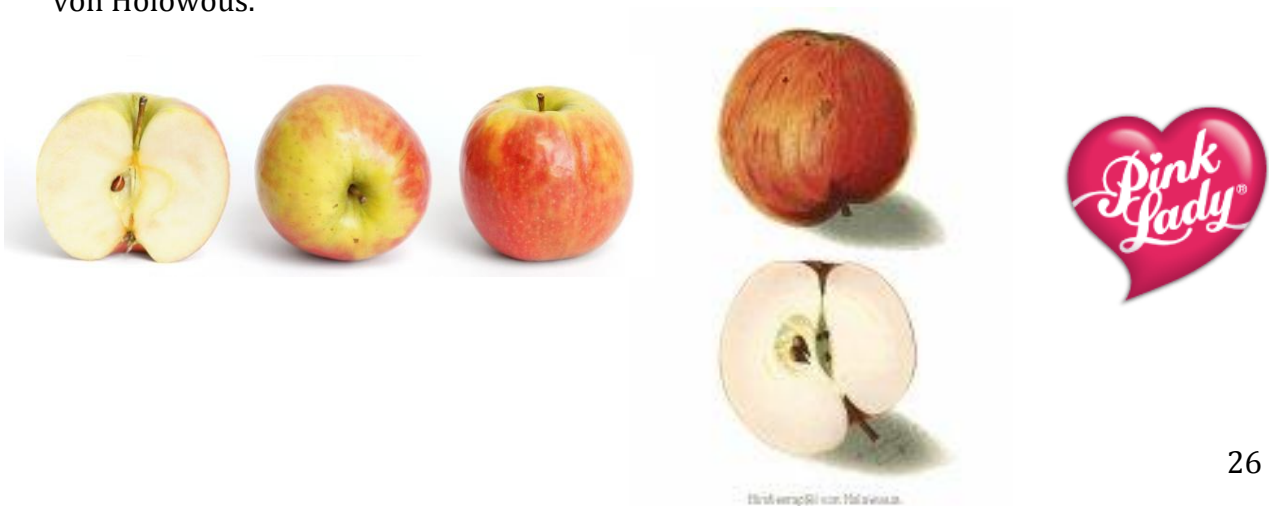
In contrast, Belgium has apple trees, so they do not have to import many apples from other countries. There are just three countries that export to Belgium: the Netherlands, Chile and the USA.

Even though Germany has a large amount of apple trees you might think that they just reach in to the next apple tree to get some apples. However they import apples from Spain, Italy, Chile, Austria and New Zealand especially in winter and spring.



### In the Pink

In the following we compare the new apple pink lady with an old apple Himbeerapfel von Holowous.



<b>Pink Lady</b>	<b>Himbeerapfel von Holowous</b>
From 1973	From 1850
<b>Origin:</b> France, Italia and Spain.	<b>Origin:</b> Germany
<b>Appearance:</b> Outside: Attractive reddish pink with a yellow background Inside: Yellow-White	<b>Appearance:</b> Outside: Conglobate, Smooth, Shiny, Light yellow and special red, Inside: Fruit pulp is white and juicy
<b>Maturing time:</b> Can be harvested in early November.	<b>Maturing time:</b> It's eatable from November until February.
	<b>Special characteristics:</b> Special smell, it is difficult to transport the apples, it is resistant to frost.
<b>Other facts:</b> It came to the market 10 years ago. It's the leading European brand in the market. (100.000 tons produced overall).	

We concluded that many people eat a lot of apples because they taste delicious and are healthy, like Benjamin Franklin said: "An apple a day keeps doctors away".

#### Facts

We noticed a fun fact, Icelanders who don't even have apple trees, eat more apples than the Belgians.

As you can see the price of Belgium is very low due to overproduction.

There are 2500 different sorts of apples in the whole world. The most famous ones are Pink Lady, Jonagold, Red Delicious and Fuji Apples.

Most of the old apples are gone because people want newer apples because they look more beautiful from the outside.

#### Apple and Honey Glow Mask

Ingredients:

- Half a cored apple
- Two tablespoons of honey
- Half a teaspoon of dried sage



Pulse all of these ingredients, blending well, in a food processor and refrigerate for at least ten minutes. Apply this mixture to a clean face by using your finger tips to gently pat it on and continue doing this till the mixture feels very sticky. This brings the bloom to the skin's surface and contributes to the glowing effect. Rinse off with warm water.

### Apple, Poppy-Seed and Honey Peeling

Ingredients:

- One apple
- One tablespoon aloe vera juice/gel
- Two teaspoons honey
- One teaspoon poppy-seeds

Grate an apple and mix it with the aloe vera juice/gel and the poppy seeds. Rub this mixture with circling motions on your face and rinse it off after three minutes. Afterwards you will get moisture on your skin.



Foto



## Interview with Mario Blessing

Mario is a basketball player of the Urspringschule. He is 19 years old and in the 13<sup>th</sup> grade. He comes from Tübingen. He plays in two teams, one of it is the second nation league and the other one is in the youth nation league (called NBBL). This year was his graduating; it was his fourth year in Urspring. In summer he is going to go to the University of South Carolina Upstate in the USA.



Q: When did you start playing basketball?

A: I started to play basketball, when I was 11 years old.

Q: Why did you come to Urspring?

A: I came to play basketball

Q: How often do you have practice? And what kind of?

A: I have five times a week team practice, three times strength training and one or two times individual training

Q: How often do you go home?

A: In the summer holidays I'm at home for 1-2 weeks and during the school year I'm just 3 or 4 times at home. But in the Offseason I'm more often at home.

Q: What about studying?

A: I have to organize my time. Usually I study after practice.

Q: Do you have leisure time? And what are you doing then?

A: Yes, but not so much. In my leisure time I just relax and do something with my friends. There is no time for other hobbies.

Q: How does it work with the dual burden?

A: There is no secret. My coach helps me and this year I played more in the second national league than in the youth national league.

Q: How many times do you have meal a day? And what kind of? Is nutrition important for you?

A: I have meal three times a day. I try to eat healthy food, but sometimes it is not possible.

Q: What do you know about healthy food?

A: The body needs carbohydrates to produce power and to provide energy at the moment I need it. I'm concerned about the food I eat and so I know a lot about it.

Q: What do you eat on match day?

A: On a match day I eat a lot of noodles. If the game is in the evening I also eat a normal breakfast.

Q: What is special for you about Urspring?

A: For me it offers the best opportunity to combine practice and school. It's only a short way to the gym and so I can practice a lot. I like the atmosphere here and I get enough support from the teachers and the school to combine basketball and school.

Q: Are there any advantages for you?

A: No, not really.

Q: Are there any differences between your team mates and the other students?

A: I spend more time with my team mates because I have to practice with them but I get along with the other students as well.

Q: What is your typical routine on a school day and on a match day?



A: On a typical school day I wake up and go to school, then I have strength training. After the strength training is team practice. In the evening I have to work for school. On a typical match day I wake up, eat something and relax. When I have to study I can do it in the afternoon before game time.

Q: What changed since you first came to Urspring?

A: There is more free time between school and practice time for me and I have more possibilities to practice. The difference from being at home is that I have to do more things for myself: e.g. to wash my clothes and I have better connections to my teachers.

Q: What is your goal in Urspring and later?

A: My goal is to improve my basketball playing and to win as many games as possible. My last goals for this season are to win the youth nation league championship and to get my degree. I wanted to get a place on a university in America to play basketball and to study and I'm happy that I achieved that goal already.

Q: Do you want to be a professional basketball player?

A: The decision will be made in the next years.

Q: Do you want to say anything more?

A: It was the best decision of my life to go to Urspring...

Foto



## Food migration

**Products can be transported in different ways : trains, ships, airplanes and trucks. Airplanes consume the most energy and pollute the most. Ships can transport many containers at once but it takes more time to travel between countries. Trains and trucks only transport on land, ships only over sea but the planes can do both while being the fastest option.**

'Food miles' is the term used to describe the food's transportation distance from the production until it reaches the customer how much carbon dioxide is caused by a product's transportation.

Food miles is also one of the factors used to evaluate the environmental impact of food and the impact on Global Warming. For example the pineapple from Ghana to the UK takes 3100 miles which produces by sea 0.22kg of CO<sub>2</sub> per pineapple and by air 6.26 kg of CO<sub>2</sub> per pineapple.

For example the pineapple is a tropical plant originally from the area between Southern Brazil and Paraguay. Tomatoes are originally from South America and was spread around the world during the Spanish colonization there. Tea plants are native to East and South Asia and probably originated around the point of confluence of the lands of northeast India, north Burma, southwest China, and Tibet.

Between 1870 and 1970, over 26 million individuals departed from Italy as migrants, typically in search of work. The residents of Italy had long been poor, but only in the late nineteenth century did their poverty motivate them to travel such long distances. When Italians sought work, they tended to travel along well-established commercial



routes. So that's how the pizza came to us.

Life-Cycle assessment is a technique to evaluate environmental impact linked with all the stages of a product's lifetime from beginning to the end.

The conclusion of all this is that the world is becoming more and more aware of the pollution production transport is causing. It is also really expensive to move product masses from one corner of the world to another. Everybody can contribute to close the narrow gap that minimize the pollution of our planet.



## Ways of producing energy

There are many ways to produce energy:

### Nuclear power plants

Nuclear power plants use nuclear fission to generate energy and electricity. The Nuclear power plants produce 6% of the world's energy and 13-14% of the world's electricity. In 2007, there were 439 nuclear power reactors in operation in the world, operating in 31 countries.

The advantage is that Nuclear power plants do not produce CO<sub>2</sub>. But the disadvantage is that we do not know where we can store the waste safely, without polluting the environment. There is always the possibility of big accidents:

#### Nuclear power plants accidents

- Chernobyl disaster in 1986
- Three Mile Island accident in 1979
- Fukushima Daiichi nuclear disaster in 2011

### Renewable energy sources

Renewable energy sources produce energy, which comes from natural resources like wind, sun, water, biomass and geothermal heat.

About 16% of the global energy comes from renewable energy sources.

The advantages of this renewable energy sources are no or less pollution, they are unfailing (for example the sun or the wind).

Because of the Fukushima disaster many people are in favour of renewable energies now.

Nuclear power plants  Renewable energy sources

If we want to displace a Nuclear power plant (10 Billion Kwh/year) you need:

- 834 wind turbines **(50%) → 5 Billion Kwh/year**  
1 wind turbine produces 6 Million Kwh/year
- 1250 km<sup>2</sup> arable land of biomass **(25%) → 2,5 Billion Kwh/year**  
1 biomass produces 4 Million Kwh/year
- 25 km<sup>2</sup> solar panels **(25%) → 2,5 Billion Kwh/year**  
1 km<sup>2</sup> solar panels produce 100 Kwh/year

*Article from Jamie Oliver*

*"Dead chicks, bloody chicken,  
bon appétit!"*



*Actually, Jamie Oliver, the kindness in person: a human dream of countless mothers, an aspiring professional careerist, yet likeable; optically the nice boy next door, personally a man of principles. And then makes the friendly chef things like that!*

*Celebrity chef Oliver: The chicken did not die in vain. Slowly, he takes a stun gun to the head of a suspended, living chicken, stunning the wriggling something with a shock and leaves it with a sting by the beak bleed on camera. Barbaric, so like many think. How can anyone, in prime time ... It may well, if you have a mission. And Jamie is Oliver's Mission: The people on the screens to verify that our methods of food production is not only absurd, inhumane and hostile, but all the information channels of the networked world, despite a mystery remains, that does not catch even educated consumers in all dimensions.*

*Jamie Oliver was allowed to slaughter some sacred cow on TV already. He's excited about greasy canteen food. He spoke of the unhealthy eating habits of the lower class. But he at the beginning of the year in the English Channel 4 demonstrated the methodology of the poultry sector in the dying object is a new dimension of educational television*

*He explained that a chicken live only 31 days before we eat it. The attention economy of the media society has coined the term "scandal", and it has previously also reported: Jamie Oliver, t hegourmet with a social vein, nutritionist's sense of mission and a good entertainer, executed only a chicken, live and in public, then later he gassed Chicks.*

*But he did all this terrible things to wake up the people and tell them the truth about "massfarming"!!!*

## Mass Farming

You are what you eat - choice, selection of foods is perceived by us as a matter of course. The conditions and consequences should not be forgotten.



Factory farming - most consumers are familiar with this term. It has gained popularity through the poultry farms, where chickens were kept exclusively for achieving high egg production in degrading conditions. Even if the consumer's awareness here now something has turned and put more and more customers to free range eggs, or even free-range, then the factory farming, including intensive farming, is still a big problem with many facets!

- Animal feed is treated systematically and regularly with medications.->you will get medications from eating meat
- the dioxin scandal in January 2011 has proved that factory farming is harmful for humans ..
- To get many eggs from a hen they put them into cages where they can't turn. No walking. Because it's more hygienic.
- There are 140 million animals which lives together in masses of animals
- When calves are born in masses, they get until after birth separately from their mother.
- Calves don't get some water, just a little bit, because the farmers want to grow them up fast as they can. No water-more food for the calves. So after already 6months they are fat (250kg) enough to get slaughter.
- Pigs are only birth machines for the farmer.
- They croupier their crock of the little baby pigs when they are 3 weeks old. Just to get a "better" meat!
- The pigs live for 5 weeks in darkness to get fast as they can fat!
- Male chicks are unnecessary – so they have to die terrible in mills.(50 % )
- Chicken and Hens live for 6 weeks in small halls before a sucking machine comes and pick them up to transport them to slaughter.
- Hens have to live for 18 months in these terrible small halls before they get unnecessary and have to die.
- They chained cows in small and darkness rooms to get "better" milk.

# Proverbs about food



German	English
„Alles hat ein Ende-nur die Wurst hat zwei.“	“Everything has an end, only sausage has two!”
“In der Not schmeckt die Wurst auch ohne Brot.”	“In need sausage taste good without bread.”
“Nach dem Essen sollst du stehen oder tausend Schritte gehen“	“After dinner you shall stand or walk a thousand steps.”
“After dinner you shall stand or walk a thousand steps”	“from words you can 't get full.”
“viele Köche verderben den Brei.“	“Too many cooks spoil the meal.”
“Käse schließt den Magen.“	“Cheese closes the stomach.”
“Ein voller Bauch studiert nicht gern.“	„A full stomach don 't like to study“
“Man ist was man isst.“	„You are that what you eat.
“Man isst für die Seele.“	„You eat for your soul.“
“In der Not frisst der Teufel fliegen.“	„In need devil eat fly.“
“Der Fisch stinkt vom Kopfe her.“	„Fish start smelling from head.
„Was der Bauer nicht kennt, frisst er nicht.“	„Farmers don 't eat unknown food.“
“Nichts wird so heiß gegessen wie es gekocht wurde.“	„It is not eaten as hot as it cooks.“
„Wer zuerst kommt, mahlt zuerst.“	„First come, first served.“

## Organic certification

**Organic certification** is a certification process for producers of organic food and other organic agricultural products. In general, any business directly involved in food production can be certified, including seed suppliers, farmers, food processors, retailers and restaurants. Requirements vary from country to country, and generally involve a set of production standards for growing, storage, processing, packaging and shipping that include:



production standards for growing, storage, processing, packaging and shipping that include:

- avoidance of most synthetic chemical inputs (e.g. fertilizer, pesticides, antibiotics, food additives, etc), genetically modified organisms, irradiation, and the use of bios lids;
- use of farmland that has been free from synthetic chemicals for a number of years (often, three or more);



- keeping detailed written records (audit trail);



production and sales records (audit trail);

- maintaining strict physical separation of organic products from non-certified products;
- undergoing periodic on-site inspections.

In some countries, certification is overseen by the government, and commercial use of the term *organic* is legally restricted. Certified organic producers are also subject to the same agricultural, food safety and other government regulations that apply to non-certified producers.



### Third party certification process

To certify a farm, the farmer is typically required to engage in a number of new activities, in addition to normal farming operations:

- **Study** the organic standards, which cover in specific detail what is and is not allowed for every aspect of farming, including storage, transport and sale.

- **Compliance** — farm facilities and production methods must comply with the standards, which may involve modifying facilities, sourcing and changing suppliers, etc.
- **Documentation** — extensive paperwork is required, detailing farm history and current set-up, and usually including results of soil and water tests.
- **Planning** — a written annual production plan must be submitted, detailing everything from seed to sale: seed sources, field and crop locations, fertilization and pest control activities, harvest methods, storage locations, etc.
- **Inspection** — annual on-farm inspections are required, with a physical tour, examination of records, and an oral interview.
- **Fee** — an annual inspection/certification fee (currently starting at \$400–\$2,000/year, in the US and Canada, depending on the agency and the size of the operation).
- **Record-keeping** — written, day-to-day farming and marketing records, covering all activities, must be available for inspection at any time.

In addition, short-notice or surprise inspections can be made, and specific tests (e.g. soil, water, plant tissue) may be requested.

For first-time farm certification, the soil must meet basic requirements of being free from use of prohibited substances (synthetic chemicals, etc) for a number of years. A conventional farm must adhere to organic standards for this period, often, two to three years. This is known as being in *transition*. Transitional crops are not considered fully organic.

Certification for operations other than farms is similar. The focus is on ingredients and other inputs, and processing and handling conditions. A transport company would be required to detail the use and maintenance of its vehicles, storage facilities,

containers, and so forth. A restaurant would have its premises inspected and its suppliers verified as certified organic.

