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TEACHING RESOURCE

FOR SECONDARY SCHOOL STUDENTS

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“FRUIT AND VEGETABLES IN OUR DIET” – A PROJECT PLAN FOR SECONDARY SCHOOL STUDENTS

Objectives of this project:

- To engage students in a discussion about the role of fruit and vegetables in a healthy and sustainable diet

Issues to be covered within a project:

- Importance of fresh fruit and vegetables in a healthy diet
- A diet healthy for humans and sustainable for the planet
- Concepts: fruit and vegetables in a food pyramid, water and carbon footprint, water and energy use in food production cycle, food miles (the distance food is transported), local and seasonal food, social capital (an asset deriving from cooperation between people within their networks, e.g. trust), food cooperatives (food distribution outlet where the decisions regarding production and distribution of its food are made by its members)

Methods and forms of work:

- Discussion, work in groups

Approximate time:

- 4 - 8 weeks, 2 - 3 hours per week

PROJECT IN 8 STEPS:

1 – Introductory activity

Run an activity that will present benefits of eating fresh fruit and vegetables to your students. You can use the “Vegetable Power!” activity (part of this set of teaching resources) or show a powerful talk by Jamie Oliver on the lack of fresh food in our daily diet

http://www.ted.com/talks/jamie_oliver?language=en¹. The first option is recommended for younger pupils, the second – for high school students.

The introductory activity is meant to inspire students, to boost their creativity and encourage them to ask questions and look for answers.

2 – Summary

Next, define together what it means that a diet is healthy, what it consists of, what should we eat more or less of to make our diet healthier. In the summary you can present a picture showing a food pyramid and stress the role of fruit and vegetables in it.

Capture what is common knowledge in this field and set the ground before giving students a challenge.

3 – Challenge

Ask students what they understand by a “sustainable diet”. You can discuss first what “sustainable” means and only then try to define a “sustainable diet”, try to compare it to “healthy diet”. Guiding question: Can a healthy diet be an unsustainable one?

Definition of a “sustainable diet” by Food and Agriculture Organization: “...those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources.” <http://www.fao.org/docrep/016/i3004e/i3004e.pdf>²

¹ © TED Conferences LLC

<https://www.ted.com/about/our-organization/our-policies-terms/ted-talks-usage-policy>

² <http://www.fao.org/contact-us/terms/en/>



Once you defined together “a sustainable diet” explain that nowadays more and more people try to eat in a healthy (introducing more fruit and vegetables into their daily diets) AND sustainable way (“healthy to people and our planet”). Introduce the challenge – each group will run a student’s project that will give an answer to one of the research questions below (focusing on different aspects of a sustainable diet):

Group A - How to eat more fruit and vegetables in a sustainable way, by buying them locally as often as possible?

Group B - How to eat more fruit and vegetables in a sustainable way, using as little energy as possible to grow and cook them?

Group C - How to eat more fruit and vegetables in a sustainable way, using as little water as possible to grow and cook them?

These questions will guide students towards the expected results (outcomes of their projects). It’s possible to adjust questions according to their interests. You – as a facilitator of this process – decide how much freedom to give to your students.

Determine their experience in project based learning, their maturity and independence in problem solving and challenge them to their maximum potential.

4. Introduction to a project based learning method

Introduce students to project based learning by explaining the next steps of this process, which includes:

- forming a project team
- research on a given topic/problem
- brainstorm on possible solutions
- formulating conclusions and deciding how to present them
- presentation
- evaluation

Give students a clear structure, and opportunity to discuss each other’s responsibilities (Who makes decisions in which areas? How will the project be assessed and by whom – a teacher or students? How long will the project last? How and where will students work on the project? What support or advice is available to them?)

5. Forming groups

The optimal number of students per group dealing with one main research question is 4-6. If a group of students is larger, subdivide the group, and let each team focus on a different aspect of the question.

When forming smaller groups you give everyone a chance to get involved. You can assign students to a group or you can let them choose – there’s no rule. It’s your decision but the overall aim is to create a safe yet stimulating environment where students will be able to focus on problem solving without distractions.

6. Research > Brainstorming > Conclusions

Make sure that all students understand the questions to be investigated and everyone finds something of interest to them. As a starting point you can advise students to look into the following topics:

Group A – fruit and vegetables in a healthy/sustainable diet, local market-places in Poland and Hungary, social capital, food cooperatives, urban agriculture

Useful links: www.budapestbylocals.com³, www.targowiska.um.warszawa.pl⁴, www.strongertogether.coop⁵, www.urbanorganicgardener.com⁶, www.bbcgoodfood.com⁷, <http://ec.europa.eu/environment/pubs/pdf/factsheets/7eap/en.pdf>, <http://bookshop.europa.eu/en/the-healthiest-holiday--pbKI8108441/>

Group B – fruit and vegetables in a healthy/sustainable diet, food miles, carbon footprint, energy use in a food production cycle, local food and seasonal food in market-places in Poland and Hungary

Useful links: www.ziemianarozdrozu.pl⁸, www.foodmiles.com⁹, www.climatechoices.org.uk¹⁰, http://ec.europa.eu/environment/integration/research/newsalert/pdf/358na5_en.pdf, http://ec.europa.eu/agriculture/publi/fact/climate_change/leaflet_en.pdf

Group C – fruit and vegetables in a healthy/sustainable diet, water use in a food production cycle, water footprint

Useful links: www.gracelinks.org¹¹, http://ec.europa.eu/agriculture/envir/water/index_en.htm

³ <http://www.budapestbylocals.com/disclaimer.html>

⁴ http://www.um.warszawa.pl/v_syrenka/prywatnosc.htm

⁵ <http://strongertogether.coop/terms/>

⁶ The website is working based on the general US copyright law

⁷ www.bbcgoodfood.com

⁸ The website is working based on the general Polish copyright law

⁹ <http://www.flinthosts.co.uk/content/index.cfm?action=about.green-computing>

¹⁰ <http://practicalaction.org/privacy-and-cookies>

¹¹ <http://gracelinks.org/107/privacy-and-terms-of-use>



Giving students some pointers to start them off will channel their attention and motivate them to begin the research. It's not to give them ready-made answers. Open research questions make it possible for students to come up with their own creative answers. As long as they know your criteria for assessing their answers in advance they can check whether their answers meet these criteria and whether they are on the right track. During this stage your role is to facilitate the team's work – you can set up regular meetings for students to come to you and talk about their findings or challenges they face.

7. Brainstorm on how to present teams' findings > Presentation

To enhance the "learning experience" you could encourage the groups to come up with an innovative way of presenting their results e.g. a picnic in a school yard, where groups talk to other students, teachers, families and friends about eating fruit and vegetables.

Prior to their presentation the students can brainstorm on what they would want to organise during such a picnic and what they would need to achieve with it, who takes on what tasks and what are the deadlines.

During the picnic students could present their findings and, in order to add appeal and concrete examples, they could let guests taste healthy dishes made of fruit and vegetables. Visitors could take part in games run by students (for example on the basis of quizzes and recipes included in this teaching resource).

Students might invite people to take part in an open debate "More fruit and vegetables in a daily diet – basic need or extravagance?".

8. Evaluation > Celebration

We highly recommend evaluating and assessing projects with the students. It's another chance for students to reflect on what happened during the project and to learn from this experience (on project's topic as well as teamwork, communication or leadership).

You can use methods as simple as "Please finish sentences: I'm proud of...; I would do differently...; I have learned that... and I can tell it by..." or more elaborate ones including peer-to-peer feedback and assessment.

And after all that remember to celebrate :)

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YOU ARE WHAT YOU EAT

ANSWER TRUE OR FALSE

In Germany they drink raw potato juice and in Portugal they make tomato jam.

True. Fruit and vegetables were part of peoples' diets since the very beginning, so the culinary culture around them is very rich and diverse. Raw potato juice will heal your stomach and tomato jam... well, tomato is a fruit, so it should not be a surprise.

Hungarians make cake with paprika!

Lemons are the richest in vitamin C amongst all fruits.

False. Lemons are commonly associated with vitamin C, which strengthens our immune system, but strawberries, blackcurrants and rosehips contain much more vitamin C! Rosehip can contain even 100 times more vitamin C than lemon. Lemons are though available in our shops all year round. However, in Poland potatoes are the main source of vitamin C (because people eat a lot of them!) whilst in Hungary it's paprikas. In fact, a Hungarian Noble Prize laureate discovered vitamin C in paprika!

Carrots weren't always orange.

True. Carrots have been known for millennia and they come in white, red, purple or even "rainbow" colours. Orange-coloured carrots are a fairly new invention and we owe them to the Dutch – who have orange as the colour of their royal family.

Can I lose weight if I eat more vegetables?

Yes (with a small but). Vegetables should be a part of any healthy diet and they are much less likely than other foods to make you fat.

Water and fibre account for a large percentage of the weight of vegetables so most vegetables are very low in calories and less calorie dense than most other foods. For instance, one cup of iceberg lettuce contains 10 kilocalories. It would thus be difficult to create any caloric imbalance from eating it. In addition, the high fibre content helps you to feel full on fewer calories.

Eating more – without increasing your physical activity level – can lead to an increase in weight and this applies to all foods. However, with the exception of starchy vegetables like beans, peas and legumes, which contain high amounts of carbohydrates and have more calories, it is extremely unlikely that you will become fat from eating lots of vegetables.

So, whether you are managing your weight or just making sure that you follow a healthy diet, do eat your greens!

Cucumbers, zucchini and tomatoes should not be stored in the fridge.

True. In low temperatures these fruit and vegetables will lose their flavour and they will spoil faster. It is best to store them in a basket, in a dry place. Potatoes and onions are also not fans of a cold fridge, although sliced onions should be stored in the fridge to help get rid of microbes.

When composing a vegetable meal, it is important to make it colourful.

True. The colour of vegetables can tell you a lot about their properties, because the colour comes from the nutrients and compounds they contain. In order to provide your body with as many different vitamins as possible, minerals and antioxidants, it is good to mix vegetables of different colours on your plate.

Potatoes originate from Europe.

False. The potato has been one of the basic elements of the European diet for a long time, but it actually originates from South America. Many fruit and vegetables came a long way before they started to be cultivated on our continent. Pumpkins, which are becoming more popular, originally came from North America, and even the tomato was first cultivated by Aztecs and Incas. Even carrots most probably originated in China.



You can use lemon juice to clean your bathroom or kitchen.

True. Fruit and vegetables are healthy, but they are also versatile. Lemon juice mixed with sodium bicarbonate or with salt can remove grease, lime scale or rust. White fabrics, when boiled in water with lemon juice will become white again, and few slices of lemon in your vacuum bag or oven will prevent unwanted odour. Lemons can even replace shop-bought detergents.

Should we drink juices instead of eating fresh fruit (and vegetables)?

Not really. First of all, when you buy them in a shop, you really need to pay attention to the label. Is it 100% juice or were sugar and other products added to the beverage? Juices can have higher nutritional value if they are not made from concentrate and they are not clarified. Pasteurisation has very significant impact on the content of water-soluble vitamins in juices. Juices which are unpasteurised have most nutrients and bioactive compounds. On the other hand, such juices have usually short shelf life.

Secondly, remember that although juices may contain almost the same nutrients as fresh fruit (and vegetables), they come without the fibre. So in this respect, eating an apple is better than drinking apple juice.

The World Health Organisation recommends consuming 5 portions of fruit or vegetables per day to stay healthy (and a portion is what you can fit in your hand, a bowl of soup or a glass of juice); so drink juice with moderation and eat your fruit (and vegetables) as well.

Climate in Europe is changing so much, that fruit and vegetables grow all year round.

False. Although when visiting a shop it sometimes gives you that impression. Many fruit and vegetables are being imported to Europe, both during winter and summer. We hardly even notice when we eat grapes from Chile, bananas from Cameroon or sweet potatoes from the USA. Fruits are often treated with chemicals for transportation - eating seasonal and local foods can help reduce their use. Always wash your fruit and vegetables thoroughly before eating them.

In Poland people make soup out of cherries and in Hungary out of berries or peaches.

True! Fruit soup is a common summertime lunch dish, although it reminds many people of their years spent in kindergarden. Fruits like cherries and peaches contain a lot of water, which is particularly good for hydration during hot, summer months. There are dozens of fruit soup recipes!

The name of the spice "pepper" comes from "paprika".

False. It's quite the opposite. Paprika was called after pepper, due to its spiciness. The word paprika spread from Hungary and became international and universal. Paprika was first used as medicine and its cultivation also started in Hungary in the region of Szeged. A famous picture connected to this region is red pepper strings hanging on the walls of houses.

Tomatoes have been known in Europe for thousands of years.

True. Many fruit and vegetables have been cultivated in Europe for millennia, however they didn't spread equally. For example Polish people started eating a variety of vegetables only in the 16th century, when Queen Bona, Italian wife of a Polish king, brought them from Italy (e.g. parsley, carrots, leek) to balance Polish cuisine, which she found to be greasy and mostly based on meat. It still took two more centuries for vegetables such as kale, savoy cabbage, kohlrabi, broccoli, spinach, cauliflower, celery, red cabbage or even tomato to become popular! It was only by the end of the 17th century that vegetables were praised in the first ever Polish cook book.

There are around 7 500 varieties of apples in the world.

True, although in Europe we know just over 100. Apple is a truly magnificent fruit, which bears an important place in culture. It appears in the Bible and in every European mythology. Today it is a symbol of good fortune (golden apple) or of New York, also known as The Big Apple. Poland is the biggest apple producer in Europe and its apples are famous for their quality and delicious taste.



QUIZ:

WHAT KIND OF VEGETABLE ARE YOU?

Which of these colours is your favourite?

- a) red
- b) blue
- c) yellow
- d) green

What kind of movies do you prefer to watch?

- a) comedies
- b) romances
- c) thrillers
- d) documentaries

Which of these would be your favourite holiday destination?

- a) somewhere warm
- b) seaside or mountains
- c) a farm
- d) somewhere far away

Which of these leisure time activities do you prefer?

- a) spending time with friends
- b) cooking dishes from around the world
- c) reading a book or listening to music
- d) doing sports

My friends say I am...

- a) jolly and social
- b) kind and open
- c) calm and peaceful
- d) determined and active

Which of these types of music do you listen to?

- a) pop
- b) world music
- c) something new and different
- d) rock or metal

Who would you like to be in the future?

- a) circus performer
- b) actor
- c) superhero
- d) doctor or nurse



If you were a domestic animal, you would be...

- a) a parrot
- b) a hamster
- c) a cat
- d) a dog

Choose the phrase which describes you the best.

- a) I easily make new friends
- b) I'm rather shy, but I like people
- c) my best friends are online
- d) I have a group of friends, whom I've known for years

Count your answers.

If most of your answers were a:

Tomato – you are really special among the vegetables, because you are actually a fruit. You are often mistaken for a vegetable, because you are used like one in the kitchen. In Spain you are associated with “La Tomatina” – an annual tomato fight, and in Poland with a popular game for children, in which “Tomato” is an answer to all questions and whoever bursts into laughter first – loses.

But apart from your prominent place in European culture, you are also a very important ingredient of cuisine around the world. In Portugal tomato jam is a real treat. In the USA you are the most commonly eaten fruit. All around the world you are known in many forms - in salads, soups, sauces and desserts. It is important to remember you when composing your meals.

Serving suggestions: Raw tomatoes make a great salad by themselves or when used as salad component. You can be mixed with pretty much any other ingredient, except for fresh cucumbers (because it degrades the vitamin C which is in tomatoes).

If most of your answers were b:

Carrot – your orange colour, to which we are accustomed, is a fairly recent invention. You actually come in many different colours like white, red, purple or even rainbow varieties. As a “carrot on a stick” you are a symbol of motivating the lazy ones. In Portugal they even turn you into jam! Not only your root, but also your tops are edible and nutritious.

It's worth remembering you when preparing a meal. You are good to eat from a very early age – carrot is one of the first solid foods that can be served to babies.

Serving suggestions: Pesto from the carrot tops is beginning to gain popularity just like delicious carrot juice, which is known in only some European countries.

If most of your answers were c:

Potato – you came to Europe only in the 16th century, together with the conquistadores and were used as a decorative plant, first potato crops came from the areas around Lake Titicaca inhabited by Incas. Today it is difficult to imagine many national cuisines without you. You are known and liked in many different forms, most usually boiled. Potatoes can also be used to make simple “potato stamps” or to power a “potato clock” using the electrical energy produced through chemical reactions between two potatoes!

Many people think you would make them fat, but the truth is quite the opposite. You are low in calories and contain dietary fibre. However, keeping frequent company with meat, sauces and frying oils spoils your reputation. You are a true treasure in everybody's diet, however often underestimated.

Serving suggestions: As raw potatoes are not very popular, you are most common in the form of a casserole or as part of a salad. Especially with rosemary and parsley or with onions, pretty much any vegetable will suit you very well.

If most of your answers were d:

Broccoli – originate from the Italian peninsula, where you are known and appreciated since the times of the Roman Empire. You are popular among people following a low caloric diet. Even your name comes from the Italian *braccio*, which means “an arm”. Your original name broccolo means the flower of a cabbage. This is not a coincidence, because despite the fact that you look like a cauliflower, you are a type of cabbage.

Not everybody knows you can be eaten raw and your sprouts are one of the tastiest around. Despite your flower (yes, top of the broccoli is a flower!) it is also possible to eat your stem.

Serving suggestions: You can be added to salads raw or steamed (it is better to steam than to boil you, so you won't lose as many nutrients). Broccoli cream soup is a favourite of many.



If you have the same number of answers in two categories:

You are a delicious salad! It is good to combine fruit and vegetables of various colours, because this way we also combine their beneficial properties – we increase the diversity of vitamins, minerals and antioxidants. Check what vegetables make up your salad.

If you have more or less an equal number of answers in three or four categories:

You are a true vitamin bomb! Read more about the fruit and vegetables, which make up your salad.





“VEGE AND COOL” – A LESSON PLAN FOR SECONDARY SCHOOL STUDENTS

Preparation:

- For inspiration you may wish to visit also www.mojazdrowarodzina.pl/ and www.azegeszszegecsalad.hu/ as well as the blogs of Agata Bielska ¹ or Marta Dymek (both in Polish) ². In Hungarian you can consult Vegasztromania blog ³ or Zizi kalandjai blog ⁴

Objective of this activity: Students will

- know at least 5 vegetarian recipes which are a healthy and tasty alternative to common snack food
- know that cooking vegetables is easy and it does not consume much time
- be able to prepare at least one vegetarian dish
- practice teamwork and learn how to plan an activity – students will be able to prepare dishes also with their families or on their own
- be able to approx. estimate the cost of a portion of the vegetarian dish
- know the nutritional value of vegetarian dishes

Methods and forms of work:

- working in small groups, practical exercises, food preparation

Approximate time:

- 45 minutes + planning and preparing ingredients prior to activity

“VEGE AND COOL”, ACTIVITY PLAN

Preparation (approx. one week before):

- Present to students the objectives of the lesson. Explain that they will work in smaller groups and prepare party food. Each group will have a slightly different recipe. Divide the class into 3-8 smaller teams.
- Hand out the recipes. Let them read them and note what needs to be prepared beforehand. Make time to clarify whatever questions they may have.
- Make a checklist with every group. Make sure everyone has at least one task assigned to them. List things to buy (like vegetables) and also things to bring (like a blender, plates and pots, forks...)
- Keep some band-aids at hand in case there are minor cuts.

Activity:

- Let students arrange their workplace.
- Check the task list.
- Let students prepare their dishes. Encourage the groups to cooperate with each other (e.g. one group can roast veggies for all the other dishes in the same oven at the same time)
- Students present their dishes and then it's tasting time!
- Discuss with students if they liked the food, if and when they would use the recipes again (e.g. a party, a family meeting, a school picnic).
- Talk with the students about the cost of the ingredients. Ask them to try to estimate the cost of the particular portion. Is it expensive according to them?

¹ www.agatabielska.blogspot.com/

² www.jadlonomia.com

³ www.vegasztromania.blog.hu/

⁴ www.zizikalandjai.com/rolam



MAIN DISH

1. Vegan shashlik

tbsp – table spoon
tsp – tea spoon

Ingredients:

- 2 packages of tofu
- 2 red peppers
- 1 zucchini
- 10 champignons
- several cocktail tomatoes
- several spoons of oil

Marinade:

- 2 tbsp of oil
- 2 tbsp of a spicy mustard
- 2 tbsp of agave syrup or honey
- 1 tbsp of soy sauce
- 2 cloves of garlic
- 1/2 tsp of ground coriander
- salt and black pepper (only a little bit)

Directions:

- Mix all ingredients for the marinade in one bowl at least several hours before grilling (or the day before). Cut tofu into large cubes and mix it with marinade. Set aside for several hours and refrigerate in a closed box or a plastic bag.
- Cut all vegetables in chunks; add oil and a pinch of salt. Stick vegetables and tofu alternately on a skewer.
- Grill from all sides until vegetables will be soft and roasted. Use the rest of the marinade to pour over the ready shashliks.
- Bon appetit!

DIPS / SPREADS

2. Vegan roasted carrot and pepper spread

Ingredients:

- 3 carrots
- 2 red peppers
- juice of half a lemon
- 1/2 tsp of sweet pepper
- 1/2 tsp of spicy pepper
- 1/8 tsp of cinnamon
- 2 tbsp of olive oil
- several tsp of oil to spread over vegetables
- salt

Directions:

- Heat oven to 200 degrees.
- Cut peppers in half, remove pepper core. Peel the carrots.
- Sprinkle veggies with oil and lay them on a foiled-lined baking tray.
- Take out the peppers after 30 minutes (they should be finely roasted), let carrots roast for another 10 minutes.
- Put peppers into a sealed plastic bag for 15 minutes, it will make it easier to peel them. After 15 minutes shake the bag well. Open it and peel the peppers – try to remove as much skin as possible (especially the black parts).
- Blend carrots with the lemon juice, olive oil and spices. Add peppers and 1/2 tsp of salt and blend again. Add salt and pepper to taste.
- Spread tastes best after at least 3 hours in the fridge. Serve with pumpernickel bread.



3. Olive tapenade

Ingredients:

- 1 cup of good quality black olives
- 1/4 cup of pumpkin seeds
- 2 tsp of capers
- 2 cloves of garlic, chopped
- 2 - 3 tbsp of olive oil
- 1/4 tsp of thyme
- salt

Directions:

- Roast pumpkin seeds in a dry frying pan for approx. a minute, stir from time to time. Put them in a bowl and let them cool.
- Add all other ingredients and blend until you get a grainy-textured mixture.
- You can serve it right away. It tastes well with baguettes.

4. Arugula pesto

Ingredients:

- 100 g of arugula (known as rocket salad or rucola), chopped
- 1/2 cup of flaked almonds
- 1/2 cup of olive oil
- 2 tbsp of nutritional yeast flakes (don't mistake it with dry yeast)
- 1 clove of garlic
- 1 tsp of lemon juice
- salt and pepper

Directions:

- Roast almonds in a dry frying pan for about a minute; stir it from time to time. Put them in a bowl and let them cool.
- Add other ingredients and blend it all until you get a smooth texture.
- You can serve it right away. It goes well with ciabattas or as a pasta sauce.

5. Dried tomato spread

Ingredients:

- 1 cup of dried tomatoes marinated in oil
- 1/2 a cup of sunflower seeds
- 1 tsp of agave syrup
- 1/8 tsp of chili
- several tbsp of oil from dried tomatoes
- salt and pepper

Directions:

- Roast sunflower seeds in a dry frying pan for about a minute, stir from time to time. Put them in a bowl and let them cool.
- Add other ingredients (including 2-4 tbsp of oil from dried tomatoes) and blend it all until it's thick.
- You can serve it right away. It goes well with anything, even carrots.

6. Green pea spread

Ingredients:

- 450 g of frozen or fresh green peas (they can't be replaced by canned green peas)
- 1 lemon
- 2 cloves of garlic, chopped
- 1/4 cup of chopped dill
- 1/4 cup of olive oil
- salt and pepper

Directions:

- Bring water in a small pot to boil, add green peas, wait until water starts to boil again and cook peas for 5 minutes.
- After 5 minutes drain the peas immediately and rinse with icy cold water, so that peas will keep their fresh, green colour.
- Scald the lemon and grate 1/2 lemon peel. Cut lemon in half and squeeze out the juice.
- Add juice, grated lemon peel, dill, garlic and olive oil to a pot with peas and blend it all until it's smooth.
- Add salt and pepper to taste.
- You can serve it right away - it tastes great with any sort of bread or fresh carrots.



FLAVOURED WATERS

7. Strawberry drink with basil

Ingredients:

- 1 litre of (sparkling or still) mineral water
- 1 handful of strawberries
- several leaves of fresh basil
- 1 handful of ice cubes

Directions:

- Wash strawberries and cut them into quarters.
- Put them into a large bottle or carafe with other ingredients. Shake your mixture well and put it into the fridge for about half an hour.
- Pour it into glasses and “Na zdrowie!” / “Bottoms up” / “Egészségedre”.

8. Cherry drink with rosemary

Ingredients:

- 1 litre of (sparkling or still) mineral water
- 1 handful of cherries
- 2 - 3 sprigs of fresh rosemary
- 1 handful of ice cubes

Directions:

- Wash cherries, cut them in halves and remove pits.
- Put everything into a large bottle or carafe. Shake your mixture well and put it into the fridge for half an hour.
- Pour it into glasses and “Na zdrowie!” / “Bottoms up” / “Egészségedre”.

9. Watermelon drink with mint

Ingredients:

- 1 litre of (sparkling or still) mineral water
- 2 slices of a watermelon
- several leaves of fresh mint
- 1 handful of ice cubes

Directions:

- Cut watermelon into cubes.
- Put everything into a large bottle or a carafe. Shake it well and put it into the fridge for half an hour.
- Pour it into glasses and “Na zdrowie!” / “Bottoms up” / “Egészségedre”.

To discover recipes of Alexandra Beres or Magda Gessler enter the website www.azegeszegecsalad.hu or www.mojazdrowarodzina.pl. You can prepare those in class, too!

