

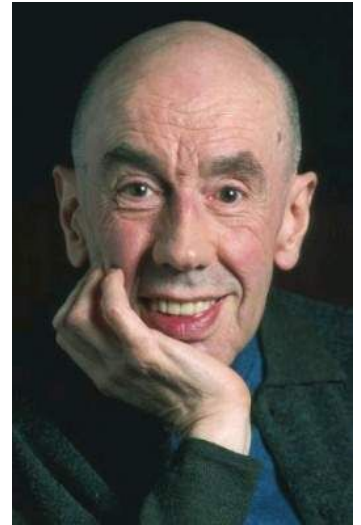


Cofinanciado por el
programa Erasmus+
de la Unión Europea



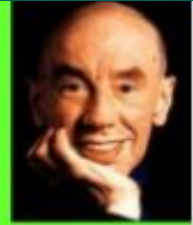
Miquel Martí i Pol

Our poet



This project has been funded with support from the European Commission. This material reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Miquel Martí i Pol



BIOGRAPHY:

Miquel Martí i Pol was born in Roda de Ter (a small town in the North of Catalonia) in 1929 where he lived all his life.

His family was a working class family and he started working at the age of 14 in a textile factory. When he was 19, he had tuberculosis and he read so much.

He started writing and composed a lot of poems, he also became a singer and songwriter and entered to politics. In 1970, he was Diagnosed multiple sclerosis, although this illness did not prevent him from continuing his writing.

Many of his poems had set to music by important Catalan singers such as Maria del Mar Bonet and Lluís Llach.

Miquel Martí i Pol was one of the most popular Catalan poets in the 20th century.



Right now

Let us stand up

once again and let the voice of all of us

be heard, solemnly, clearly.

Let us shout out who we are: let everyone listen!

And, once we are finished, let each and every one

put on whatever clothes they fancy, and go outside,

for everything still needs to be done, and everything is possible.

Some verses

Everything is to be done and everything is possible.

We will be whatever we wish to be.

Love and live every moment in things. The colours are not repeated.

Let's go to read MMP

You have some food poems, traditional catalan recipes!

Try to resolve the puzzle, to say the ingredients and to discover the emotions of the poems.



SOLUTIONS

Bread with olive oil and sugar

Bread with olive oil and sugar,
such a good think
to taste the children.

Slice smeared
with an oiler
but carefully
there's danger.

After the sugar
well spread
all that remains in
well impregnated.

And come on, eat it,
there is nothing
more pleasant
to chew.



Bread with chocolate

A nice piece of chocolate
and a little piece of bread
They are the best snack
The slice of bread is always too much,

And the piece of chocolate is always too short.
And then it doesn't add up.

and if it doesn't make sense, it doesn't matter

because there is no such thing like
bread and chocolate to snack



Bread with tomato

It's great to be Catalan
to eat Catalan tomato bread
with a drizzle of olive oil
and a pinch of salt if needed
rustic bread if possible
because it is tastier
and well-ripened tomatoes,
although not very much.

It is great to have Spanish Ibérico ham
or wide-style sausage
ideal to go with bread
well grated with tomato;
the best Spanish ham
and sausages from the Osona plana
because people from that Catalunya area
are particularly well-known for them.

God bless all this delicious food
and with friends at the table
to share all we eat
and chat

because when chatting with friends
one gets usually hungry
but food if shared
is healthier.



1st poem: Bread with olive oil and sugar

Ingredients

Emotion/feelings

2nd poem: Bread with chocolate

Ingredients

Emotion/feelings

3rd poem: Bread with tomato

Ingredients

Emotion/feelings



CAN YOU PREPARE NOW
THE RECIPES?!





Delicious!!!!

Thanks Miquel Martí i Pol



1. Now share recipes from your country.
2. Decide one recipe or create a new one
3. Write your poem like Miquel Martí i Pol for the

1st Literary gastronomy award
CHAPTER