



# Our breakfast

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Slovak team  
Class 8



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**What do you usually eat for your breakfast?**



**2. Photo of our favourite breakfast**

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**3. Recipe - our favourite breakfast**

**How to make it?**



**Our teacher:**  
**Martina from Slovakia**



1. What do I usually eat for breakfast?

It depends, on the typical school days I just have a cup of coffee with some small biscuits, or smoothie. At the weekend I have much bigger breakfast. I usually have a wholemeal baguette with the cottage cheese and lots of vegetable and a boiled egg.

2. My favourite breakfast: a filling smoothie.

3. Recipe of my favourite SMOTHIE:

I use around 1 cup of unsweetened almond milk, 1/2 cup frozen strawberries, 1/2 cup frozen blueberries, 1 unfrozen medium banana (I think unfrozen ones have better flavor), , 1TBSP chia seed, 1 TBSP peanut butter. Sometimes I will throw in 1 scoop sunwarrior classic vanilla plant protein (especially on days I know I won't eat enough greens or protein).



## Filip from Slovakia.

For my breakfast I usually have homemade christmas bread. And as a drink I like cocoa.

Recipe for cocoa. It's simple to prepare it: Just prepare your cup or glass. Pour milk in it. Heat the milk to keep it warm. But not too much. And if the milk is warm enough take it out of your stove. Then pour three spoons of cocoa in the milk. I use cocoa called Granko.

It looks like this when it's done. Yummy



Recipe for the Christmas bread : 1 cube of yeast, 0,5 kg of flour, 2 eggs and 1 egg to rub, 1 tea spoon of salt, 80 grams of melted butter, 75 grams of crystal sugar, 200 milliliters of lukewarm milk



On your christmas cake you can have butter with jam/jelly, nutella, or just butter.  
I prefer butter with jam but my sister loves it with nutella.

I hope you liked my mini presentation.



**Bon appetite**

Filip from Slovakia

## ***Kristina from Slovakia***

- For my breakfast I usually have sausages. And as a drink I like coffee.  
Recipe for coffee. It's simple to prepare it: pour water into a glass, put it in a kettle, wait for the water to boil and in the meantime prepare a spoonful of coffee and sugar in the glass.
- Recipe for the sausages: 1 pot, 1-2 l water, 1 package of sausages



# Recipe for sausages

- pour 1-2 liters of water into the pot
- then let the water boil
- add the sausages
- wait a while for the sausages to cook
- then turn off the stove
- let their cool down
- and we can eat

Bon appetit!

Kristina from Slovakia



*Viktoria from Slovakia*

## *Scrambled eggs*

**What do I usually have for breakfast?**

*I don't usually have breakfast, but when I have time, I make scrambled eggs.*

**How does it look like?**





## Recipe for scrambled eggs :

1. *Whisk eggs, salt and pepper in small bowl.*
2. *Put oil in the pan, medium heat.*
3. *Pour in egg mixture and reduce heat to medium-low. As eggs begin to set, gently move spatula across bottom and side of pan to form large, soft curds.*
4. *Cook until eggs are thickened and no visible liquid egg remains, but the eggs are not dry.*

## Ingredients:

- *eggs*
- *Pinch each salt and pepper*
- *oil*



Katarína from Slovakia

# Pancakes

***What do you usually eat for your breakfast?***

I usually eat pancakes and juice.

***What does it look like?***

They are in the shape of a small circle. I usually eat them with whipped cream and nuttela.

***How to make it?***

1 cup all-purpose flour

2 tablespoons sugar

2 teaspoons baking powder

1/2 teaspoon salt

1 cup milk

2 tablespoons unsalted butter, melted, or vegetable oil

1 large egg

1 tablespoon vegetable oil

Toppings, such as butter, maple syrup, confectioners' sugar, honey, jams, preserves, sweetened whipped cream, nuttela, or fruit





# Instructions:

- **Step 1:** Preheat oven to 200 degrees; have a baking sheet or heatproof platter ready to keep cooked pancakes warm in the oven. In a small bowl, whisk together flour, sugar, baking powder, and salt; set aside.
- **Step 2:** In a medium bowl, whisk together milk, butter (or oil), and egg. Add dry ingredients to milk mixture; whisk until just moistened (do not overmix; a few small lumps are fine).
- **Step 3:** Heat a large skillet (nonstick or cast-iron) or griddle over medium. Fold a sheet of paper towel in half, and moisten with oil; carefully rub skillet with oiled paper towel.
- **Step 4:** For each pancake, spoon 2 to 3 tablespoons of batter onto skillet, using the back of the spoon to spread batter into a round (you should be able to fit 2 to 3 in a large skillet).
- **Step 5:** Cook until surface of pancakes have some bubbles and a few have burst, 1 to 2 minutes. Flip carefully with a thin spatula, and cook until browned on the underside, 1 to 2 minutes more. Transfer to a baking sheet or platter; cover loosely with aluminum foil, and keep warm in oven. Continue with more oil and remaining batter. Bon appetite <3

# PUDDING

## Tomi from Slovakia

### *What do you eat for breakfast?*

I eat pudding for breakfast.

### *What does it look like?*

It looks like gelatin from milk



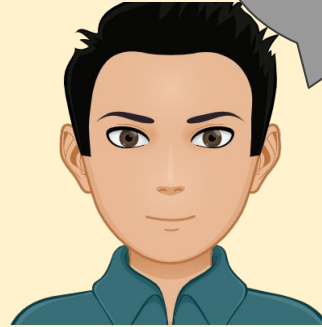
### *What do I need to prepare?*

- half a liter of milk
- One packet of pudding
- 35 gram of sugar



## ***Instructions:***

1. Mix the contents of the package well in 1/3 of the prepared milk
2. bring the remaining 2/3 of the milk with sugar to boil
3. when the milk starts to boil, add pudding to it
4. then cook the pudding for about 3 minutes
5. Pudding is then poured into bowls
6. Then you can decorate it with the biscuits, or chocolate, or fruit.



**Vanesa from Slovakia**

## *Toast with cheese or with spread and cranberries*

*What do you eat for breakfast?*

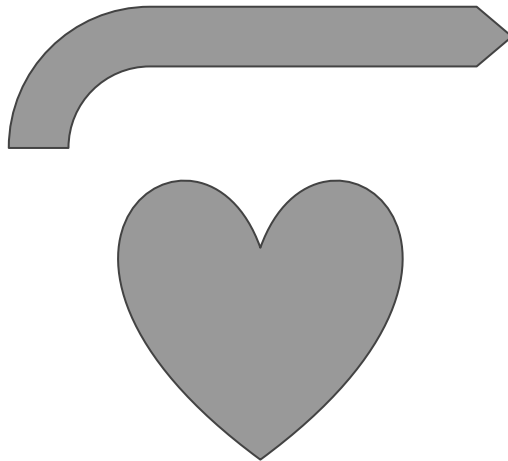
For breakfast, I eat toasts with cheese or with spread/ paste and cranberries.

*What does it look like?*

It looks like in the picture.

*What do I need to prepare?*

- toast 2 slices
- cheese
- duck spread/ paste
- cranberries
- butter



*Instructions:*

1. Put the toasts in the toaster for 2 minutes.
2. After 2 minutes, remove the toast, put it on plate.
3. Cover one toast with butter and put the cheese on it.
4. Cover the second toast with duck spread and put the cranberries on the top.

*And done!*

*It is great breakfast prepared in a maximum of 5 minutes.*

*We can start eating!*





# *Bread in an egg*

Fantastic bread in an egg, a recipe from the left bread.

Preparation time: 15 minutes

1 to taste - salt

1 as required - oil

4-5 pcs - eggs

8 slices - bread



*bread (pastry) soaked in beaten eggs on each side and immediately place it on a heated pan with oil*





We bake bread until golden on each side. If we want crunchy bread, we must use more oil. Place it baked on a paper towel, remove the remaining oil.

a) You can also cover the bread in the egg with ham or cheese.

b) Do not add salt to beaten eggs and spread strawberry jam on baked bread. An unbelievable delicacy. *Bon appetite*

*Michaela Kaššová from Slovakia*



# *Croissant with butter*

## *1. What do you usually eat for your breakfast?*

I usually eat croissant with butter and tea for breakfast.  
It's my favourite breakfast.

## *2. What does it look like?*

My breakfast looks like in the picture.

I get used to having two and I prefer freshly baked ones.

## *3. How to make it?*

### *Recipe:*

#### *1. ingredients*

500 g flour

30g yeast

250 ml lukewarm water

12 g salt

50 g crystal Sugar

100 g fresh butter

250 g

fresh butter



## ***Instructions:***

- 1. Make a dough : mix all the ingredients together.*
- 2.. When the dough is ready, we pick it up and we can start shaping it into rolls.*
- 3.Put the finished rolls into the oven and let them bake for 15 minutes*
- 4.We take it out of the oven and we can start eating*

Bon appetit!



Laura Krišková. Základná škola Michala Tareka Abrahám.  
Thanks for watching.



# Bread with butter and ham

## What do you usually eat for your breakfast?

I usually eat bread with butter and ham and Granko for breakfast. (Granko: chocolate milk)

## What does it look like?

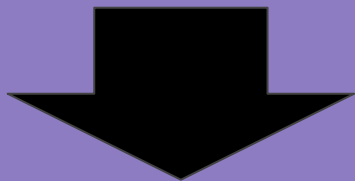
I eat one such bread and drink Granko for breakfast.

## How to make it?

Ingredients:

1. One slice of bread
2. Butter
3. Three slices of ham

(According to what a large slice of bread is)



# Bread with butter and ham

## Instructions:

### Step 1.

Put a slice of bread on a plate.

### Step 2.

Spread butter on a slice of bread.

### Step 3.

Now put the ham on a slice of bread

### Step 4.

You can eat :)

Bon  
appetite



# Waffles

Anna from Slovakia

## 1. What do you usually eat for your breakfast?

★ *I like to eat waffles with some kind of fruit, whipped cream or jam for breakfast.*

## 2. What does it look like ?

★ *Waffles are specific in their shape , they are square looking panckaes with holes in it .They are similar to the texture to thicker pancakes , and they taste like that too.*



## 3. How to make it

The recipe will be in the next slide





# Recipe

## Ingredients

- 2 eggs
- 2 cups all purpose flour
- 1  $\frac{3}{4}$  cups milk
- $\frac{1}{2}$  cup vegetable oil
- 1 tablespoon white sugar
- 4 teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt

## Step 1.

Preheat waffle iron. Beat eggs in large bowl with hand beater until fluffy. Beat in flour, milk, vegetable oil, sugar, baking powder, salt and vanilla, just until smooth.

## Step 2.

Spray preheated waffle iron with non-stick cooking spray. Pour mix onto hot waffle iron. Cook until golden brown. Serve hot.

# ***Fried egg***

## ***What do you usually eat for breakfast?***

*I usually eat cereals with milk for breakfast but when i have time i make myself fried eggs*

## ***What does it look like?***

*It's look like fried egg*

## ***How to make it?***

*I will tell you in the next slide*



## **Instructions**

**Step 1:** Put bread on plate

**Step 2:** Put some oil in the pan

**Step 3:** Break egg and put it in pan

**Step 4:** Fry them until end of it is brown, then turn it

**Step 5:** Then wait about 2 minutes

**Step 6:** Put egg on bread

**Step 7:** Then add salt and pepper.

Bon appetit

Kika from Slovakia

## My breakfast

- I usually have fruit tea and vegetable butter bread with some jam, honey, or marmelade.
- This kind of breakfast is delicious and quite healthy.



- I always eat bread for breakfast.

Barbora from Slovakia,  
class 8



You can find the breakfast of the students from Slovakia, Základná škola M. Tareka on these pages:

4 - 5 Filip Belko

6-7 Kika .Bohunická

8-9 Viki bohunická

10 -11 KATE ((: Grossmanová

12-13 Tomi Hornáček

14 -15 Vani :( Ištoková

16 -17 Miska:-) Kaššová

18 -19 Lauri Krišková

20 -21 Lea Krupová :D

22-23 Anna Kuštárová

24 -25 Kika Štefunková

26 - Barbi Pišiová

