

The Art of Food Day 2 "Petru Rares" National College Suceava

1. What is the story of bread in your country? What ingredients are used to make it? Which is, in your opinion, the healthiest type of bread? 2. How should the food pyramid for a healthy diet be created? Which types of food should be consumed more frequently? 3. What could the pyramid look like for vegetarians or vegans? 3. Which traditional dish did you enjoy the most at the Romanian local Inn "Perla Bucovinei"?

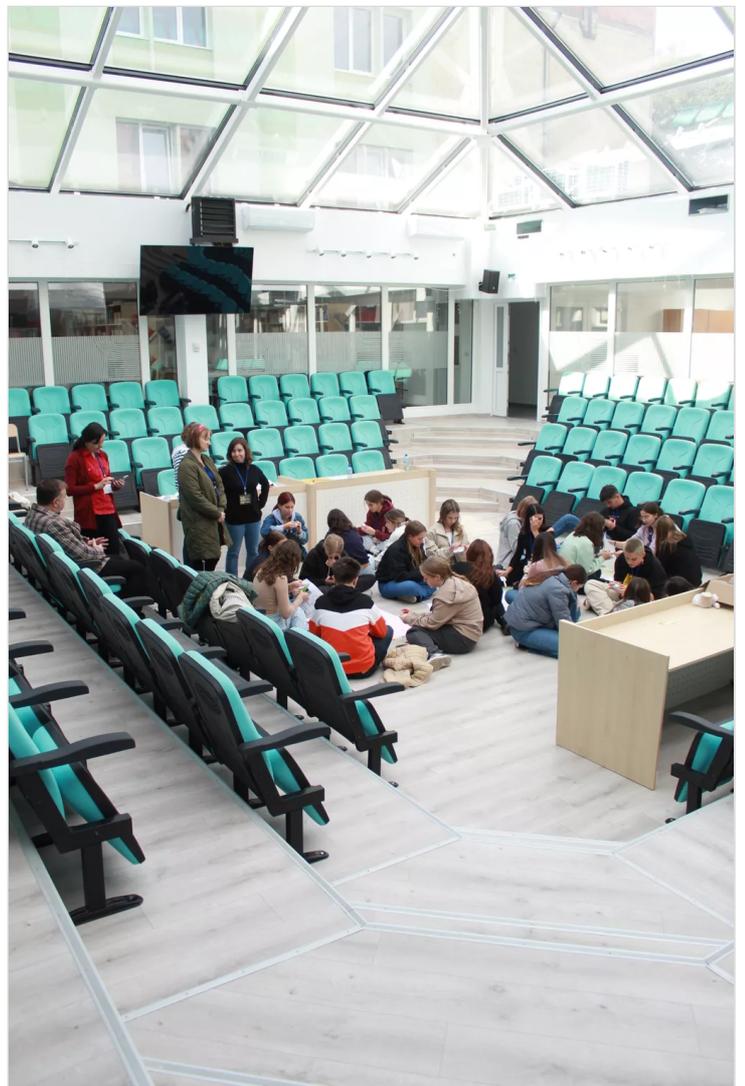
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Bread Factory





Creating the food pyramids





Traditional food and culture at "Perla Bucovinei" Local Inn



Mette

1. It's cheap to make in Finland and people have always loved to eat bread with all meals. In Finland bread is made of rye, wheat and oat. There's also water, salt and other ingredients. Sometimes to add a twist, people also mix veggies or seeds into the bread. I think rye bread is the healthiest.
2. The food triangle should contain mostly healthy foods like veggies, fruit and other healthy energy sources and less unhealthy foods that contain fats and sugar and other added

things.

3. There could be soy and plant based protein sources where the meat would normally be. I liked the traditional dessert papanashi. It was really good!



Daria Condurache

I want to start off by saying how much I enjoyed yesterday. I think that warm bread is one of the best things in the world. Anyway, as probably everyone already saw yesterday at the factory, our bread is based on relatively simple ingredients, because here bread should be plain. this way we can enjoy it with every flavour without the bread taking over it. Bread is and has been always been a staple food here in Romania, and we eat it with everything, even potatoes or rice. Regarding the question about which is the healthiest type of bread, I believe that it would be the seeded whole-meal. The seeds add healthy fats and nutrients to the bread, while the whole-wheat flour has other amazing benefits for our body.

A healthy and balanced food pyramid should have a lot of veggies at the base, followed by fish and eggs. Carbohydrates should be next, since they contain a lot of fiber and they provide energy to our body. Next it should be dairy, and then, at the end, sweets. When it comes to vegans and vegetarians, the meats and animal products should be replaced with vegetal proteins such as soy, chickpeas, yogurt, beans and tofu. Seeds such as cashews and walnuts also contain very healthy fats.

Cezara Zaharia

1. Our bread is made with flour, water, yeast and salt. In my opinion black bread is the healthiest type of bread.
2. Liquids should be placed on the lower side of the pyramid, then we have vegetables and fruits, grains, dairy, eggs, meat, fats, and on the top the sweets. I think the basis of every meal should be the vegetables and then a small part of the other types of food.
3. Vegetarians: the liquids at the base of the pyramid and then vegetables and fruits, grains, dairy, eggs, plant-based meat, fats (butter) and the sweets.
Vegans: from bottom to top - liquids, vegetables and fruits, grains plant-based dairy (dairy alternatives such as almond milk), plant-based meat, fats and the sweets.
4. My favorite food was the papanasi.



Beilic Alex

1. Traditional Romanian handmade country bread is cooked in clay ovens, producing a deliciously flavorful and crusty bread that has a lovely smoky taste.

The quality of the wheat flour, water, and yeast are what make great bread; these are the key ingredients.

In my opinion, the healthiest type of bread is the multigrain bread for its benefits for the organism.

2. In my view the food pyramid for a healthy diet should be like this:

Eat Most - Grains

Eat More - Vegetables and fruits

Eat Moderately - Meat, fish, egg and alternatives (including dry beans) and milk and alternatives

Eat Less - Fat/oil, salt and sugar

3. For a vegetarian the pyramid will have instead of regular milk soy milk and the meat will be replaced by meat analogs like tofu.

4. My favourite traditional dish from the festive dinner is papanasi (Romanian fried cheese doughnuts covered with sour cream and blueberry jam).

Selma

1. People like eating bread in Finland, because it's cheap and easy to make and eat. In Finland we have different types of bread. It's made of rye, wheat or oat, and water and salt. I think the healthiest type of bread is rye bread.

2. I think the food pyramid should have a lot of veggies and fruits and important things for your body that you need every day. And it should have less processed food and sugar. But it's still important to eat those foods on the top of the pyramid, because you're supposed to enjoy food.

3. The pyramid for vegetarians and vegans should look like the same as the regular one, but with other protein sources that are not meat. If you're vegetarian or vegan it's really important to be sure that you still get enough protein.

Yesterday I enjoyed the dessert papanasi!



Irena Bilus

1. The bread in Suceava is made in factories just near the town, using local ingredients. In my opinion, the healthiest type of bread is wholemeal bread.

2. The items in the food pyramid should have such a placement so that the diet resulted by it is healthy and balanced. People should consume as many fruits and vegetables as they can, and a food pyramid for vegetarians and vegans should have some items to compensate with all the nutritional foods that they avoid.

3. My favorite traditional dish was papanasi.

Maria Gaitan

1. - Our bread in Suceava is made locally.
- The ingredients used are natural and from Romanian producers.
- In my opinion, black bread is the healthiest.

2. - The healthiest diet should be in the following order:
Vegetables, Fruits, Protein, Dairy, Carbohydrates, Processed fats, Sweets
- In my case, I realized I don't consume enough vegetables
- I think including seeds and plant-based protein sources could be a great addition for the vegetarians.

Matea Kostron

1. The Austrians started to bake very early, but in the wars etc. they had very little of food, bread. In Austria, the brown bread is way more spread than white bread. It is made of sourdough, which means water and yeast rest one or two days, and then the bread is baked with it. The crust of the brown bread is hard but delicious. Sometimes there are spices and some kind of corns added, so the taste is different at every bakery. The healthiest type of bread is probably brown bread with a lot of special ingredients like sunflowerseeds etc., because human body can

handle it better than white bread. Also it makes your feeling of hunger go away for a longer time.

2. Like we did yesterday, and I think Water is the most important thing so consume more often. We need at least 2 litres a day.

Also the butter and unhealthy oils should get consumed less.

3. The same but like the other one, but with alternatives like mushrooms, meat alternatives from the supermarket (there are more and more).

4. I really loved the Sarmale, especially with mushrooms and vegetables, and the dessert was so delicious. Also I have been very fascinated by the rumanian dances and the power the dancers did that dance with!

jana

1. Bread is the one thing every Austrian has at home, always. It is very important for us. We have many different kinds of bread, in every size.

Mostly you need the following things to make a bread:

Water, flour, yeast, salt other ingredients I do not know the name of:)

2a. The food pyramid should be seen as a guide, which tells you what food you should eat daily and which food you should consume rarely. For example you should drink water and eat all kinds of vegetables and fruits daily. It is good for your body and health.

2b. For vegetarians you could change the meat products to food that contains more proteins for example chickpeas, lentils and others...

3. I really liked the first dish. Unfortunately I still do not know the name but it was the dish which consisted of chicken stripes and the grilled potatoes.

The food here is greattttt!!!



Andrada Pislaru

The story of bread in my country is a long and ancient one. The recipe is a simple but delicious mixture made from: yeast, flour, salt and grains.

The healthiest type of bread is black bread because its low in carbs.

To have a healthy diet, you need to eat a balanced mixture of sugars, fats and proteins. By far the most important element of a healthy diet are liquids. On the second place come fruits and

vegetables then, wholemeal cereals, dairy, meat, fats and on the last place are sweets.

In my opinion, fruits should be consumed more frequently by everyone because people tend to eat artificial sugar that is healthier than natural sugar that is found in fruits.

Not all vegetarians and vegans have the same preference in food, but a healthy balanced meal could consist of liquids, vegetables and fruits of course, wholemeal grains, lots of nuts and legumes and on the top of the pyramid, gelatin free sweets. The meal that I enjoyed the most from the inn was papanasi with jam.

Denisa

1. After the visit at our local bread factory, we all saw how the bread is made. Romanians use simple ingredients for bread so it can be good, tasty and plain. In Romania, bread is on the table at every meal and dish, even though that particular dish isn't meant to be eaten with bread. But I think this is what represents us as Romanians. In my opinion, the healthiest type of bread is black bread.

2. In my point of view, I think the food pyramid is already done for a healthy diet but us, the people, choose not to follow it. We don't know how to balance things, we often eat more unhealthy food such as sweets rather than healthy food. The second row from the bottom of the pyramid should be more present in our everyday meals.

Furthermore, for people who are vegetarians or vegans the pyramid would be smaller. There won't be any meat or anything that comes from animals. Although it looks like they don't have many options to choose from when they are eating, vegetarians/vegans have the most diversified range of food.

3. My favourite traditional dish from yesterday is **papanasi**. It is my favourite dessert ever. Nothing is better than papanasi.



Johanna Sailer

1. In Austria many people bake their own bread. The ingredients are flour, water, salt and yeast.

2. To create a healthy diet the food pyramid has to contain mostly fruits and vegetables and stuff like that. I think for vegetarians and vegans the meat part can be changed to tofu and chickpeas for example.

3. My favorite traditional dish yesterday was definitely the papanasi.

Anisia Butnaru

Bread is one of the most important food in Romania. It is found in every meal and is enjoyed with pleasure. Bread is a basic food and is obtained by baking a mixture of water and flour, mixed with yeast.

Romanians have a true cult of bread, to which beliefs, traditions and customs are linked.

In my opinion, bread has an important role in every person's diet. I believe that the healthiest type of bread is the normal one.

Yesterday, we learned about the food pyramid, and how important it is. The food pyramid consists of seven main food groups. The further down a food is found in the food pyramid, the more of it should be consumed.

I believe that the vegetarians food pyramid should consist of four main groups: soft drinks, grain products and potatoes, oils and sweets.

The food at the local Inn was amazing, I enjoyed every dish. If I would have the choose one traditional dish it would be sarmale.

Fiona Kaspar

1. In Austria people started to bake bread really early. The most common bread in Austria is the brown bread. The bread is made out of sourdough which is yeast mixed with water and that has to rest for two or three days and then the bread is baked with it. There are many different types of bread with different spices. I think the healthiest type of bread is brown bread.

2. In my opinion the food pyramid should look like we discussed it yesterday. It should contain a lot of water and a lot of vegetables. We also should eat carbs, like bread, pasta etc. daily but not that much. Sweets, butter and unhealthy fats should be consumed less.

3. The pyramid would look the same just with meat and fish alternatives and maybe soy and oat milk instead of cow milk. It also should contain more beans, tofu and plant based protein sources.

4. I really liked the Sarmale made out of mushrooms and vegetables. Also the mamaliga was nice. I also loved the dessert.

Iustina Bejinariu

1. The main ingredients used in the making of bread are wheat flour, water and yeast, and we saw that at the factory yesterday. The healthiest type of bread is, in my opinion, the whole-grain one, but personally, I like the classic one the most.

2. If you want to have a healthy diet, you should respect the food pyramid as it was represented yesterday, with the unhealthiest food at the top, like sweets and fats, and with the healthiest one

at the base, like water, fruits and vegetables. These are also the products that must be consumed more frequently.

3. For the vegan or vegetarian people, the meat, the milk and the eggs would be replaced with alternatives made out of soy, rice, coconut (ex.: rice milk, coconut milk, tofu).

4. My all-time favourite traditional Romanian dish is papanasi, and the ones at the Inn were sooo good!!



Laia Mataro

1. in our country, bread is one of most eaten food. We eat bread at breakfast, like in sandwich, at de lunch and at the dinner. We have a lot of types of bread, but the principals are the classic one, with cereals or whole-grain. the principal ingredients of all breads are flour, yeast, salt, olive oil and water. For my the healthiest bread is whole-grain, but classic have more taste.

2. The food pyramid is created from an idea of a triangle. On the bottom we have more food and the healthiest and the one we need to eat every day. At the top we have the unhealthy food or the one we need to eat like once or twice a month, like sweets.

3. For the vegan or vegetarian people the meat, fish, eggs and milk we need to be replaced by other foods with similar calories or proteins.

4. the food I enjoyed the most yesterday I thought is Sarmale



Andreica Tudor

1. Bread is a sanctuary for Romanians. Like in many Mediterranean countries, bread is a must and served with nearly all dishes, especially in the countryside. Unfortunately, the quality of the majority of today's bread cannot be compared to former times. The cheap 2 Lei bread you find in nearly all magazines is made of low quality flour and full of chemical baking and preservative agents. The ingredients for bread are

water, flour, yeast and salt. I think that the healthiest type of bread is the rye one.

2. In my opinion a food pyramid for a healthy diet should have at the bottom the grains, above them vegetables and fruits above that we should have the meat, fish, eggs and dairy and the level should be the fat, oil, salt and sugar. I don't think that the perfect diet exists because if you have a balanced diet and you can get all the nutrients needed and you are feeling good I think that is the best one for you. I think that a food pyramid for a vegan should start with the grains then the fruits and vegetables then the legumes, after that the nuts and seeds and in the end the tasty treats.

3. I think my favorites were the polenta and cabbage rolls.

Meritxell Pica Vallès

1. In Spain, eating bread is very common; in particular, in Catalunya, we have **pa amb tomaquet**, which is a typical dish that we normally eat every day. The bread contains a lot of different ingredients, but the principals are flour, water, oil, salt, and yeast. We have a lot of different types of bread, but in my opinion, the healthiest is whole-grain.

2. First of all, the food pyramid varies a lot depending on the country, but in general, I think that the healthiest pyramid wouldn't have to contain sweets because they are not good for our health. Fruits and vegetables are one of the best types of food for our body, and we should eat them every single day.

3. An ideal pyramid made for vegans or vegetarians would contain a lot of vegetables, legumes, cereals, and different types of vegetable oil. Also, they would be able to eat sweets or desserts made without ingredients that came from animals. At the Romanian local inn, I really enjoyed papanasi; it was sweet and I loved the taste of the jam on top.



Ciot Sofia

1. Bread is a very important food item in Romanian people's diets. It is easy to make and can be eaten with a lot of dishes. The ingredients you need are water, flour, salt, oil and yeast. The healthiest type of bread is probably the multigrain bread or rye bread.

2. For a healthy diet the food pyramid should be like this: the

important foods that must be consumed daily are on the lowest lines, this including vegetables, fruits and whole grains and on top are the foods, like meat, nuts or dairy that should be consumed weekly. For vegetarians and vegans I think it should look exactly the same but without meat or any other animal product, respectively.

3. I loved everything that I ate yesterday but my favorite traditional dish was sarmale.

Mar Segalà

1. In Spain is very traditional to eat bread with a lot of meals, for example in our school we eat a sandwich at the break time, so we can have more energy for the rest of the classes. The classic bread is made of flour, yeast, salt, olive oil and water. We know that this one is not the healthiest, but have the best taste.

2. The food pyramid is created with the most important food down, because we need to eat a lot of them (water, vegetables and fruit) and the one that is bad for our health at the top (sweets). For vegetarians or vegans the food pyramid needs to change the products that come from the animals to other ones like legumes or supplies that can give them proteins and the nutrients that you can't take from vegetables and fruits.

3. The food that I enjoyed the most yesterday was Sarmale. Its taste was really good and it had a lot of different food in one little portion.



Popovici Andreia

1. At first people in Romania ate stirred wheat, then after a few years, out of thermal prepared wheat, bread appeared in our diet. Since then our people found a way to incorporate it in every meal they eat. Also, Romanians serve their guests with salt and bread. This is a Romanian greeting ceremony, a traditional custom expressing hospitality, showing that the guest is welcomed.

This dish is made out of flour, water, yeast, sugar, salt, yogurt/milk and poppy/sesame.

The best and healthiest bread is the rye one.

2. I consider that the food pyramid for a healthy diet, from the bottom to the top, should contain fruit and vegetables, grains, meat/fish, dairy products and sweets. Of course besides the

food a person must drink a lot of water. The products we should eat the most, in my opinion, are vegetables.

Vegetarians/vegans should consume a lot of whole grains(rice and bread), fruits & vegetables, legumes(tofu and beans), nuts & seeds(almonds and chia) and tasty treats(cake).

3. The dish that I enjoyed the most at the Romanian local Inn were the cabbage rolls(sarmale), because they are my favorite traditional meal.



Johanna Rupp

In Austria we have very similar bread to Romania, it is probably more often full grain bread or with nuts, also we eat a lot of bread for breakfast and in the evening. I believe the healthiest type of bread, may be full grain bread with no sugar. Starting the food pyramid of with liquid like water and tea, on the second row there are fruits and vegetables to stay hydrated, and we need the vitamins. The third row is carbs to reduce our

hunger and get energy. Then I guess milk products like cheese and yogurt, continuing with meet and fish and on top there are sweets and unhealthy food.

I think vegetables, fruits and carbs are supposed to be consumed every day and sweets should not be eaten more than two times a week even it is very hard and a lot of people, also me, eat sweets every day. Vegans and vegetarians could replace the meet and animal products with plant based proteins and Vegans probably should take nutritional supplements to stay healthy.

I enjoyed the traditional food papanasi the most.

Mona Schaffer

They planted ancient grains such as egg and emmer and and made a porridge from the crushed and soaked grains. This was dried on a hot stone as flat cakes.

The healthiest bread is the "Wholemeal spelled bread".

2.

At the bottom should be liquids like water and tea. After that in the second row things like vegetables and fruits. In the third row proteins and albumen. And in the last row carbohydrates.

I think that eggs are in particular are underestimated in a diet. They are very healthy and keep you full for a long time.

3.

The pyramid would look the same but the animal products would be dropped in the last für rows.

I like the soup at the school-buffet best yesterday.
