



Funded by the
Erasmus+ Programme
of the European Union

“Knowing our organic food”

Project Cod.: 2020-1-IT02-KA229-078973_1

As atividades do Projeto “Knowing Our Organic Food” continuaram...

... com o segundo intercâmbio virtual...



... desta vez organizado pela Roménia.





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Em intercâmbio com a Roménia, Polónia, a Itália e a Espanha.

The screenshot displays a Zoom meeting interface. On the left, a grid of 29 video thumbnails shows participants from various countries. Many thumbnails have a red 'X' icon, indicating they are muted. The names of the participants are visible below each thumbnail. On the right side, a sidebar shows the meeting ID 'fsk4p4iqv7', the number of people (29), and a list of participants with their names and status icons (muted, video off, etc.).

Name	Status
RAMONA CARAGUI	Muted
Misuraca Paolo	Video Off
Jolanta Cholewka	Muted
MIHAI ALEXANDRU LU...	Muted
Mjruiz Segura	Muted
Filip Blejczak	Muted
Agnieszka Łączka	Muted
Lamorell Llanadi...	Muted
Antonio Lupo	Muted
Dora Lopes	Muted
Mariateresa Stin...	Muted
Xavi Marzo	Muted
Karola Dimăita	Muted
Sara Gómułka	Muted
Rachele Messina	Muted
Meri Mart	Muted
Matilde Craveiro	Muted
ANDREEA RAM...	Muted
Ewa Jurczak	Muted
Robert Vera	Muted
José Roque	Muted
Beatriz Sousa	Muted
António Gonçalves	Muted
Helena Simões	Muted
ANA MARIA AD...	Muted
Julia Jarzyńska	Muted
COSMIN CONST...	Muted



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No primeiro dia ficámos a conhecer:

O país

A região

A cidade

A escola

A SYMBOL OF OUR COUNTRY



Heraldic symbols of the state are part of the national identity.
The current coat of arms was developed after the Revolution of December 1989.
The components of the national coat of arms of Romania include:


- Golden Eagle- central element symbolizing the founding Basarab dynasty, the nucleus around which was organized Romanian Country, one of the three provinces of the Middle Ages (Wallachia, Moldavia and Transylvania)
- Shield on which it is azul- symbolizes the sky.
- The eagle holds in its talons the insignia of sovereignty: a scepter and a sword, which remind of the Romanian ruler Michael the Brave, the first unifier of the Romanian Countries.

The name of our school is:

Technological High School Bârsești



TÎRGU-JIU



Fast Facts:
Location: South West of Romania
County: Gorj
Size: 7.2 sq. miles (19 sq. km)
Population: 78,000
First documented: 1406
Distance from the capital: 263 km

Regions

- Maramures
- Bucovina
- Crisana
- Transylvania
- Moldova
- Banat
- Walachia
- Dobrogea



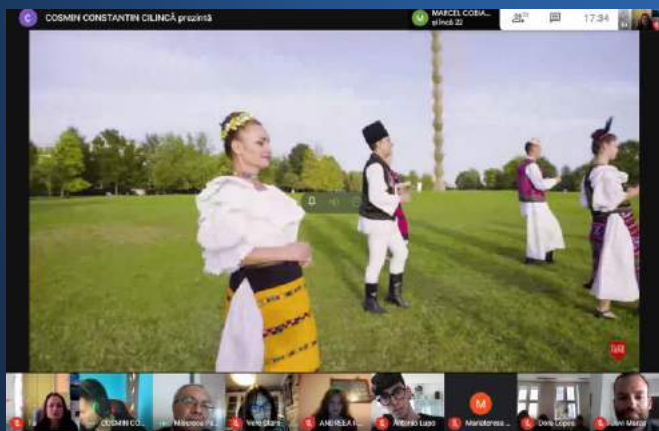
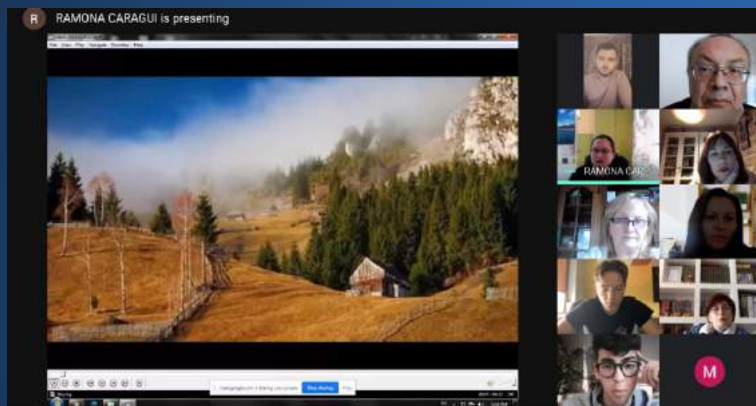


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A gastronomia romena foi o assunto escolhido para o 2.º dia...



...infelizmente sem provas.



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Ficámos curiosos...



Sarmale (Cabbage Rolls)

- Considered to be Romania's national dish, these stuffed cabbage rolls are actually of Turkish origins, but the Romanians claim that theirs are the best.
- The initial recipe was strongly modified over time until it reached what is considered to be now the perfect stuffing. A balanced mixture of rice and minced meat (usually pork or pork combined with beef) and other vegetables and local herbs is rolled in cabbage leaves or young grape leaves for a delicate flavor.
- The tastiest cabbage rolls are those slowly cooked in clay pots in the oven, covered with a little water, some cabbage brine for sourness, and some slices of traditional bacon for a tasty smoky touch. Traditionally served with mamaliga (often translated as polenta, this is a corn flour mush replacing bread in many traditional dishes) and sour cream, the Romanian cabbage rolls are not only delicious, but very creamy, consistent, and extremely satisfying.



Jumari (Smoked bacon and greaves)

- This is a traditional Romanian appetizer made, of course, from pork.
- In Romania, the traditional bacon is called slănină, and it is actually **smoked salty pig fat** flavored with garlic, pepper, paprika, and several other spices, and it's a dish usually prepared by all Romanian families for the winter time.
- The frying crunchy version is called jumari, meaning greaves, and along with slănină, accompanied with raw onions, homemade bread, and a shot of țuică (traditional plum brandy) as digestive, they make up for the perfect starter of an authentic Romanian meal.
- **Definitely, a must try!**



Mici

- This is the most popular Romanian grill dish, and they are so loved that there is absolutely no Romanian who can imagine a proper barbecue without them. These caseless sausages are made of different combinations of ground meat, black pepper, and other spices, and they are grilled until they darken a little and become moist and soft.
- They are served simply with mustard and bread. You can find mici in restaurants, in fast foods, in street food shops or you just can buy the mixture from any grocery store fresh or frozen, ready to be grilled or fried whenever you feel like it.



And for extra satisfaction, wash them down with a cold pint of [Romanian beer](#).

Papanasi with sour cream and jam

- A traditional dessert originating from the northern part of the country but popular among all Romanians, being available in almost every restaurant.
- Papanasi are a kind of **fried cheese doughnuts best served hot, with sweet and sour cream, and preferably, blueberry jam**. Maybe it doesn't sound too appetizing but the taste and the gummy texture combined with the blueberries' sourness is absolutely divine!



Tudo tinha um aspeto delicioso!



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E finalmente pudemos conversar e conhecemo-nos melhor.

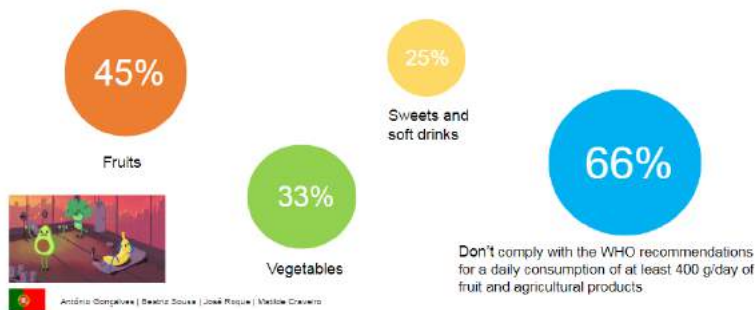


E até já na Roménia!



O que pesquisámos e aprendemos sobre estilos de vida saudáveis.

What are the eating habits of young Portuguese people?



What are the most commonly practiced sports?



Sleeping habits in Portugal

As part of the national Sleep-Schools project, 400 teenagers aged between 13 and 18 years old were analysed regarding their sleep habits.

The average time of sleep during the week is 7 hours and 41 minutes and during the weekend is 9 hours and 46 minutes.

The causes most frequently mentioned for bad nights of sleep were "noises in the bedroom" and "thinking about problems" and, at the weekend, "watching TV late" and "partying at night".



EATING HABITS

The eating habits that each person has are very important for our health and we must be aware of this and take proper care from an early age. Some examples of healthy eating habits are: not skipping meals, reducing the consumption of red or processed meats and sweets and including fruits and vegetables in all meals.





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O que pesquisámos e aprendemos sobre estilos de vida saudáveis.

RAMONA CARAGUI is presenting

Dietary habits and lifestyle in school-aged children from Romania

Research emerged from cross-sections 22 years ago, patterns typical of all Eastern European countries and which currently involve a less exposure of people to fast food, fizzy drinks and sweets, as well as to a high consumption of salt and food additives. Unbalanced and highly refined food has been preferable to healthy food in the last period. Leisure time is rather spent in front of the TV, tablet, disconnected to rational physical exercise, recreational sports or hiking. The family environment is very important and all our actions should be focused on continuous education about the risks of unhealthy food and a sedentary lifestyle.

- The great majority of Romanian children do not follow a healthy schedule of meals and snacks, with many going to bed full.
- The hours are more than 9h (9h vs. 7h) while the overweight figure was 27% among the boys and 22% among the girls.

Adolescents "skip" breakfast regularly and 10% of them miss dinner in the family due to prolonged school or extracurricular activities. 25% of young people frequently use pre-packaged products that are easy to consume, sweets and soft drinks, in the detriment of dairy products, vegetable and fruits.

Fast food, so loved by teenagers, now includes healthier alternatives, but proper nutritional information is needed to determine the choice of these products. Furthermore, the food in this type of restaurant remains too rich in saturated fat and has a low content of fiber, vitamins and zinc.

For young people, a special danger is presented by pastries that attract the child in an every corner. The mixture of flour and fat is not only indulgent, but harmful to the body. In this situation, the safest option are pastries.

Apart from what happens in the cities, 90% of the students from our school, live in rural areas and have small farms at home. They have gardens where they grow their vegetables. They also have animals.

Mariateresa Stincone is presenting

Food containing fat

We were asked if we know any local organic food and 75% of us responded yes and 25% no. According to the questionnaire 50% of teenagers eat food containing fat twice/three times a week; 25% four/five times a week; 12.5% every day and 12.5% never.

Julia Jarzyńska is presenting

EATING HABITS OF TEENAGERS IN POLAND

Types of eating habits: regular, irregular, skipping meals, late dinner.

fsk4p4iqv7

People (32) Chat

Add people

IN CALL

- MARCEL COBIA... (You)
- Agnieszka Łączkowska
- ANA MARIA ADELINA B...
- ANDREEA RAMONA R...
- António Gonçalves
- Antonio Lupo
- Beatriz Sousa



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As palavras e expressões que recolhemos sobre

Empreendedorismo

Comida orgânica

The collage features a Zoom meeting grid with participants including Filip Blejczak, Jolanta Chojewka, Dora Lopes, António Gonçalves, Matilde Craveiro, Misuraca Paolo, Beatriz Sousa, and Jose Roque. Two browser windows show a glossary with the following entries:

- Ecofreak** - (fan ekologii) a person who is crazy about ecology.
- Raw materials**- (surowe materialy) material intended for further processing. Raw materials are products of the extractive industries, agriculture, forestry or the processing of waste.
- Fan of ecology** - (fan ekologii) People who are interested in everything related to environmental protection and ecology.
- Biodiversity**- (różnorodność ekologiczna) diversification of life at all levels of its organization. It includes the diversity of genes, species and ecosystems.
- Fertilizers**- (nawozy) there are two types of them, Natural and chemical. chemical-based substance containing one or more nutrients essential for enhancement of plant growth and soil fertility. In the Summary, they make plants grow faster and bigger.
- Bio food** - (bio żywność) It is a food that has been produced naturally without the use of pesticides in artificial fertilizers.
- Zero waste**- (zero *marnowania*) is a set of principles focused on waste prevention that encourages the redesign of resource life cycles so that all products are reused. The goal is for no trash to be sent to landfills, incinerators or other waste management facilities. Only 9% of plastic is recycled.



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Estes são os testemunhos dos alunos da nossa escola que participaram neste intercâmbio virtual.





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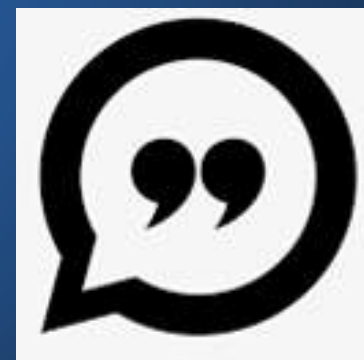
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The Erasmus + project "Knowing Our Organic Food" was, in general, very positive, as it helped me to improve my English, since this was the language that was used in the sessions and it also allowed me to improve my skills in the presentation of documents.

I learned, thanks to an activity developed in one of the sessions, a few more words or expressions about organic food and also about entrepreneurship,. For example, I had never heard of the expression “angel investor” (which means an entity that helps with an investment one company that is starting to grow, a startup), and I had also never heard of the expression "food miles" (which means the route of a food from its creation to final consumption).

António Gonçalves





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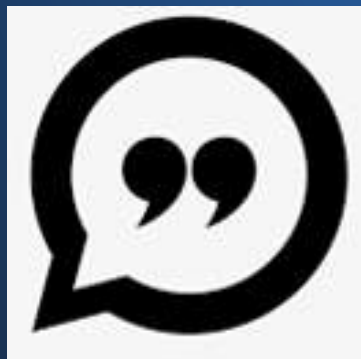
My colleagues and I had the chance to participate in the Erasmus+ project with the theme "Knowing our organic food" for four days.

In the first two days, the Romanians told us about their country and traditional food. On the following day, all countries presented the eating habits of adolescents in their country. On the last day, each country presented its glossary with a few words about organic food and entrepreneurship.

At the end of the last two days, we had the opportunity to speak with students from other countries and I think that was a good way to get to know each other better

I really enjoyed being able to be part of the Erasmus + project as I learned more about Romanian culture and made new friends.

Due to Covid-19, it couldn't be in person, but I still think it was a fun and instructive experience.



Beatriz Sousa



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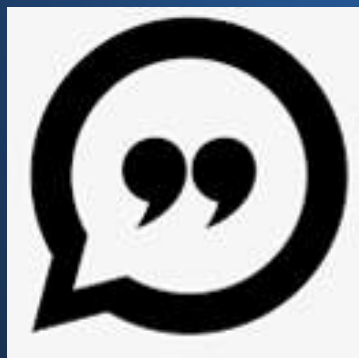
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During the Erasmus activities, we developed our relationship with other colleagues from the other countries (Romania, Spain, Poland and Italy), I liked it very much when we talked in an informal way at the end of the meeting.

The activities we did were very interesting, because we had to do research about the eating habits and lifestyle of young people (we chose the following topics: food habits, sleep habits, sports) for a presentation, we learned with each other more about these habits in other countries. On the other day we created a glossary about entrepreneurship and organic food.

In conclusion, I think these activities were very funny and I can't wait to meet the students from the other countries!



José Roque



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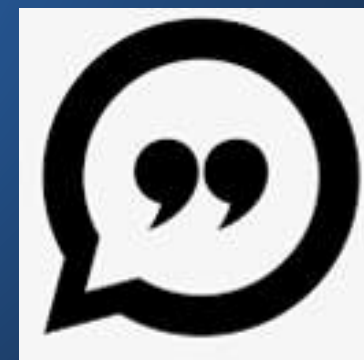
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From the 19th to the 22nd of April, my colleagues and I had online sessions as part of the Erasmus+ exchange project “Knowing Our Organic Food”, with some activities promoted by Romania.

On Monday and Tuesday, Romanian students presented their country, city, school and some of Romania's traditional gastronomy. On Wednesday, each country presented its work on the lifestyle of young people in their respective country. Finally, on Thursday, each country presented its glossaries on organic food and entrepreneurship.

My first impressions about the other students from other countries were good and I enjoyed having those times at the end of some of the sessions to talk and get to know each other a little better.

In conclusion, I really liked this project and in my opinion it is a good initiative that allows us to get to know the countries better, but also new people. Due to being in the middle of a pandemic and having to do this online, we did not enjoy the project as well as was expected, but I hope that one day we will be able to meet and do some of the things that we cannot do right now.



Matilde Craveiro



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