

Day 2. Monday 14th

Excursion around the school.

What is the school's name? Rigo Zaitodes ģimnāzija

What amazed/surprised me the most about the school?

I was surprised that this school is very big and this school was very floor

Lāci. Bakers' Expedition. (jobs, tools, history and degustation).

What did I get to know

We make big cake which was very good

FOOD DIARY

I was fed in the family:

For breakfast - cereal with milk

For lunch - sandwich or banana

For supper - pie



When Latvians talk about their land national identity, nothing would describe it more exactly than a real rye-bread.



The bakery "Lāci" uses immemorial cultivated master knowledge and skills to bake the bread. The real rye-bread is baked from the steel cut rye meal, the fermentation process takes place in wooden tubs, the fermentation base is created rather with the starter than with the pressed yeast, bread is baked in a real wood-fired hearth and all this gives a unique flavor and nutritional value to the bread.