



TRADITIONAL HEALTHY FOOD AND SNACKS

**CHEER-NUTRITION (CIVIC HEALTH EFFICIENT
EDUCATION RESPONSIBLE NUTRITION)**





DRIED FRUITS

Dried fruits are a very popular healthy snack in our region. You can easily carry them in your bag when going out.

In many homes, fruits such as apples, pears, cherries, plums, apricots and strawberries are dried in the sun in the summer and consumed in the winter.

Akşehir Science and Art
Centre/Akşehir/Konya/Türkiye



TARHANA

Ingredients

- 1kg wheat for ash
- 2 kg yogurt
- 1.5 tablespoons of salt
- 1.5 tablespoons of thyme
- 6 liters of water

• Construction

1. We soak one kilogram of wheat in water. We wait until the wheat swells.
2. We put the swollen wheat in a pot and add our water. We put the pot on the stove.
3. After it boils, we stir it occasionally. After the batter thickens, we let it cool.
4. After it has cooled, we put our whey in a large bowl and pour 2 kg of yogurt into it.
5. After mixing well, add salt and thyme and mix well.
6. then pass through the food processor and spread in a thin bag or container
7. After drying in the sun, remove from the dew or bag
8. Enjoy your meal

Akşehir Science and Art
Centre/Akşehir/Konya/Türkiye

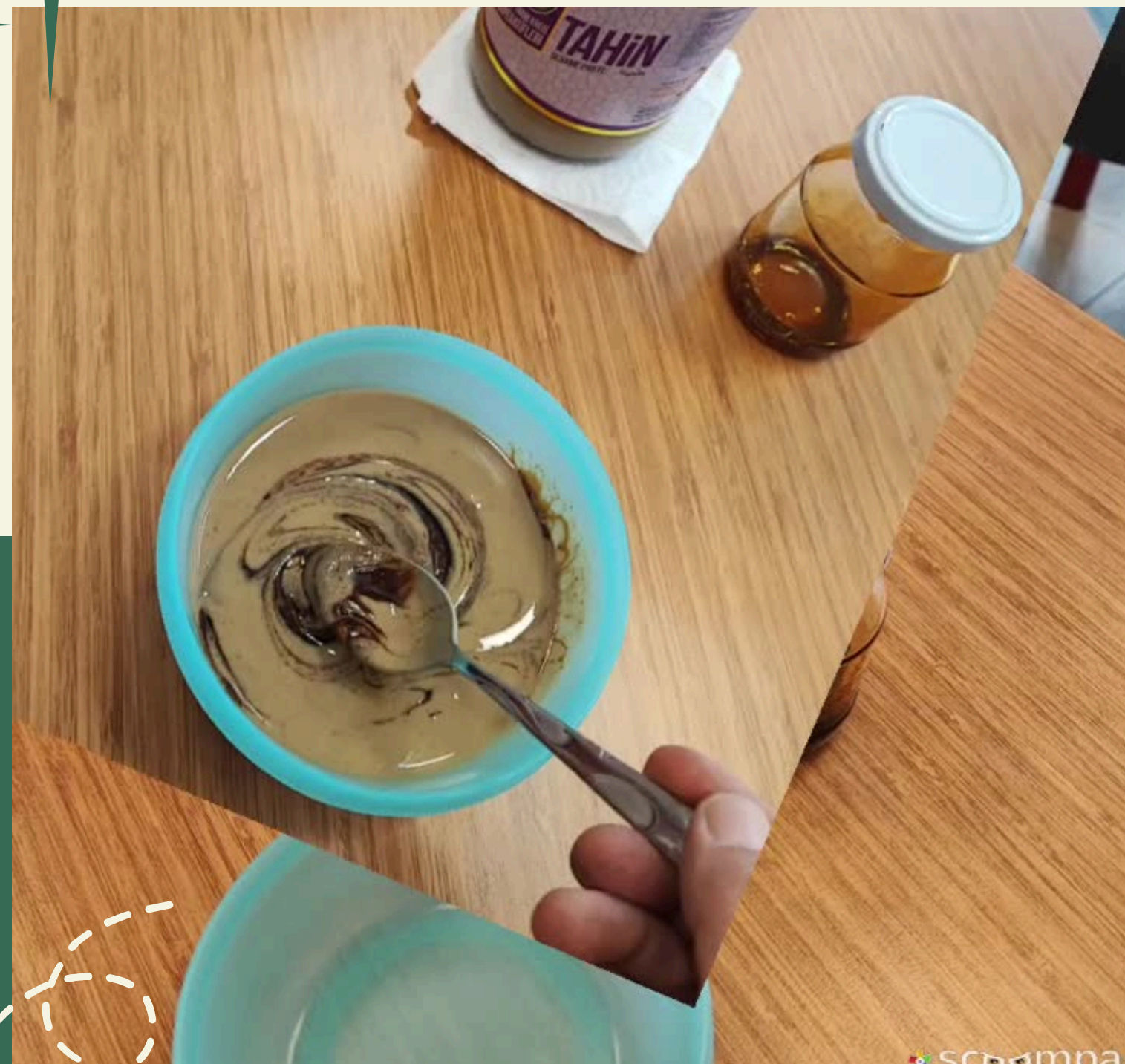
ÇILBIR



First we crush the strained yogurt and add salt and garlic. We put water in the pot and mix it quickly. We break the egg into the water we mix and cook it.

When the egg is cooked, we put the egg on the yogurt. We melt the butter and add spices to the butter. We pour the sauce over the egg and eat it for breakfast.

Akşehir Science and Art
Centre/Akşehir/Konya/Türkiye



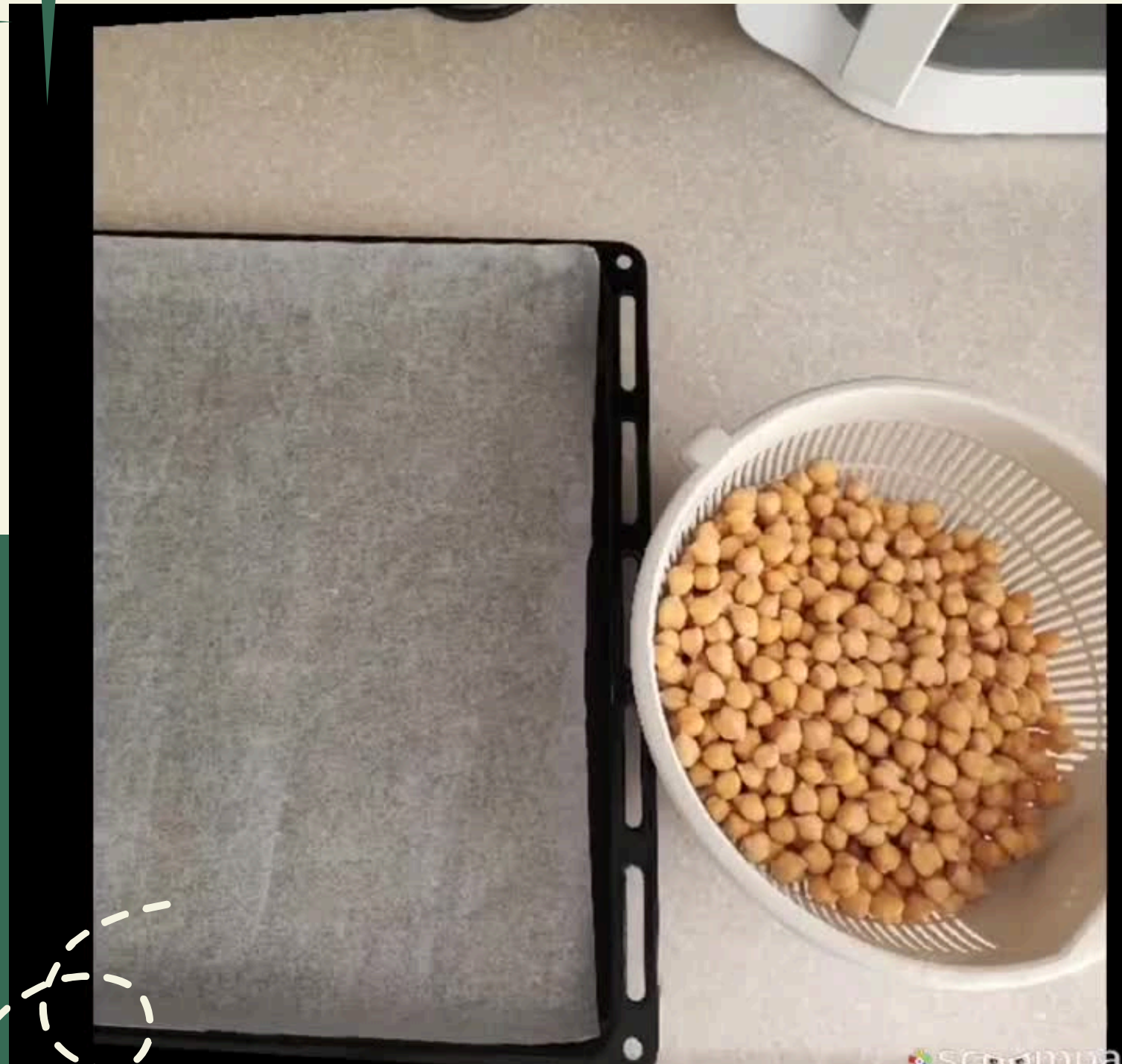
TAHINI MOLASSES

Tahini molasses mixture is the most consumed natural dessert in our region. Tahini is obtained from sesame seeds.

Molasses can be obtained from many fruits. Today we used grape molasses. When we mix molasses and tahini and eat it especially after fish dishes, it prevents poisoning.

Akşehir Science and Art
Centre/Akşehir/Konya/Türkiye

BAKED CHICKPEAS



First, soak the chickpeas in water overnight. In the morning, drain the water and add a little salt and mix. Then, place the baking paper on the baking tray and pour chickpeas and then spread them.

Bake them in the oven in a controlled manner. Remove them and let cool. Your tasty and healthy snack is ready. Enjoy it!

Akşehir Science and Art
Centre/Akşehir/Konya/Türkiye

TURKISH STUFFED GRAPE LEAVES (SARMA)



Ingredients:

- Grape leaves
- 1 cup rice
- 1 onion
- Olive oil
- Salt, pepper, mint
- 1 lemon
- Water

Steps:

1. Prepare Leaves:
2. Boil or wash grape leaves.
3. Cook Filling:
4. Cook onion, rice, oil, and spices for a few minutes.
5. Roll Sarma:
6. Put filling on leaf, fold, and roll.
7. Cook Sarma:
8. Place rolls in pot. Add lemon and water. Cook for 40 minutes.
9. Serve:
10. Let's cool. Serve with lemon.

Alaşehir Emine Elem Kayacık Secondary
School/Manisa/Türkiye



STUFFED PEPPERS

Ingredients:

- 4 green peppers
- 1 cup rice
- 1 onion
- 2 tomatoes
- 2 tablespoons olive oil
- Salt and pepper
- Parsley (optional)
- Water

Instructions:

1. Wash the peppers and cut the tops. Remove the seeds.
2. Chop the onion and tomatoes.
3. In a bowl, mix rice, onion, tomatoes, salt, pepper, and olive oil.
4. Fill the peppers with this mix.
5. Put the peppers in a pot.
6. Add a little water to the pot.
7. Cook on low heat for 30–40 minutes.
8. Serve warm.

Alaşehir Emine Elem Kayacık Secondary
School/Manisa/Türkiye



PUMPKIN SOUP

Ingredients:

Garlic; pumpkin; carrot;
oil; spinach; water.

How to do it:

First, we take a pan and
add the olive oil to the
pumpkin, carrot and
garlic.

Letting it braise a little. Then
water is added so that the
food is cooked. Once cooked,
go through the process to form
a cream.

Add the spinach as soon as it
is cooked, it is ready.
Enjoy your food!

Agrupamento de Escolas Gonalo Sampaio,
P voa de Lanhoso/Portugal

Ciorbă de Potroace (TRADITIONAL ROMANIAN SOUR OFFAL SOUP)



Ingredients:

- 500g (1 lb) chicken giblets (liver, heart, gizzard, neck, wings – traditionally from the bird used for feast like roast chicken or turkey)
- 1 onion, finely chopped
- 1 carrot, grated or finely chopped
- 1 parsnip, grated or finely chopped
- 1 celery stalk, finely chopped
- 1 bell pepper, finely chopped
- 100g (1/2 cup) rice
- 2-3 tablespoons oil
- 1.5 – 2 liters (6–8 cups) water
- 500 ml (2 cups) brine from sauerkraut (zeamă de varză) or sour borscht (borș acru, fermented wheat bran)
- Salt and pepper to taste
- 1 bunch of fresh lovage or parsley, chopped
- Optional: 1 egg yolk + 3 tbsp sour cream (for final thickening)

Școala Gimnazială „Smaranda, Dumitru
Roman” Vizurești/Romania



Ciorbă de Potroace (Traditional Romanian Sour Offal Soup)

Instructions:

1. Clean and boil the giblets:
2. Thoroughly wash the giblets. Boil them in salted water for about 10–15 minutes. Skim off the foam that forms on the surface.
3. Prepare the vegetables:
4. In a separate pot, heat the oil and sauté the onion until translucent. Add the carrot, parsnip, celery, and bell pepper. Cook for 5–7 minutes until slightly softened.
5. Combine:
6. Add the sautéed vegetables and the giblets (along with the boiling water) into one pot. Add more water if necessary to reach 1.5–2 liters total. Simmer for about 30 minutes.

1. Add rice:

2. Add the washed rice and continue cooking for another 10–15 minutes until rice is cooked.

3. Sour the soup:

4. Add the brine (zeamă de varză) or sour borscht (borș acru). Bring to a gentle boil again for another 5–10 minutes. Adjust the sourness to taste.

5. Season and finish:

6. Add salt and pepper to taste. Turn off the heat and sprinkle with freshly chopped lovage or parsley.

7. Optional final thickening:

8. Beat the egg yolk with sour cream in a bowl. Slowly add a few tablespoons of hot soup to temper it, then gently pour the mixture back into the soup pot while stirring. Do not boil after adding, or it may curl.

Serving: Serve hot, ideally with crusty bread and optionally a chili pepper on the side. It's traditionally served after a rich meal (like after a wedding feast or heavy holiday dish) to help with digestion.

Școala Gimnazială „Smaranda, Dumitru
Roman” Vizurești/Romania



SARMALE- ROMANIAN RECIPE

One popular traditional food from Romania is sarmale. It's a dish made of cabbage rolls stuffed with a mixture of minced pork (or sometimes beef), rice, and various spices.

These rolls are then simmered in a flavorful tomato sauce, often with smoked meat added for extra depth of flavor. Sarmale is commonly served with sour cream and polenta (mămăligă) on the side.

Scoala Gimnaziala nr. 1 Barcea/ Romania



TABBoule

Tabboule is a traditional healthy food. It could be considered as a starter or a kind of salad. It is very nutritious since its ingredients are vegetables

Riad Soloh Secondary School/Lebanon



BIGOS

Traditional bigos, which is the perfect recipe for a real, old Polish bigos prepared from a combination of sauerkraut and sweet cabbage.

In addition, a lot of different meats and delicious smoked meats such as bacon and mushrooms. Some of us add a dried plums for better taste. We eat bigos with potatoes or bread

Zespół Szkolno-Przedszkolny w
Białej/Poland



GEORGIAN CHKMERULI

INGREDIENTS

- 2 pounds chicken (skin-on breast, legs, and thighs)1 tablespoon salt3 tablespoons clarified butter or ghee1/4 cup all-purpose flour1/4 cup rice flour (can be substituted with all-purpose flour)5 large garlic cloves, minced1 1/2 cups whole milk1 teaspoon Khmeli Suneli spice blend (optional)Freshly ground black pepper, to taste

- INSTRUCTIONSBegin by patting the chicken pieces dry and seasoning them generously with salt. Heat 2 tablespoons of clarified butter in a medium-large heavy-bottomed pan, such as a cast iron skillet or Dutch oven, until shimmering. In a shallow bowl, mix together the rice flour and all-purpose flour. Dredge each piece of chicken in the flour mixture and then fry in the hot skillet until both sides are golden brown and crispy, approximately 5 minutes per side. Remove the chicken as it finishes and set aside. Once all the chicken has been fried and removed, wipe the pan clean to remove any excess oil and flour. Melt the remaining tablespoon of clarified butter in the same pan. Add the minced garlic and stir for about 20 seconds until fragrant. Pour in the whole milk and bring it to a simmer, stirring in the Khmeli Suneli spice blend if using.

LEPL Gori Municipality Village Adzvis Public
School/Georgia



GEORGIAN CHKMERULI

- Reduce the heat to medium-low, return the chicken to the pan, and let it simmer gently for about 25 minutes, or until the chicken is tender and thoroughly cooked. Adjust the seasoning with additional salt and freshly ground black pepper as needed. Serve the Shkmeruli hot, ensuring each piece of chicken is well-coated with the creamy garlic sauce for maximum flavor.

EPL Gori Municipality Village Adzvis Public
School/Georgia