

LUISA OLMEDO LOPEZ

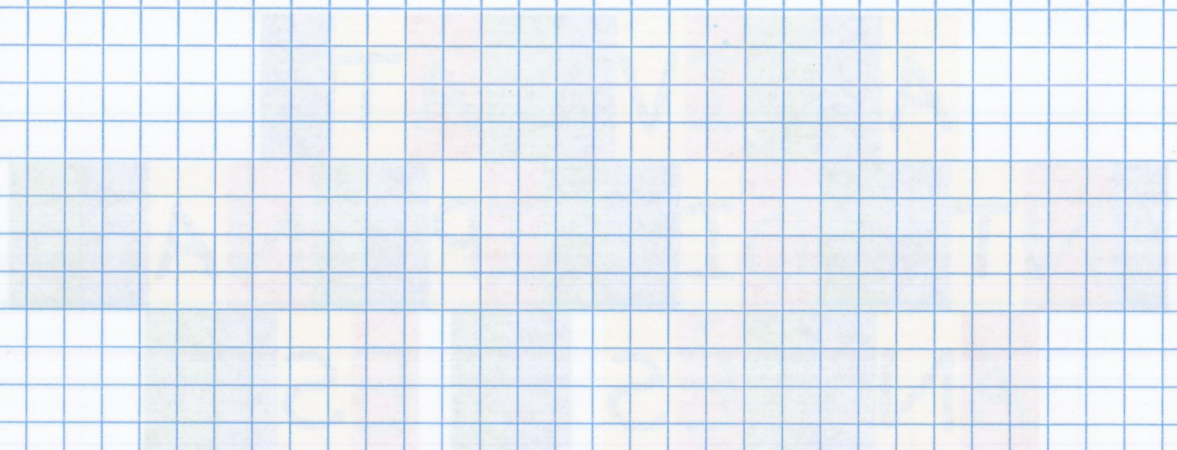
ACTIVITATS
INTERDISCIPLINARS
ANGLÈS 2n ESPA

SLOW FOOD



Slow Food®

JUST A WORD



Slowly

Names Luisa, Dani, Ivan, Sergio Date 18/03/2014

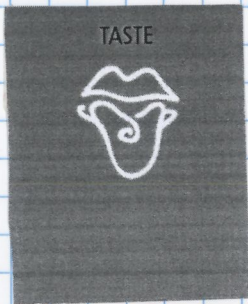
Activity 2. Tasting food. Sit in groups of four. Compare the samples of **cheese**. S1 = Sample 1, S2 = Sample 2

Tasting sheet



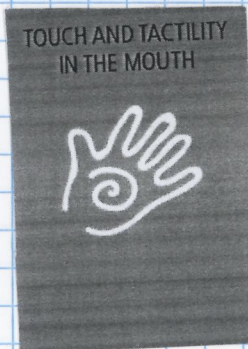
Color
Appearance

S1	S2
White	white and orange peel
OK	OK



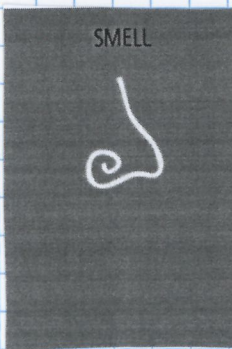
Bitter
sweet
salty
UMAMI

S1	S2
♥	♥



viscous
Gummy
Dense
Fluid
Crunchy
soft

S1	S2	S1	S2
♥	♥	Floury	♥
		Hard	
		Crumbly	
		velvety	
		Rough	
♥		Sticky	



Floral
Fruity
Nutty
Vegetal
Balsamic
Animal

S1	S2	S1	S2
		Spicy	
		Toasted	
		Woody	
		Chemical	
		Ethereal	
♥		Other food	♥

Cheese

* Which sample did you like the most?

S1 S2

* Which of the two samples is the healthiest?

S1 S2

* Which of the two samples has a more standardized flavor?

S1 S2

ESPA 2

CEPA PITIÜSES 2013/14

Names Luisa, Dani, Ivan, Sergio

Date 18/03/2014

Activity 2. Tasting food. sit in groups of four. Compare the samples of **Bread**

Tasting sheet



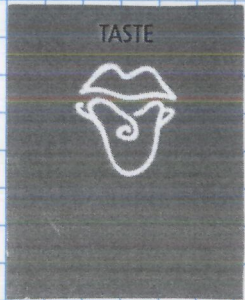
SIGHT

Color

S1 | S2
Toasted | Yellow

Appearance

OK | Normal



TASTE

Bitter

S1

S2

Floury

Hard

Sweet

Salty

Acid

UMAMI



Crumbly

Velvety

Rough

Sticky

S1

S2

TOUCH AND TACTILITY
IN THE MOUTH

Viscous

S1

S2

Gummy



Dense

Fluid

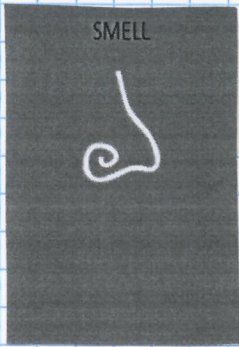
Crunchy



Soft



Bread



	S1	S2		S1	S2
Floral			Spicy		
Fruity			Tasted	♥	
Nutty			Woody		
Vegetal			Chemical		♥
Balsamic			Ethereal		
Animal			other food		

* Which sample did you like the most?

S1 S2

* Which of the two samples is the healthiest?

S1 S2

* Which of the two samples has a more standardized flavor?

S1 S2

ESPA

CAPA Pitiuses 2013/14

Names Luisa, Dani Juan, Sergio

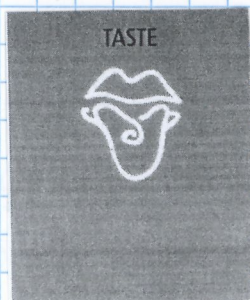
Date 18/03/2014

Activity 2. Tasting food. sit in groups of four. Compare the samples of **Fruit**

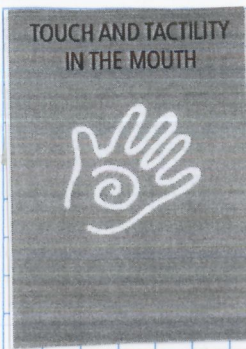
Tasting sheet



	S1	S2
Color	orange	orange
Appearance	ok	Shiny



	S1	S2
Bitter		
Sweet		♥
Salty		
Acid	♥	
UMAMI	♥	



51 | 52

Viscous Gummy 51 52

Dense Fluid 51 52

Crunchy 51 52

Soft 51 52

51 | 52

Floury 51 52

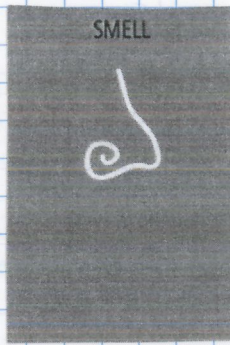
Hard 51 52

Crumbly 51 52

Velvety 51 52

Rough 51 52

Sticky 51 52



51 | 52

Floral 51 52

Fruity 51 52

Nutty 51 52

Vegetal 51 52

Balsamic 51 52

Animal 51 52

51 | 52

Spicy 51 52

Toasted 51 52

Woody 51 52

Chemical 51 52

Ethereal 51 52

Other food 51 52

* Which sample did you like the most?

51 52

* Which of the two samples is the healthiest?

51 52

* Which of the two samples a more standardized flavor?

51 52

INFORMATION ABOUT FOOD SAMPLES

Bread

Product Name	Price €	Origin	Ingredients	Shop name
SAMPLE 1	0,90 €	Eivissa	flour, water, leavening and salt	Pastisseria Bonanza
SAMPLE 2	0,45 €	Eivissa	wheat flour, water, leavening, Ezymes and salt	Eroski

Cheese

Product	Price €	origin	Ingredients	Shop name
SAMPLE 1 camanage Fuentes	24,59 kg	Eivissa	goat milk, ferment calcium chloride, arding	Eroski
SAMPLE 2 los angeles	13,96 kg	Madrid	goat milk, ferment calcium chloride, argent	Dia

Fruit

Product	Price	ORIGIN	INGREDIENTS	shop name
SAMPLE 1 Taronja	0,69	Eivissa		Estan Nou
SAMPLE 2 Taronja	0,45	valencia		Dia

CONCLUSIONS

(51) is Expensive (52) is cheap

Activity 3. Food habits. Fill in the form

FOOD HABITS SHEET

* Where do you usually eat breakfast?

Breakfast in my Dining room.

* Where do you usually eat lunch?

Lunch in my dining room.

* Where do you usually dine?

In my dining room

* Who do you usually eat? Breakfast

My husband and my daughter.

* Who do you usually eat? Lunch

My husband and my daughter.

* Who do you usually eat? Dinner.

My husband and my daughter.

* On average, how much time do you spend? Breakfast

APPROX. 20 minutes.

* On average, how much time do you spend? Lunch

APPROX. 25 minutes.

* On average, how much time do you spend? Dinner

APPROX. 25 minutes.

- Do you read the labels on the food products that you buy?

Yes

no

FOR THE FOLLOWING QUESTIONS, YOU CAN GIVE MORE THAN ONE ANSWER.

* If Yes, what do you read?

- Expiry date
- Ingredients
- Weight
- Place of production / origin (if present)
- Nutritional tables (if present)
- Brand
- Special offers / Promotions
- other

* When you go shopping, or eat outside the home, what criteria do you use to make choice?

- Convenience
- Seasonality of the foods
- Provenience (if they are locally produced)
- Personal taste.

* Where do you usually buy food?

- Market
- farmer's market
- Supermarket
- food shop
- deli
- food buying group
- farm
- self produced (Garden chickens etc)
- online

3. FOOD PRODUCED IN EIVISSA.

Activity 4. Internet research. What food is produced or obtained in Eivissa? Fill in the chart.

Fruit and vegetables	Meat and fish	Processed food
loquat orange Apples	Pig, octopus	Butter sobrasada
Gurgette Pears strawberries	lamb, squid	Cheese Graixonera
Spinach Peach Tomatoes	chicken all	Yoghurt bread
Pears avocados Potatoes	Rabbit kinds of fish	milk Ensaïmades
Celery Garlic fig carrots etc...	etc...	Flao etc. orelletes

* When can we find this local food in the market?

Winter

Celery
Pears

Spring

Loquat
orange
strawberries
Peach
celery
pears

Summer

orange
Pears
Avocados
Peach
fig

Autumn

Apples
Pears
Avocado
celery
pears

All year round

Cheese Carrots
Yoghurt
milk Gurgette
Flao Tomatoes
orelletes
Graixonera
Sobrasada
Bread
Cheese
Rabbit
Pig
chicken
Lamb
Garlic
Spinach

Slow Food

①. What is slow food?

Slow food

- ... is about Pleasure, enjoying food
- ... is about Cooperating and Participating in your community.
- ... is about preserving local and traditional food products.
- ... is about educating about the risks of fast food.
- ... is about teaching Gardening.
- ... is about curiosity and critical thinking.
- ... is about preserving local industry and farming

2. SLOW FOOD VS FAST FOOD

Activity 1. Fill in the chart of difference between slow food and fast food.

* Where (Place where you eat) slow food in my house
Fast Food I can not eat.

* How long (minutes you spend).

I'm eat in 25 minutes slow food

* Who with

slow food with my family

Fast Food with my daughter

* what (examples of dishes)

Slow food (salad - Tomatoes, Avocados, lettuce, olives, cucumbers
Goat cheese, egg etc...)

(Fish with vegetables - Fish, mushrooms, Potatoes,
sweet potatoes, spinach and lemon).

Fast Food (Foster's Hollywood - ribs, burger.

(McDonalds - my daughter - burger.



2. SLOW FOOD VS FAST FOOD

Activity 1.

- Result (describe your feelings).

For me it is very difficult in English

- I like this work

- I learn a lot.

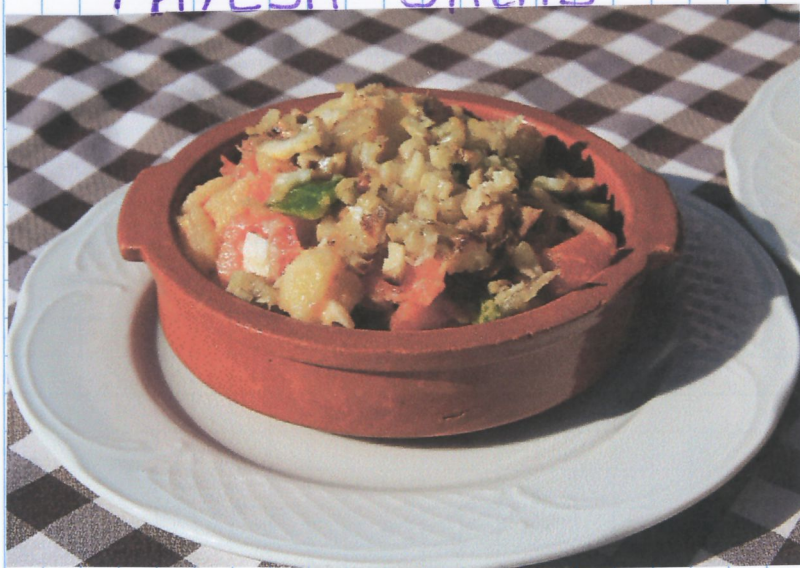
- It's very interesting.

- I'm glad to have the opportunity

4. PRACTISING SLOW FOOD

Activity 7. Create your own slow food recipe.

PAYESA SALAD



Ingredients:

1x Potatoes

1 red pepper roasted

500g ripe tomatoes

4 farm eggs

* A touch of onion

* Dried fish and crusts of bread

And oil, vinegar and salt to taste

Directions:

1) Peel Potatoes and boil 20 minutes.

2) Add with the roasted pepper strips.

3) Boiled eggs and chop.

4) Chop tomatoes

5) And add a little chopped onion

6) Add the fish and bread, season to taste.

7) And mix all.

Fantastic job!
I'm very happy
with your effort,
the result, and I
hope you are learning
a lot.



