

LESSON 1



Category: APPLIED LESSON PLANS FROM PARTNERS

Title: Romanian culinary traditions and famous recipes

Description of Context Topic:

The activity takes the students on a tour of Romanian culinary creations. Each geographical area has its own traditions, and these are manifested especially around the Christian holidays, when most people prepare selected dishes. The traditional Romanian cuisine is diverse and includes countless customs and culinary traditions, specific dishes, together with customs originating from the intersection of the gastronomic culture with the traditions of other peoples. Romanian cuisine includes both everyday dishes and special holiday dishes, i.e. festive dishes arranged according to the season and the mentioned holiday. Romanian dishes are made up of vegetables, cereals, vegetable oils, milk, dairy products as well as meat and meat by-products. Sweets, pies, jams have a special place in Romanian cuisine.

Total Learning Time:

50 minutes

Number of Participants:

26

Age Group of Students:

11-12 years old

Class:

6B

Materials Needed:

- Link to the video

Warm-up Activity (15 minutes):

Watching a video about a Romanian culinary tradition/recipe



Main Activities:

Activity 1: The tour through Romanian culinary traditions.

Activity 2: Identifying Christmas traditions, Identifying New Year's traditions, Identifying Easter traditions, Identifying other traditions.

Sub-topics:

In addition to the culinary traditions that make their presence felt around the holidays, Romanians have a special style of eating. In this sense, breakfast in Romania largely contains dairy products and sometimes eggs accompanied by salami or ham. At lunch, the meal is rich, often containing 2 or 3 courses: soup or soup as the first course, then pork, beef, chicken or lamb with various side dishes, and for dessert Romanians prefer cakes or pies, also prepared at home. Own. In Romania, eggs are painted to celebrate Easter.



Conclusion:

Romanians are used to using tarragon, thyme and garlic when it comes to spices, and a special position in Romanian cuisine is occupied by dessert, represented by jams, pies, cozonac and pasca around the holidays. Also, wine is the drink appreciated by most Romanians, who consume it to a fairly large extent and Tuica. A representative element of the Romanian gastronomy is the sarmalute, which together with the cream and sometimes the mamaliguta enchants most of the foreigners who come to visit our country. Also, dairy products also occupy a special place in Romanian cuisine, and "mitites" are also on the list of dishes tried by foreigners who have arrived in our country. We can say that we are one of the healthiest nations. The important thing is that culinary traditions and customs have been extremely well preserved over the centuries on the Romanian territory and they will certainly continue to be so.



Impact of lesson activity:

Students will complete an impact and feedback questionnaire. →



The teacher also completes an impact questionnaire. →



Closure:

At the end of the project, after listing the culinary traditions and analyzing them, the students will vote for the most "tasty".

