

First stage: Italy 09-14 May Maths in cooking



THE PANCOTTO

It is our typical meal.

Its name comes from the bread that is cooked into a wood oven and, later boiled.

Its origin is quite old. It was the meal of our grandparents and great grandparents who ate it in the middle of the morning coming back from the farms. It was the meal prepared for children, when they began eat no, because cooked bread is suitable for children and the oil (used in it) has got great nutritional values.

This plate was so common in our area of Gargano, because our parents had all the ingredients at home.

It is still prepared, nowadays, and our parents use different vegetables according to the season.

At the basis of the Pancotto there are: cooked bread, potatoes and extravirgin olive oil.

Our proposal of Pancotto is a Spring-Summer

One, because the ingredients are: green beans and zucchini.

INGREDIENTS

(for four people)

½ Kg hard bread in pieces

4-5 potatoes

½ Kg green beans

3-4 zucchini

3-4 little tomatoes

Half onion

Salt

Mint

Garlic

Extravirgin olive oil

PREPARATION

Put potatoes in slices in $\frac{3}{4}$

litre of water and let them cook when the water boils, put all the ingredients (beans, zucchini, tomatoes, onion, salt) into it. After half an hour, the bread on the surface of the water, paying attention not to break it.

After a few minutes, put the water away from the pot, take the bread and put it in dishes and add the oil on it. Later, you put all the vegetables on the bread, add more oil and garlic (in tiny pieces) with mint.



And now : Enjoy your meal !

Il Pancotto

Il Pancotto è il nostro piatto tipico.

Il termine "pancotto" deriva dal fatto che durante la preparazione del piatto, il pane, cotto nel forno a legna e raffermo, viene effettivamente bollito.

L'origine del pancotto si perde nella notte dei tempi.

Era il piatto dei nostri nonni, bisnonni e trisavoli che mangiavano già a metà mattina quando tornavano dal lavoro dei campi.

Era anche il piatto che le mamme davano ai loro bambini all'inizio dello svezzamento perché notevoli sono le proprietà nutritive e terapeutiche dell'olio crudo e del pane cotto per l'intestino ancora molto delicato dei bambini.

Questo piatto era anche molto diffuso nella cucina garganica per la facile reperibilità degli ingredienti tutti disponibili in casa.

Ancora oggi è il piatto che i nostri genitori cucinano settimanalmente e seconda delle stagioni si arricchisce di ingredienti e odori diversi.

Alla base della preparazione ci sono sempre tre ingredienti fissi: pane cotto, patate e olio extravergine di oliva.

Il pancotto da noi proposto è quello primaverile-estivo perché gli ingredienti sono quelli prodotti nell'orto: fagiolini e zucchini.

Procedimento

Si mettono a cuocere le patate tagliate a fette da 1 cm in $\frac{3}{4}$ di litro d'acqua.

Quando l'acqua bolle si versano tutti gli altri ingredienti: sale, cipolla, fagiolini, zucchini tagliate a fette e pomodorini interi.

Dopo mezz'ora di cottura si aggiunge il pane raffermo sulla superficie dell'acqua avendo cura di non farlo frantumare, si spegne la fiamma e si lascia riposare.

Dopo un po' si scola l'acqua, si mette il pane delicatamente nei piatti e si condisce con olio.

Successivamente si mettono sul pane le verdure e si condisce di nuovo con l'olio e si aggiunge aglio schiacciato con menta fresca.

E ADESSO BUON APPETITO!

“Maths around us”

The main objective of our project entitled “Math around us” is to develop a wide range of our students’ skills due to involving and bcreative activities.

A key theme linking all five partners is Mathematics. Our main aim is to improve Maths skills by perceiving Math issues in our bstudents’ surrounding world, by encouraging them to try their best to solve Math tasks, by finding similarities and differences between different environments of the five participated schools. All Math actions and communication between students will be carried on in English which makes students more aware of the importance of learning foreign languages and develop their language skills. In our project Math teachers from five different countries in Europe will have the opportunity to exchange opinions and experiences, to observe different methods of teaching for three years. During the first part of project we will focus on „Maths in cooking” students will be familiar with different measures and will be able to bake and cook the traditional dishes according to the old recipes of different countries from the Maths point of view. The second part will be devoted to „Maths in vehicles” and here students will also have the possibility to observe chemical and physics phenomenon which they observe in the vehicles solving the tasks. During the third part „Math in building” architecture and Maths will be our priority. The fourth part will be devoted to “Maths in nature” by observing nature of the closest environment students will solve Maths tasks strongly connected with students’ place of living. In the fifth part “Maths in games” students will be designing the games connected with their country’s culture. Taking part in these activities pupils will develop their social and cooperative skills communicating and cipong with the tasks in international teams.

Our project will give our students the possibility to meet, compare their skills, to solve tasks in international groups. Working via computer and Internet students will develop their ICT abilities.

At the end of the project we expect to develop our students’ Math, ICT, English and social skills. We expect to develop students’ awareness that Math is everywhere and accompanies us in every moment of our life no matter where they live. Working together, different attitudes, various methods of teaching and learning let our students create and realize actions limited only by their imagination. International cooperation will give all students the possibility to compare their science skills, use language in real relations, they will meet another culture, customs they will learn the tolerance and develop international cooperation. Teacher will exchange the international experience in teaching and learning of various subject from Maths to English or ICT. The project will meet all partners' expectations.



THE PIZZA

Our pizza : healthy , supportive and tasty !

The pizza is made from healthy, natural ingredients , produced in the territory .

Founded as the dish of the poor and snubbed for much of the ' 900 , today in Italy we eat every year 7.6 kg each.

Before the seventeenth century the pizza was covered with white sauce . It was later replaced with olive oil , cheese , tomatoes In June , 1889, to honor the Italian Queen Margherita of Savoy , the cook Raffaele Esposito prepared the " Pizza Margherita " , a pizza topped with tomatoes , mozzarella and basil , to represent the colors of the Italian flag



La pizza è fatta con ingredienti naturali sani, prodotti nel territorio.
Nato come il piatto dei poveri e snobbato per gran parte del '900, oggi in Italia si mangia ogni anno 7,6 kg di pizza procapite.
Prima del XVII secolo la pizza era condita con salsa bianca . Il condimento è stata poi sostituita con olio d'oliva, formaggio, pomodori. Nel mese di giugno 1889, per onorare la regina Margherita italiana di Savoia, il cuoco Raffaele Esposito ha preparato la "pizza Margherita", una pizza condita con pomodoro, mozzarella e basilico, per rappresentare i colori della bandiera italiana.

Recipe: Tomato pizza Ingredients : 1 kg of flour , yeas (of beer) , parsley , 3 cloves of garlic , 1/2 kg of tomatoes , grated cheese , olive oil and salt . Preparation : Place the flour on cutting board and add the yeast , well dissolved in warm water , with salt water by mixing it all . It raise the pulp obtained in a vessel , cover and leave to rise for a few hours. Flatten the dough and sprinkled with the juice squeezed tomatoes and season with the same tomatoes and chopped garlic , parsley , cheese , olive oil and salt . When it is ready bake it and serve freshly cooked . Some phases of food project: NURSERY SCHOOL.

COME MANGIAVA MIA NONNA

1) Quanti anni hai nonna?

Ho 93 anni.

2)Cosa mangiavi a colazione?

Il pancotto.

OCCORRENTE: pane raffermo, acqua, foglie di alloro, sale,olio crudo.

ESECUZIONE: Il pane raffermo era cotto nell'acqua con un po'di sale e alcune foglie d'alloro,poi condito con olio crudo.

3)Cosa mangiavi a pranzo?

Patate lesse, fagioli lessi (conditi con pomodoro oppure con olio crudo), lenticchie (cucinate sia con le patate, sia con la pasta e condite con olio crudo), verdure, polente.

OCCORRENTE: acqua, patate, finocchietti, farina di grano duro, soffritto di ventresca (pancetta di maiale)

ESECUZIONE: La polenta era fatta con la farina di grano duro, condita con patate, finocchietti e soffritto di ventresca , e veniva poi cotta in acqua.

4)Cosa mangiavi a cena?

Pane e pomodoro (condito con olio e sale), arance (affettate e condite con olio e sale), olive, sardine salate.

5)Cosa si mangiava nei giorni feriali? E nei giorni festivi?

Pasta fatta in casa (tagliatelle, strascinati, orecchiette), cucinata con verdure , legumi, oppure al sugo di carne.

6)Cosa si mangiava nelle grandi festività come Natale, Capodanno, Pasqua, ecc ...?

Pasta al forno cotta alla brace, condita poi con carne cotta al ragu, uova sode e formaggio.

7)Si mangiavano prodotti coltivati nella zona?

Sì, quelli delle nostre campagne come patate, peperoni, verdure ...

8)Secondo te, si mangia meglio oggi o ai tuoi tempi?

Secondo me, si mangia meglio oggi.

9)Cosa mangiavate in inverno?

In inverno mangiavamo pizza fatta con la farina di mais.

HOW MY GRANDMA ATE

1)How old are you grandma?

I'm 93 years old.

2)What did you eat for breakfast?

I ate pan cotto .

NECESSARY: stale bread, water, Bay leaves, salt, uncooked oil. EXECUTION: The stale bread was cooked in the water with some of salt and Bay leaves, seasoned with uncooked oil.

2)What did you eat for lunch?

I ate boiled potatoes, boiled beans (cooked with tomato or uncooked oil), lentils (cooked both with potatoes both with pasta and uncooked oil), vegetables, polenta.

NECESSARY: water, potatoes, fennel, whole wheat flour, fried bacon.

EXECUTION: The polenta was made with whole wheat flour, seasoned with potatoes, fennel and fried bacon, and then it was cooked in the water.

4)What did you eat for dinner?

I ate bread and tomato (seasoned with oil and salt), oranges (sliced and seasoned with oil and salt), olives, salted sardines.

5)What did you eat in the weekdays? And on holidays?

We ate homemade pasta (tagliatelle, strascinati, orecchiette), cooked with vegetables, legumes, or sauce.

6)What did you eat in the big feast like Christmas, New Year, Easter, ecc ...?

We ate baked pasta cooked on the grill, seasoned with cooked meat ragout, hard-boiled eggs and cheese.

7)Did you eat produce grown in the area?

Yes, those of our campaigns like potatoes, pepperoni and vegetables.

8)Do you think you eat better today or on your day?

I think I eat better today.

9)What did you eat in winter?

We ate pizza made with corn flour.

1) Colazione

- latte
- fette biscottate
- 1 mela

Breakfast

- milk (200 ml) 94 kcal
- rusks (50 g) 213 kcal
- 1 apple 52 kcal

2) Ricreazione

- frutta fresca (200 g) 88 kcal

Break

3) Pranzo

- pasta con verdura
- merluzzi cotti a vapore
- insalata mista
- frutta di stagione
- 1 cucchiaio di olio

Lunch

- pasta with vegetables (200 g) 400 kcal
- baked cods (250 g) 148 kcal
- mixed salad (200 g) 39 kcal
- seasonal fruit (200 g) 88 kcal
- 1 tablespoon oil 22,5 kcal



4) Merenda

- spremuta d'arancia

Snack

- 1 glass of orange juice 45 kcal

5) Cena

- risotto con zucca
- insalata di pomodori
- frutta secca
- 1 cucchiaio di olio
- pane

Dinner

- rice with pumpkin (100 g) 92 kcal
- tomato salad (200 g) 34 kcal
- dried fruit (50 g) 325 kcal
- 1 tablespoon oil 22,5 kcal
- bread (100 g) 290 kcal

Making cakes



The food pyramid



ERASMUS

and us"

Preparation course: pasta and vegetables



ERASMUS+ "Mă
"shind us"