



8th Class Eating Habits

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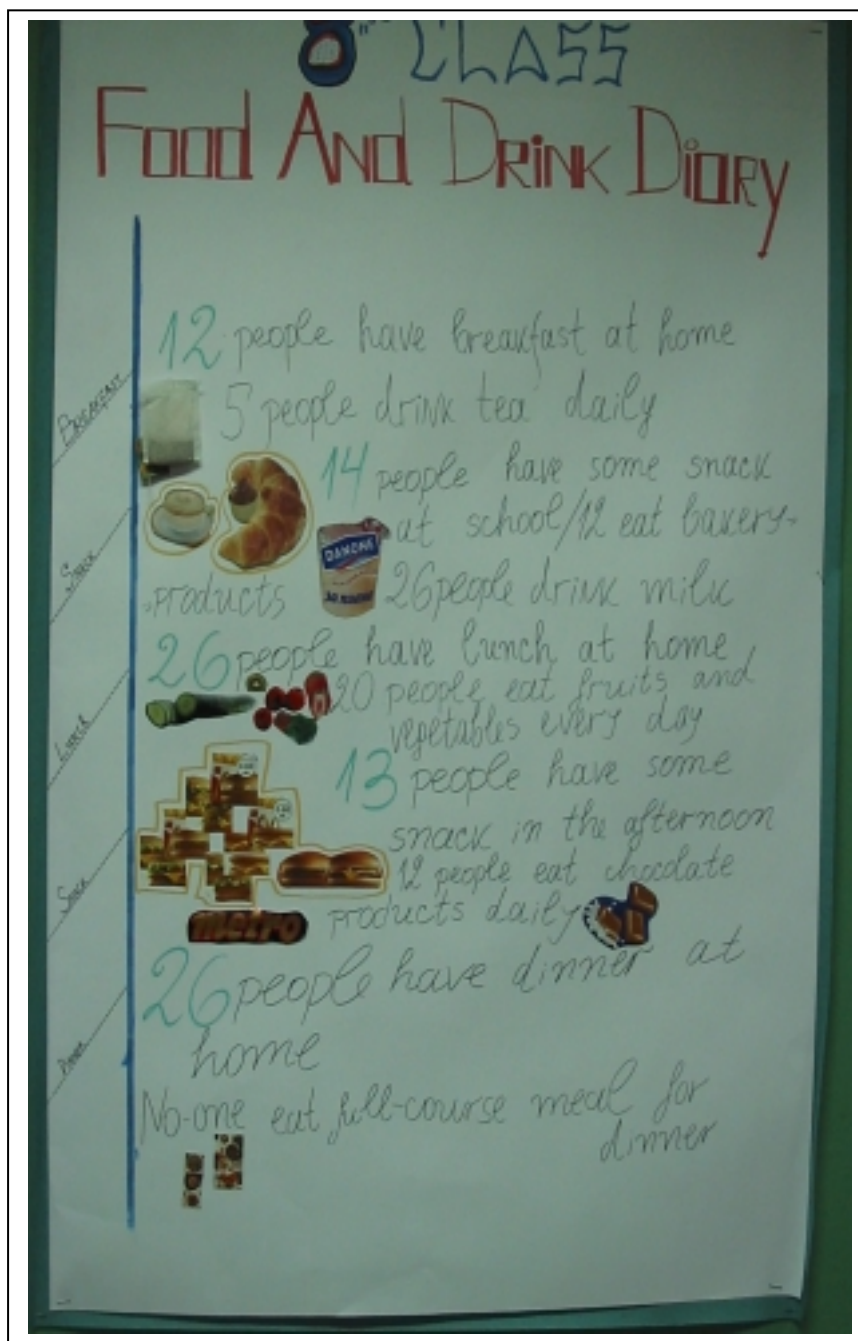
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Some statistics about our class

What we think



The people who choose and prepare my food in our family. Usually my mother chooses and prepares our food. But recently my father goes shopping. My brother and I sometimes go shopping, too. My mother often prepares lunch and dinner. But, my brother and I prepare our breakfast. When my mother is busy my grandmother prepares our food. In fact most of the time, I prepare my food because now I'm in the school boarding house, so I choose and decide what to prepare for myself.
Elena

Evgenia 8 e - 4000 years ago there were no fast food restaurants. In fact there were no restaurants. I think that people didn't know what 'diet' or balanced menu meant. They ate what they took from the land. But now all the people want to live longer. They believe that the right eating habits are important for their heart. So, they don't eat meat and many other foods, they only eat food that the doctors call 'healthy' food. But there are people who don't think that 'healthy food' helps their bodies feel better so they eat what they want and say 'we feel happy'.

A traditional Bulgarian recipes

Tania 8 d - A traditional Bulgarian recipe – Stuffed Cabbage Leaves (Sarmi)

You need: 2-3 onions, 5 tablespoons of oil, half a kilo of minced meat, black and red pepper, mixed savoury herbs, a little tomato juice, half a cupful of rice and sauerkraut. The onions are chopped fine and stewed in a little water and the oil. Then, the herbs are added as well as the black and red pepper. The rice is added to the mixture and it is browned in the oven for a few minutes. After that the minced meat is added and stirred well. The sauerkraut is washed beforehand and separated into little cabbage leaves. Each of them is taken and some of the mixture is put into it, and then wrapped up. Next, all of the rolled leaves are arranged closely in a saucepan and are covered with the remaining sauerkraut brine and boiled over a gentle flame.
I wish you good appetite.

Some statistic about us (8D)

1. 13 people don't eat at home.
2. 15 people eat snack like kit-Kat, siesta, and things like that. They do this at school.
3. 4 people eat breakfast at school. Like banitsa and coca-cola for example.
4. 17 people eat hot lunch. like soup, mosaca. the others eat things like meat croquettes, steak with green salad.
5. 2 people eat fruits like banes, oranges, kiwi and so on. The others eat chocolate again.
6. At most everybody have dinner at home. Fore example some of us eat steak, the others prefer quick dinners.



Ivan Zvezdev
– famous
Bulgarian TV
chef.

At Christmas...

In Bulgaria Christmas is called `Koleda`, which comes from the Latin word `Kalende` (it is an ancient Roman celebration). There are many traditions that had remained for ages in Bulgarian way of life. These customs are inherited from the nations settled in our lands a long time ago - the Romans, the Greeks, the Slavs and the Thracians.

The night before Christmas is more important for the people because it is exactly the time when Jesus was born. That is why there are also very special traditional preparations for food and drinks. We can say that the habits make the atmosphere more solemn because of their importance, even holiness for many of the Bulgarians.

The loaves of bread are very important on the Christmas table. It is not possible to buy these round loaves from the supermarket. They are prepared at home by our mother or grandmother. More often than not on the flat cakes there are pictures which are symbol of God and the Saints. We often eat it spreading some honey on top.

In addition to these loaves there are 7, 9 or 11 dishes, their number is strictly determined (7, 9 and 11 are sacred numbers representing a completed cycle). The food is meatless - haricot beans, `sarmi` (a traditional Bulgarian specialty made from cabbage and rice), capsules with rice, cooked corn and also walnuts, garlic, onion, salt and pepper. It is usual to put on the table many fruits, especially dried fruits (pulled grape and figs).

The dinner party cannot start before the blessing. The oldest couple takes the biggest round loaf and divides it into pieces. An old tradition says that the first piece must be assigned for the dead ancestors and put next to the icon of the Mother of God.

In the villages in Bulgaria it is very popular to butcher a pig on the next

day. The hog is specially fattened for Christmas. A long time ago the people believed they could see the future of the house and the family looking at the pig's shoulder - blade.

Lilly and Mariana, 8 z

Some beliefs about food in Bulgaria

The Bulgarian Ritual Breads – 8 E class



Bread has always been very respected in Bulgaria. Some breads were prepared almost for each feast. The most important moments in people's lives were celebrated with rituals in which the bread had a special place. A round loaf was prepared for a new born child. It is like a symbol of gratitude to God. The round loaf bread was lifted and that was like a wish to the child for a long and happy life. More interesting are the breads for Christmas, because their representations are the richest in symbols and decoration. These breads have special diversities in the different parts of the country. Even nowadays in the northwestern areas of our country many breads are kneaded each with independent interpretation, but each obeys the functions of the ritual. One of the breads is given up to the home and the health of the family.

Another bread typifies one of the most important things for the people who live in the small villages - the harvest. It is called "Field" and has some symbols like reaper, reaping-hooks and sheaves of wheat.

The snake is also a very important symbol because the old people say that if they respect her, it won't appear at the field.

The bread with the figure of a grapevine is dug into the ground somewhere at the vineyard.

The bread "Sheep-fold" is prepared for the health of the sheeps and there are sheeps, lambs, the shepherd and the sheepdogs represented on the bread.

Separate bread is made for the bees.

Another big feast, when some other breads are prepared, is Easter. Round loaf bread with red eggs is made and given to the relatives. There isn't decoration on these breads nor is it as rich as the ones at Christmas.

The breads that are prepared for St. George's day usually show one main composition – a circle which is not finished (this is the sheep-fold), there are small balls in it (this is a symbol for the sheeps

and lambs), crooked sticks made of dough near the sheep-fold is the shepherd.

The breads made for other feasts seldom have such rich figures. The real forms of the animals, people and objects seldom look like the images on the breads but there are some rules for their representation. It is not connected with their art recreation but with their magical function. This explains the big difference between the reality and the image.

The bread always has various functions but mainly it is about the health of the family and their livestock, for wealth of the home. Now, because of the interesting figures, it is something like art.

SOMETHI NG about our food

Vania 8 e

Traditional beliefs about diet in our country

One of the famous Bulgarian traditional dishes is called banitsa. It's made of flour, eggs, vegetable oil and cheese. There are different kinds of banitsa. In one of them the cheese is replaced by pumpkin.

Another famous Bulgarian dish is musaka. It's made of potatoes, minced meat and on top there is a mixture of yoghurt and eggs.

One of the most famous drinks in Bulgaria is rakia, a spirit made from grapes. It goes with Shopska salad. The salad is made of tomatoes, cucumbers, onion and cheese sprinkled on top. Another Bulgarian drink is ayrian. It's made of yoghurt and water. Yoghurt is also a national dairy product. It's famous all over the world.

In Bulgaria we often welcome people and guests with bread and spice and honey. We also have other dishes for different holidays. For example, on the 6th May, St George's Day, we eat lamb. On 6th December, St Nicholas' Day, we eat fish. At Christmas we eat pork and on Christmas Eve we don't eat meat.

At Easter we eat painted eggs and bakery products like kouzanak (sweet bread) and special cookies called kurabiiki.

What the papers say...

Rather a big part of the things that the papers say about our food and the people is nothing good. There is only bad news in the papers, for example this clip says that Bulgaria is in second place in the world for heart attacks after the Lebanon. It's from the Trud newspaper from 19th

October. The thing in the paper's very sad but that's the truth...



Bulgaria is second in the world for heart diseases. Most of the people here die because of that. 70,000 Bulgarians die each year and the reasons are the ill health, that are result of the unhealthy food and the fact that people can't or don't want to stop smoking.

Extra, extra...

The Coca Cola test



20 students were asked to taste three unidentified cola drinks from bottles labled A, B, C.

The drinks were

- A = Coca Cola
- B = Select Cola (Local Brand)
- C = Pepsi



	A	B	C
Coca Cola	9	6	5
Cola Select	5	7	8
Pepsi	6	7	7

In 6 classes a number of students came to the front and tasted all three drinks in turn and then wrote down which drink they thought was in bottle A, B, C.

The results show clearly that it is not as easier as you might think to identify your favourite drink.

This went on to the discussion about what else influences our choice in popular drinks.

Is it Britney Spears? Michael Jackson, Santa Claus and thoughts of Christmas? Fashion,

Image?

We also left one cup with a small mixture of all three drinks and a piece of broken egg shell to see what the drink does to the shell. This is an attempt to mirror what happens to teeth.

And then...

After three weeks the cola had little effect on the shell apart from the fact that it turned much of the shell black. Is this the same with teeth?

Where we eat at school...

There is no canteen at school. It closed a few years ago. So, this explains the snacks and sandwiches and stuff in the statistics.

This is the view of the tuck shop in our school in one of the breaks



This is the view of the snack bar



And this is in the café bar

