

# C.D. "Maria Montessori" Catania

PROGETTO PILOTA  
DI  
EDUCAZIONE ALIMENTARE

"SCUOLA e CIBO:"

i 5 colori  benessere

REPORT  
settembre 2009 - marzo 2010



# Attività interdisciplinare

**PROGRAMMA DI EDUCAZIONE ALIMENTARE**



**"Scuola e cibo: i cinque colori del benessere"**

## **ENGLISH FOOD**

- RICETTARIO BILINGUE
- ARRICCHIMENTO LESSICALE

### **DISCIPLINE INTERESSATE**

Lingua italiana-Arte e immagine-Inglese



# Ricette **INGLESI**

## **HAMBURGER WITH BACON**

### **HAMBURGER CON BACON**

Ingredienti per 4 persone

450 g di carne di manzo, trita e magra  
2 cucchiaini di senape  
1 uovo  
4 fette di bacon  
4 fette di Stilton o il nostro gorgonzola più duro  
sale e pepe q.b.



*In una ciotola amalgamare la carne trita con il sale, senape e uovo leggermente sbattuto. Con l'impasto di carne formare 4 hamburger. Disporre le fette di pancetta intorno alla circonferenza, fermandole con uno stecchino. Mettere a scaldare una pentola da grill e cuocervi la carne per 8 minuti per lato o più a lungo se piace ben cotta. Verso la fine mettere la fetta di Stilton e farlo sciogliere leggermente. Servire con insalata o all'interno di un panino morbido con ketchup o altra salsa.*

## **HOT DOG WITH CHILLI JAM**

### **WURSTEL CON SALSA DI PEPERONCINO DOLO**

Ingredienti per porzione

Salsicce di maiale magro  
Cipolla  
Burro  
Salsa al peperoncino dolce



*Fare arrostitire le salsicce sotto il grill del forno per 10/12 minuti rigirandole ogni tanto. Per la salsa, stufare nel burro la cipolla tritata finemente per circa un quarto d'ora. Aggiungere 30 ml, due cucchiaini circa, di salsa al peperoncino dolce concentrata. Servire imbottendo panini morbidi e di forma allungata con le salsicce, la salsa e verdure a piacere tagliate alla julienne.*





## PASTA CON LE SARDE *PASTA WITH SARDINES*

**Serves 4**

10 ½ oz (300 g) fresh sardines  
all-purpose flour for flouring  
sunflower oil for frying – 1 bunch of wild fennel  
1/3 cup (2 oz or 50 g) raisins  
salt and pepper – 14 oz (400 g) penne  
3 Tbsps extra-virgin olive oil  
1 onion, minced – 1 garlic clove, minced  
4 salted anchovies, rinsed and chopped  
1 Tbsp pine nuts, toasted – 1 pinch of saffron

Preparation time 30 minutes  
Cooking time 30 minutes  
Level medium

*Preheat the oven to 400 °F (200 °C or Gas Mark 6). Clean the sardines, removing the heads, guts and bones. Dust with flour. Heat the sunflower oil until very hot and fry the sardines until golden. Drain and dry on paper towels. Blanch the fennel in boiling water for about 10 minutes, then drain, reserving the water, and finely chop. Soak the raisins in warm water until soft, then drain and squeeze out excess water. Bring the fennel water back to a boil, adding more if necessary, add salt and use it to cook the penne. Drain when al dente. Meanwhile heat 2 tablespoons of olive oil in a frying pan and sauté the onion until soft. Add the anchovies, garlic, fennel, raisins, pine nuts, saffron, salt and pepper and sauté until well mixed. Toss the pasta with three-quarters of the sauce. Oil a baking dish and make layers of the pasta alternating with layers of the fried sardines. Top with the remaining sauce. Bake for about 10 minutes. Serve hot.*



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### ARANCINI CON CARNE E PISELLI

### **RICE BALLS WITH BEEF AND PEAS**

Serve 1 celery stalk, minced  
½ onion, minced  
s 4-6

2 Tpsps extra-virgin olive oil  
1 bunch of parsley, minced  
14 oz (400g) ground beef  
salt and pepper  
3 cups (14 oz or 400g) peas  
1 lb (500g) San Marzano or plum tomatoes, peeled  
2 ½ cups (1 lb or 500g) Carnaroli rice  
5 Tbsps grated Pecorino cheese  
2 eggs, beaten  
3 Tbsps breadcrumbs  
sunflower oil for frying

Preparation time 30 minutes  
Cooking time 1 hour and 20 minutes  
Level medium

*Heat the olive oil in a saucepan and sauté the celery, parsley and onion. Add the beef and season with salt and pepper. Brown for 10 minutes, then add the peas and tomatoes and continue cooking over low heat, adding water if necessary, for about 1 hour.  
Boil the rice until al dente, then stir in the Pecorino and let sit for 5 minutes. Form the rice into orange sized balls, make a cavity in the middle and fill with the beef and pea sauce, then reclose and dip in the beaten egg and then roll in breadcrumbs. Heat the sunflower oil until very hot and fry the rice balls, in batches if necessary. Remove from the oil when golden-brown and dry on paper towels. Serve hot.*

## Ricette SICILIANE



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English food 

- Lessico, elementi linguistici e funzionali relativi al FOOD.

Sistema le parole al posto giusto

water  
tomato  
milk  
bread  
juice  
hamburger  
carrot  
tea  
salad  
jam  
egg  
orange  
omelette  
coffee

DRINKS

FOOD

VEGETABLES

A worksheet for a matching activity. On the left, there is a list of English words: water, tomato, milk, bread, juice, hamburger, carrot, tea, salad, jam, egg, orange, omelette, and coffee. To the right, there are three categories represented by hand-drawn shapes: a cup labeled 'DRINKS', a large oval labeled 'FOOD', and a smaller shape labeled 'VEGETABLES'. Each category has several dashed lines for writing. The instruction 'Sistema le parole al posto giusto' is at the top.