



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.



Day 2. Monday 14th

Excursion around the school.

What is the school's name? Rīgas Valsts ģimnāzija

What amazed/surprised me the most about the school?

I was surprised that this school is so big  
you can use phone during the lesson.

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

What did I get to know

I got to know that bread is baked in  
a real wood-fired hearth



**FOOD DIARY**

*I was fed in the family:*

For breakfast - cereal with milk or sandwich



For lunch - sandwich

For supper - salad and sandwich