

FOOD

In Italy, food is a big and important part of our culture. In Italy, there are 20 regions and each of them has his own tradition. For example, typical dishes of our region, Emilia Romagna, are Piadina (tortilla), Lasagne, Tortellini and Zuppa Inglese (it is a dessert).



Generally speaking, Italian food is healthy, it's part of Mediterranean diet. We use a lot of vegetables and olive oil that is very healthy.

Typical dishes known in the entire Italy are pizza and pasta.



Pizza and pasta may be rather filling; it depends on how you serve them.

1. Anyway, they are both well-known and eaten abroad, for example in New York there is a whole Italian neighbourhood, full of Italian Restaurants.

We have 3 meals a day: breakfast, lunch and dinner.

The most breakfast, but in lunch and dinner. eat a Croissant and breakfast. People cafeteria or at a for the people Italian usually have



that work have lunch together in a restaurant, where you can eat a first or a second course (as we define the dishes. Of course, pasta is the first course, meat/cheese/fish with vegetables are the second course) As an unspoken rule, we eat pasta for lunch. Instead, for dinner it's usual to eat pizza or meat with salad and vegetables.

important meal should be Italy the main meals are In Italy it's very common to to drink cappuccino for usually have breakfast in a bar by themselves, especially going out to work. The lunch at 13.00 p.m. . People



We usually spend little time for breakfast especially because in the morning we have to rush to school or to work. So we spend only about 10-15 minutes for breakfast. Instead, at lunch and dinner time take more time, about 30-45 minutes.

We have two breaks during the day, the first is at 10.45 in the morning at school and we eat a sandwich or something we take from the machines.

The second break is at about 4 or 5 in the afternoon and we eat a sandwich or a yogurt or some fruit. Primary schools usually have a canteen, therefore pupils eat at school; but at secondary and high school we go to school just in the morning so we eat at home.

On weekdays, the meals are something that you can cook very quickly such as pasta or a main course. In the special occasions, there are at least four different dishes starting with a starter, pasta, meat and vegetables and dessert.

Mothers cook almost every day for their "famiglia" but sometimes also dads cook especially if mums are working. There are women who don't like cooking or they aren't very skillful at doing it, in this case the grown up in the family cooperate or they ask for granny's help.



We go to the restaurant about twice a month just for the special occasions or when we haven't got anything in the fridge. When we want to go out with our friends without paying much, we usually go to the "pizzeria".

We usually eat all the types of meat, but the most popular are beef and chicken. Some families in Italy use to eat the "Cappone" for Christmas. This is a big chicken. Even if we have two courses, we like to finish the meal with some cheese, instead or before the dessert.

In our country, we don't use to go often to the fast food type of restaurant.

The most typical dish among young people is for sure pizza. When we go out for dinner we always eat pizza, mainly because it is good and cheap.

In Italy, we are very proud of our cuisine, so we don't often eat food from other countries, but we do have Chinese, Mexican, Indian and Spanish restaurants.

We, young people, usually drink mineral or sparkling water, coke, fanta during the meals, and coffee, tea, milk or juice for breakfast. Adults drink wine and water during their meals

In our national TV channels, we often see programmes concerning food and cooking, for example Masterchef, Hells Kitchen, The Cake Boss.

There are also catering schools, where you learn about cooking and all catering matters as for example becoming a waiter or a management assistant, director of a hotel.

FOR A SPECIAL SURVEY AROUND EUROPE

We have many types of sausages in fact according to the region you visit you have different names for sausage which implies sometimes different ingredients. The most famous are "Cervellata", "Luganega", and "Noglia". "Cervellata" is from Puglia and it's made with many types of meat. It is usually served with wine.

"Luganega" is from Lombardia and Veneto and it is made of pork and it is rather thin.

"Noglia" is from Molise and it is made with some pork entrails.

We often serve sausages with potatoes puree, fries potatoes, cheese, or salad.

Potatoes are always served with meat or with hamburgers, but they can also be served on pizza. Sausages and potatoes are eaten rather often, maybe once or twice a week.

We have written this text asking our friends and our parents but for the majority of the questions we didn't need to search on the net because it's a part of our culture.

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