



POLISH- TURKISH

Cookery Book

“Healthy food, healthy mind.”

Let's meet

We are a group of Polish students. We study at Primary School in Klonowa, a village in the centre of Poland. We are 11 and 12 years old and there are 14 students in our class. Let's begin our cooking journey



GREETINGS FROM TURKEY!

We joined this project with 3 different classes and we are 10-11.

Let's begin our cooking experience!



1. Food stereotypes-

Polish group

I think people in Turkey

- eat pancakes for breakfast.

- drink tea for breakfast.

- eat kebab for lunch.

- drink orange juice for lunch.

- eat rice and chicken breast for dinner.

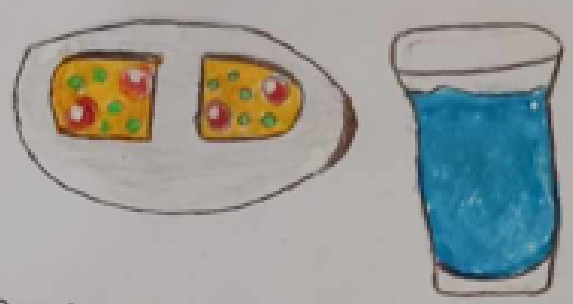
- drink water for dinner.

I think people in Turkey
eat fried egg for breakfast
drink tea for breakfast
eat Dolma i sarma for lunch
drink apple juice for lunch
eat fish and chips for dinner
drink fizzy drink for dinner

I think people in Turkey

eat: sandwiches with tomato and cucumber

drink: water and tea for breakfast



eat: salad and fish

drink: apple juice for lunch



eat: Ice-cream

drink: coca-cola for dinner



1. Food stereotypes-

Turkish group

I think people in Poland
eat egg for breakfast.
drink milk for breakfast.



eat toast for lunch.
drink orange juice for lunch.





eat sushi for dinner.
drink ice tea for dinner.





What about the predictions? :)

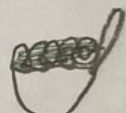
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I think people in Poland
eat pancakes for breakfast 

drink milk for breakfast 

eat quesadilla for lunch 

drink orange juice 

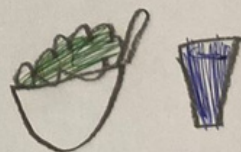
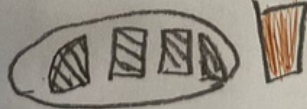
eat salad for dinner 

drink water for dinner 

first

Second

Third



2. Typical food we eat in our countries - Polish group

● ● People in Poland 

★ Eat: Sandwiches 

★ Drink: Cocoa  for breakfast

♥ Eat: Chicken breast  for lunch

♥ Drink: tea 

③ Eat: Spaghetti  for dinner

③ Drink: water or tea 

For breakfast we eat healthy food

For lunch we eat chicken breast and drink tea and water

For dinner we eat spaghetti and drink water or tea

Healthy food for every day!

1. For Breakfast We can eat cereal with milk or yogurt. We can drink a glass of water.



2. For Lunch We can eat chicken noodle soup. We can drink apple juice. For Dessert We can eat jelly with fruits.



3. For Dinner We can eat pancakes in various versions for example with jam, yogurt, fruits, white cheese. We can drink milk or juice.



In Poland people:

-eat sandwich for breakfast.

It's healthy.



-drink tea for breakfast.

It's healthy.



-eat salad for lunch.

It's healthy.



-drink water for lunch.

It's healthy.




-eat fish and chips for dinner


Fish is healthy and chips are unhealthy.


2. Typical food we eat in our


countries- Turkish group


Typical food in my country

1. Lahmacan →  → Xunhealthy

2. Manti →  → ✓healthy

3. Yaprak Sarmasi →  → ✓healthy

4. Adana kebab →  → ✓healthy

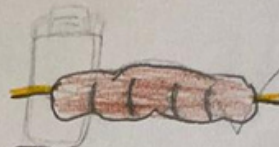
5. Sis →  → ✓healthy


We tried to decide which one is healthy which one is not...





Emre (on the right) is very happy about the topic. He is always hungry :)


Typical Food in my Country

1. Adana kebab →  → ✓

2. Bakımawun →  → X

3. Urfa kebab →  → ✓

4. Yaprak sarma →  → ✓

5. Manti →  → ✓

3. Ideas for a healthy breakfast- Polish group

Banana's crump recipe

Ingredients :

- 2 small bananas or 1 large one.
- 200 ml of milk.
- 2 small eggs.
- 1 teaspoon of washing powder.
- 250g of regular wheat flour.
- 2 powdered sugar containers.
- a pinch of cinnamon.

A method of preparing:

Place two smaller or larger bananas

in a bowl. Crush them with a fork into a paste. Then add wheat flour (250g), milk, baking powder (1 teaspoon), eggs, powdered sugar (2 packages), and optionally a pinch of cinnamon. Mix with a whisk until the ingredients are combined. Set aside the dough for a few minutes to rest and puff up slightly from the baking powder used. Fry them on both sides in a pan with a non-stick surface. It is important to fry them on relatively low heat

Put about 1 flat spoon at intervals
in the pan.



Ingredients:

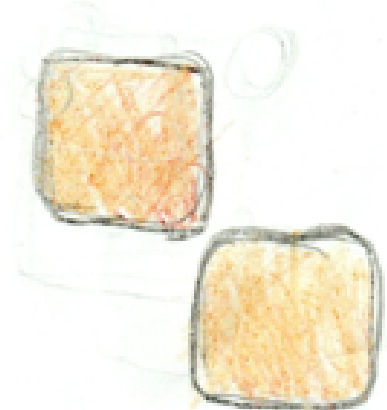
- avocado
- 3 eggs
- $\frac{1}{2}$ cup of milk
- pinch of salt
- 2 slices of toast.

Avocado toast

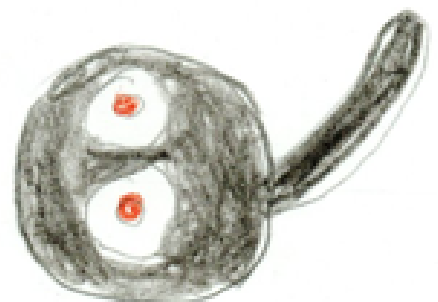
1. Peel the avocado, cut it in half and remove the pit. Cut the flesh into pieces and then crush it with a fork. Add pressed garlic, salt and pepper and mix.



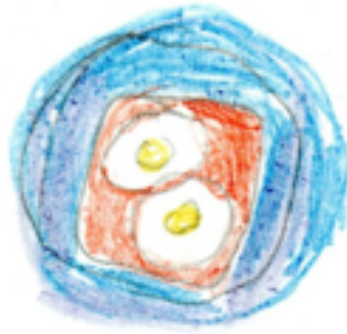
1) In a deep plate, beat 1 egg with milk and a pinch of salt. Place paste on 2 slices of toast, cover with the second slice of toast and press lightly. Dip both sides and sides in beaten egg and place in a pan with heated clarified butter.



2) Fry over moderate heat on both sides until golden, about 2 minutes on each side. Fry 2 fried eggs separately.



4. Place the toast on plates, cover with a fried egg and sprinkle with any toppings.



Enjoy

Your meal

TORTILLA RECIPE:

Ingredients as desired.

- 1 tortilla
- 4 cherry tomatoes
- 5 slices of cucumber
- 15 pieces of chicken
- 2 slices of processed cheese
- 3 lettuce leaves
- garlic sauce or ketchup



Method of preparation.

Place all ingredients on tortillas as desired. Let's put it in the toaster and wait 6 minutes. Take it out onto a plate.

Enjoy your meal!!!

3. Ideas for a healthy breakfast- Turkish group

Elif Boren G. 310

A Healthy Recipe - Breakfast

- ingredients -

- x- 3 eggs
- x- 1 table spoon of milk
- 1 tea spoon of butter
- x- 1 tomato, finely Chopped
- y- 2 table spoons of Cheese (grated)
- Salt and pepper



Poon: tava

Recipe

First, Crack 3 eggs into a bowl.

Second, add a table spoon of milk.

then, chop a tomato finely and add it into the bowl!

Next, add 2 table spoon of grated cheese.

Melt 1 tea spoon of butter in a pan and pour the mixture into it.

Finally, Cook it for 5 mins and add salt and pepper.



**Do you need a healthy recipe for breakfast ?
Here it is!**

Omelet-ingredients

1. 3 free-range eggs.

2. 1 tbsP milk (table spoon of)

3. 1 tsp butter. (tea spoon of)

4. 1 tomato, finely chopped.

5. 2 tbsP grated cheddar

6. 1 tbsP finely chopped fresh parsley or 1 tsp dried Parsley

7. 2 thin slices good quality ham.

8. Salt and Pepper

Recipe

First, crack 3 eggs into a bowl.

Second, add 1 tbsP milk and 1 tsp butter

Then, chop a tomato finely and add it into the bowl ^{of}

Next, grate 2 tbsP cheddar into the bowl.

After that Sprinkle some dried Parsley.

Finally, add some Salt and Pepper and cook it for 5 min.



A Healthy Recipe - Breakfast

-Ingredients-

- 3 eggs
- 1 table spoon of milk
- 1 tea spoon of butter
- 1 tomato, finely chopped
- 2 table spoons of cheese (grated)
- Salt and pepper

pan: tauqa

Recipe

First, crack 3 eggs into a bowl

First, Crack 3 eggs into a bowl.

Second, add a table spoon of milk.

Then, chop a tomato finely and add it into the bowl.

Next, add 2 table spoon of grated cheese.

Melt 1 tea spoon of butter in a pan and pour the mixture into it.

Finally, Cook it for 5 mins and add salt a pepper.

Ela Balaban

3-C 628



4. Ideas for a healthy dinner- Polish group

Recipe for cauliflower soup
with young vegetables

Ingredients:

- a bunch of young vegetables (carrot, parsley, leek, celery)
- half young cauliflower
- 3 young small potatoes
- a bunch of allspice
- 3 bay leaves
- a quarter teaspoon of turmeric

A method of preparing

Boil about two cups of water in a small pot.

Add carrots and pickles, scraped, cut into slices, also celery, cut into sticks, and potatoes -

scraped, cut into cubes.

Mix, cook for at least a minute.

Add bay leaves, allspice and sliced leek.

Mix, cook for at least minute.

Add a pinch of good, unrefined salt.

Mix, cook for at least minute.

Add washed and chopped parsley.

Mix, cook for at least minute.

Add turmeric and enough hot water to cover the vegetables.

Mix, cook for at least minute.

Add cauliflower cut into small pieces.

Mix, cook over low heat for about 15 minutes, occasionally.

Ingredients Crepes with Spinach and Cheese Filing.

black pepper - 1 pinch

egg - 2 pcs.

milk - 600 ml

wheat flour - 1 cup

salt - 0.25 tsp

olive oil - 2 tbsp

fresh spinach - 400g

butter - 1 tbsp

nutmeg - 0.25 tsp

salt - 1 pinch

Saint-Félicien cheese - 200g

STEP 1: Prepare the cake

Add eggs, milk, salt and olive oil to the bowl. Mix the ingredients thoroughly. Sift the flour and also pour it into the bowl. Mix everything thoroughly and set aside for about 15 minutes.



STEP 2: Fry pancakes

Heat a dry frying pan and fry the pancakes until golden on both sides.

Step 3: Prepare the filling

Cut the Saint-félicien cheese into cubes. Melt the butter in a pan and fry the spinach until it loses volume. Then season it with nutmeg, reduce the heat and add the cheese. Mix everything until the cheese melts and season with salt and pepper to taste.

Step 4: Assemble the pancakes

Place 2 tablespoons of filling on each half on the pancake. Then we fold it in half and in half again. Fold all pancakes in the same way and bake them in a dry frying pan. We serve them right away.


Recipe for pesto pemcakes.

Milk 0,5% fat 510 milliliters.




Whole wheat flour 100 grams.





Eggs 3 pieces. 


Repeseed oil for frying 3 tablespoons. 

Frozen peas 450 grams. 

Pot of basil 1 piece.

Clave of garlic 3 piece. 

Pepper 1 pinch. 

Lemon juice 



4. Ideas for a healthy dinner- Turkish group

MENEMEN Recipe

Ingredients

- oil
- green pepper
- tomatoes
- onions
- eggs
- spices (salt, black pepper),
- parsley

Kitchen Tools

- pan
- wooden spoon
- knife
- plate
- fork

Cooking Steps

First, wash and peel the vegetables

Second, chop them

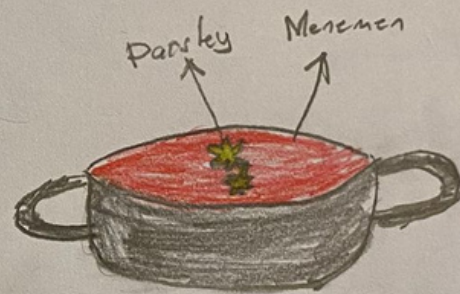
After that, put some oil into the pan and heat it for 3 minutes.

Then, add / put the onions and pepper into the heated oil and cook them until onions turn into brown.

Next, add tomatoes and cook for 5 minutes.

Then, crack eggs on the vegetables and cook it for about 3 minutes.

Finally, add salt, black pepper and chopped parsley on it.



Deniz Akbilic

You should try our 'menemen' for dinner.

P.S. We eat this for breakfast too.

MENEMEN RECIPE

Ela
Balaban
3C

Ingredients

- oil
- Green paper
- Tomatoes
- Onion paper
- Eggs
- spices, salt, black pepper
- Parsley

KITCHEN TOOLS ↓

- Pan
- wooden spoon
- knife
- plate
- fork

~~spices, salt, black pepper~~
First: wash and peel the vegetables

~~parsley~~
Second: chop them

After that: Put some oil into the pan and heat it for 3 minutes

Then: add/put the onion and paper into the heated oil and cook them until onions turn into brown.

Next: add tomatoes and cook for 5 minutes.

Then: crack egg on the vegetables and cook it for about 3 minutes.

Finally: add salt black pepper and chopped parsley on it

Mene men Recipe

Ingredients

- oil
- green pepper
- tomatoes
- onion
- eggs
- spices (salt, black pepper)
- parsley

Kitchen tools

- pan
- wooden spoon
- knife
- plate
- fork



Cooking steps

First, wash and peel the vegetables.

Second, chop them.

After that, put some oil into the pan and heat for 3 minutes. Then, add/put the onion and pepper into the heated oil cook them until onions turn into brown.

Next, add tomatoes cook for 5 minutes.

Then, crack eggs on the vegetables and cook it about 3 minutes.

Finally, add salt, black pepper and chopped parsley on it.



5. Ideas for a healthy snack - Polish group

Raspberry shake

Ingredients:

- a portion of espresso coffee
- half a banana
- a glass of milk
- a handful of raspberries
- a table spoon of maple syrup (optional)
- ice (optional)

Preparation

The basis is, of course intense espresso, but not too cold. Then peel the ripe banana, cut it into smaller pieces and mix it with the raspberries in a blender. Pour coffee infusion and milk over the fruit, and if you want additional cooling, you can add ice. Less of sweetness will certainly like the version with a bit of maple syrup everything is mixed until a smooth, creamy consistency is obtained.



Healthy carrot muffins

Ingredients:

- 200 g of fine spelled (or wheat) flour
- 2 medium carrots (finely grated)
- 120 g applesauce
- 80 g of xylitol (or cane or coconut sugar)
- 2 tablespoons of melted coconut oil
- 2 tablespoons of chia seeds
- 150 ml of water
- zest of 1/2 lemon
- 1 pack (15 g) of baking powder
- 1 teaspoon of cinnamon
- 50 g walnuts (finely chopped)
- pinch of salt
- raisins (optional)



A method of preparing:

Combine all dry ingredients in a bowl. Add finely grated carrots and all wet ingredients. Transfer the resulting dough into 9 muffin cups (preferably silicone). Bake the muffins for 25-35 minutes at 190 degrees, depending on the power of the oven, until they are golden color.



Recipe for omelette with fruit

Ingredients:



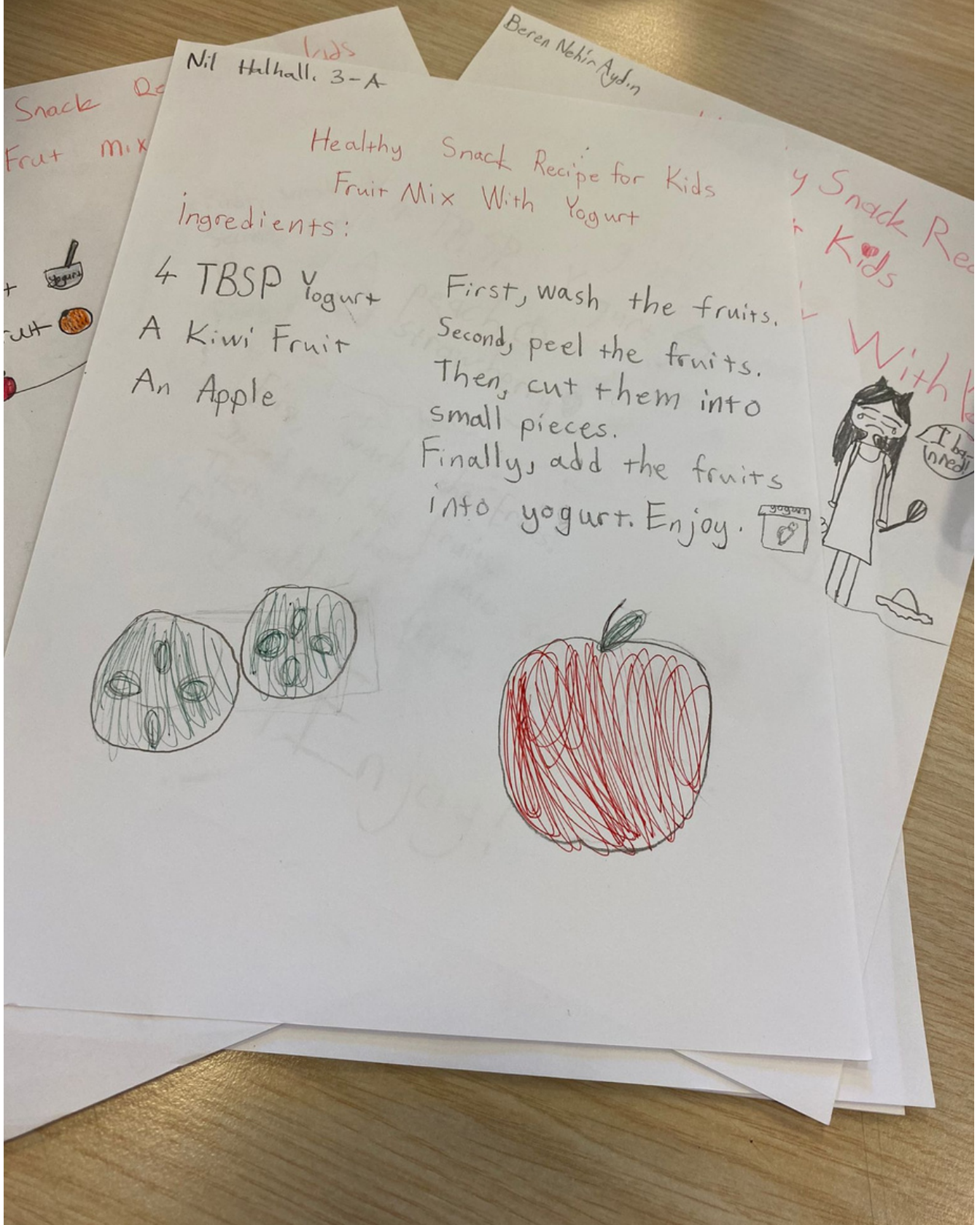
- 2 eggs
- 10g coconut flour or ordinary
- A teaspoon of powder for baking
- Sweetener, e.g. xylitol, to taste

Method of preparation:

Beat the egg whites with a pinch of salt until foamy. Add egg yolks to the beaten egg whites. Add flour, baking powder, sweetener and mix everything getly. Fry in oil in a pan. After frying, spread with your favorite yogurt, e.g. fruit or natural. We put fruit on top, e.g. bananas, apples, raspberries, blueberries. Enjoy your meal!

5. Ideas for a healthy snack-

Turkish group



Healthy Snack Recipe - Here are the recipe papers

6. Ideas for a healthy Lunchbox- Polish group



There's a pear
in my lunchbox

There's a sandwich
in my lunchbox



There are
an apple
and a
raspberry
in my lunchbox



There are
an egg
and a
tomato
in my lunchbox

Lunchbox-Tortilla snails

ingredients-

- Tortillas: cream cheese baked chicken meat, lettuce, cucumber (recipe for simple gluten-free tortillas below)
- salt
- pepper
- Spelled muffin with blueberries (recipe below)

An alternative to ham sandwiches.

Tortilla snails can contain everything

than

children like best,

popularity meat, various vegetables.

Spread cheese on a mini tortilla, spread

lettuce a few slices of popularity meat

on it. Roll up and cut into snails:)

Instead of cheese, you can spread the paste

on the tortilla

vegetables or hummus.

A spelled muffin will be a tasty alternative to a spelled bun.

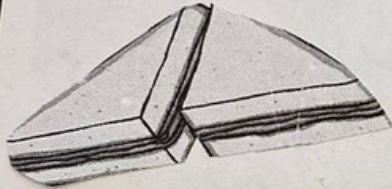
6. Ideas for a healthy lunchbox- Turksih group



They categorized healthy and unhealthy food in this lunchbox.

3-C Ege Can, Taha Must, Ela 3-C

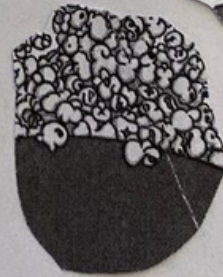
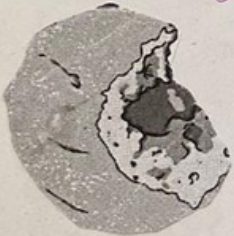
Healthy Food



Healthy Food



Unhealthy Food



7. Project summary

- Polish group

Over the past few weeks we have been working on creating delicious and nutritious dishes that will support our healthy diet and energy in class. Together we came up with recipes for healthy sandwiches, colorful salads and delicious snacks. We are also proud of the international cooperation with students from the school in Turkey, which allowed us to look at healthy eating from different perspectives and share culinary traditions. Thanks to this project, we are more aware of what we eat and how important it is to take care of our health through healthy eating.



7. Project summary - Turkish group

SUMMARY OF THE PROJECT

We had lots of fun via this topic. In the final they are aware of which food is healthy or not and they learnt about Poland's culture a bit more.

Special thanks to our dear partner.



Just some examples for the covers they designed...



Ada A.



rsu
 nr 4.
 in berk hasan

Geryal/Zeynep.

