



**“BLA BLA JOURNAL”  
DECEMBER  
FROM ITALY  
CHIETI  
ICS3**

**First news:** We just want to share with you an important activity of our Institute.

On December 10th, we are celebrating the Terra Madre Day, a really important day that will let us reflect about food: if it’s GOOD, TASTY AND HEALTHY. During that day we will also reflected about the quality of our life.



To plan this appointment, on November 11th 2016 we enjoyed a national game called: “Gli olii sono tutti uguali?” “Do all kinds of oils have the same properties?”



This year 31 classes of our Institute have received a kit with two MYSTERIOUS OILS: sample 1 e sample 2.

All of us have tasted both oils from the sample kits with a really tasty bread typical of our country . We have used all the senses: SIGHT, TOUCH, SMELL AND IN THE END....TASTE.

**CHE GRASSO USI? A OGNI RICETTA IL SUO GRASSO!**

Per ogni piatto riportato indica con una X il tipo di grasso abitualmente utilizzato dalla tua famiglia per la sua preparazione.

	OLIO D'OLIVA	OLIO D'OLIVA	OLIO D'OLIVA	OLIO D'OLIVA	OLIO D'OLIVA	OLIO D'OLIVA	OLIO D'OLIVA	OLIO D'OLIVA	OLIO D'OLIVA	OLIO D'OLIVA
PIZZA	84%	12%			1%	1%				1% olio di riso, di canola, di sesamo, di lino
PASTICCERIA	9%	7%		12%	43%	10%	18%			1% olio di semi, di palma
CAKES	10%	7%	60%	7%	2%	7%	3%			1% olio di semi, di riso, di canola, burro vegetale, panna
CAKES ALLE MANDORLE	58%	17%	14%	1%	1%	3%	1%	1%	3%	2% l'ghen, macerazione, olio di semi, di sesamo, panna
CAKES ALLE PIZZE	63%	16%	10%	1%	2%	3%	1%	1%	1%	2%



After having tasted the two different oils we chose the winner.

**WE ALL PREFERRED THE EXTRA VERGINE OLIVA OIL. IT WAS FROM SICILY.**



We have also analyzed animal and vegetables fats that we normally use in a lot of different dishes of our tradition.

**Second news:** We are really proud to announce that a boy from our school created the winning logo of the National contest "SLOW FOOD". This is the winning logo:



It will be a pleasure to share with you and to let you taste **BREAD WITH OIL AND TOMATO** with a little bit of salt and basil or origano. Who will accept to taste it?

The students of the class 4 A di Via Pescara, Chieti (Italia) and the teachers Jennifer, Carmen, Antonella.

