

Kitchen - a Fascinating Classroom

HOME ECONOMICS AS CONTEXTUALIZED CONTENT FOR CLIL CLASS

A material package

A Pro Gradu Thesis

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Tutkielman aiheena on kotitalous CLIL-oppiaineena monikanavaisin opetusmenetelmin. Aluksi tarkastellaan CLIL-menetelmän soveltuvuutta kotitalousopetukseen. Sen jälkeen esitellään monikanavaisten opetusmenetelmien etuja ja niiden soveltuvuutta kotitalousopetukseen. Seuraavaksi tarkastellaan CLIL-kotitalous oppimateriaalien suunnittelussa ja laatimisessa huomioon otettavia seikkoja, erityisesti vieraille kielille ja kotitaloudelle laadittujen opetussuunnitelmien yhteensovittamista. Lopuksi luodaan vielä katsaus CLIL-opetuksen tulevaisuuden näkyymiin.

Itse materiaalipaketti koostuu 38 luvusta. Luvut on ryhmitelty 6 jaksoon, joista kukin käsittelee kotitalousopetuksen keskeisiä teemoja. Kukin luku koostuu tekstiosuudesta sekä siihen liittyvistä aktiviteeteista. Tekstit on laadittu rinnakkaisille palstoille, joista toinen on suomen - ja toinen englannin kielellä siten, että oppimateriaalin käyttäjä voi vaivattomasti vertailla niitä keskenään. Kunkin luvun tehtäväosiossa oppilasta aktivoidaan monikanavaisuuteen perustuvien tehtävien avulla.

Asiasanat – Keywords: CLIL (Content and Language Integrated Learning), multi-sensory learning, material design

TABLE OF CONTENTS

1. INTRODUCTION

2. CLIL AND HOME ECONOMICS

- 2.1. CLIL Defined**
- 2.2. CLIL – Why So Popular?**
- 2.3. Concrete Content Favored in CLIL**
- 2.4. CLIL Teachers and Their Linguistic Competence**

3. MULTI-SENSORY LEARNING

- 3.1. Multi-sensory Learning Methods**
- 3.2. Kitchen – an Ideal Multi-sensory Learning Environment**
- 3.3. The Sapere Method and CLIL Home Economics**

4. MATERIAL DESIGN

- 4.1. CLIL Teachers Create Their Own Materials**
- 4.2. CLIL Teacher and a Needs Analysis**
- 4.3. Authentic CLIL Material**
- 4.4. Material Design and the Finnish National Curriculum**

5. MATERIAL PACKAGE

- 5.1. The Themes of The Material Package**
- 5.2. The Core Contents in Home Economics in The Finnish National Core Curriculum**
- 5.3. Special Features of The Material Package**

6. DISCUSSION

7. BIBLIOGRAPHY

8. APPENDIX

MATERIAL PACKAGE: KITCHEN – A FASCINATING CLASSROOM

1. INTRODUCTION

As studies indicate, in the recent years, Content and Language Integrated Learning (CLIL) along with other forms of dual-focused education has become increasingly popular in many countries in Europe. In the present paper, the pedagogy behind the CLIL method and the reasons for its success will be discussed. The CLIL method, however, presents some challenges to the CLIL teacher: A challenge that many CLIL teachers face is how to keep the input comprehensible and yet not to neglect the objectives defined for the content subject in the national curriculum. As Nikula & Marsh (1997:27) point out, subjects with concrete and contextualized content and relatively little cognitive load to the learner seem to be favored in CLIL, and thus, in this paper, home economics is presented as one of the most potential subject for a CLIL class.

When teaching content through a foreign language, learning can be facilitated by multi-sensory stimuli. Multi-sensory learning is regarded as an effective learning method, because greater total information can be processed when spread between multiple senses. The present paper also discusses, how multi-sensory learning methods could be employed in CLIL home economics class. A specific multi-sensory learning method that is presented in this paper derives from Sapere method, which is a nutritional education method that is based on sensory experiences in getting to know food and learning eating habits.

As the amount of available CLIL materials is still limited, a CLIL teacher usually needs to create her own course material. The present paper discusses some of the questions that are to be considered when designing CLIL course material. In the end, the specific features of the present material package will be introduced.

The present material package is designed to meet the goals defined in the Finnish National Core Curriculum for optional home economics course in secondary school. It consists of 38 chapters that deal with the central themes defined for optional studies in home economics. Each chapter consists of a food related article and an interactive part. The articles are written both in English and in Finnish on the parallel columns enabling effortless comparison between the two languages. The interactive part contains exercises that are based on multi-sensory learning methods, especially on Sapere method.

2. CLIL AND HOME ECONOMICS

2.1. CLIL Defined

According to a definition provided by Marsh (2002) CLIL is "a dual-focused educational context in which a language [other than the first language of the learners] is used as a medium in the teaching and learning of non-language content". Jäppinen (2002:13) writes that in CLIL rather than the actual emphasis being on language learning, both content and the language component form the entity to be learned. These two definitions emphasize the dual-focused approach, in which neither language nor content should be neglected. The cross-curricular approach provides a framework for achieving several educational goals without extra strain on curricular time or resources (Marsh 2002). The cross-curricular approach is the opposite of subject-specific curricula. Sometimes CLIL can be used as "a generic umbrella term which encompasses any activity in which a foreign language is used as a tool in the learning of non-language subject in which both language and subject have a joint curricular role" (Marsh,2002: 58).

CLIL is sometimes used as a synonym of content-based instruction (CBI). Järvinen (2005:434-436) discusses the differences between the definition of CLIL and that of CBI. The aspect that CLIL and CBI have in common is the integration of content learning with language teaching aims. However, the definition of CLIL emphasizes the *equally* important roles of both content and language component, whereas according to a more specific definition of CBI given by Brinton, Snow & Wesche (1989:8) refers to "the concurrent study of language and subject matter with the form and sequence of language presentation dictated by content". In CBI more emphasis is put on content and less on the language component, so that the content decides the language input (Takala,1994:80-81). There are, however, different versions of CBI with varying stress on content and the language component.

The term CLIL is also used as a synonym of immersion. There are different types of immersion bilingual education programs ranging from full immersion to partial immersion and from early immersion to late immersion. CLIL as well as immersion, has been used as a generic umbrella term (Marsh,2002:56). Full immersion has been well-known since the outset of the highly successful immersion programs in Canada from the mid 60s and onwards and it has been extensively researched ever since. Full immersion, usually used as a synonym of early immersion, starts in the kindergarten and has been

shown to yield best results, especially in spoken expression. (Järvinen,2005:436). However, as Marsh (2002:56) states, what is successful in the Canadian context is not necessarily equally successful in the European context. Marsh notes that there is evidence that immersion bilingual education is more successful for majority language speakers than for those with a minority language background.

Partial immersion, on the other hand, is a form of immersion, in which some significant areas of a subject are selected to be exploited in a foreign language. In CLIL the corresponding form of partial immersion is language showering, which involves 30 minutes to one hour exposure to the target language per day (Mehisto, P., Marsh, D., Frigols, M. J. 2008:13).

In the present paper, when referring to the integration of content learning with language teaching aims, the term used is CLIL, which is the term used when referring to the recent European implementations of CBI (Järvinen,H-M. 2005: 434; Cf. Ministry of Education 1999).

The idea of the CLIL environment is not only to expose students to language input, but also to provide opportunities to meaningful interaction Nikula & Marsh, 1997: 14). As regards for meaningful interaction Rivers (1983:49) points out that students cannot just be told to interact in a foreign language. Their motivation to communicate must be aroused as well. According to Rivers, in most instructional situations such motivation can be fostered by the intrinsic attraction of the task proposed and the students' interest in developing it. Rivers writes that such interest will make interaction that follows autonomous: a genuine communication from one person to another.

2.2. CLIL – Why So Popular?

CLIL has established its place in the Finnish school system from elementary level through secondary level and vocational school to higher education as early as in the mid-1990's, as the study conducted by Nikula & Marsh (1996) shows. The study also reveals that there is a scale of CLIL practices in Finland varying from small-scale experiments with just one hour or less of instruction a week to extensive language programs in which most of the teaching is given in the foreign language. In addition to this, some factors that vary from school to school are the length of the teaching period, the comprehensiveness of the program, the subjects to be taught and the amount of Finnish used in class (Nikula & Marsh,1997:24). There are both advantages and disadvantages to this variety. One advantage is that schools can tailor their teaching to

meet the needs of their students. On the other hand, in the long run, such variety may hinder material design and evaluation (Nikula & Marsh,1997:24).

There are many advantages to CLIL approach. One reason for the growing interest in CLIL is based on the positive results received from research on bilingualism (Nikula & Marsh,1997:13). When being exposed to language input, the students' language skills are improved even though not being given formal language instruction, because the opportunities to use meaningful language increase. When students get positive experiences in connection with foreign languages, they are likely to develop positive attitudes of themselves as language learners, which may turn out to be an asset in the future, when studying other foreign languages. This is often the objective of "language showers", small-scale CLIL experiments (Nikula & Marsh,1997: 25). Studies show that CLIL has a positive impact on students' attitudes toward language learning and on students' self-esteem (Van de Craen & al,2007:73).

There are also social factors for the CLIL method. In today's globalized world, the demand for competent language users is ever growing (Nikula & Marsh,1997:25), and therefore, a positive attitude toward foreign languages, their speakers and foreign cultures is considered an asset in the job markets. The CLIL method trains people for job markets, for instance, by developing intercultural communication skills, by improving overall target language competence, especially oral skills, by deepening awareness of both mother tongue and target language and providing opportunities to study content through different perspectives (Marsh,2002:67-68). If CLIL education starts early, chances are that the student receives functional bilingualism as Takala (1996 as quoted by Nikula & Marsh 1997:14) notes. Moreover, dual-focused education is a more economical solution than increasing the number of hours scheduled for formal language instruction. With the CLIL method both content and the target language are learned at the same time.

A study conducted by Várkuti (2010:74) suggests that CLIL students are more competent both for social and for more cognitively demanding academic communication. Furthermore, CLIL students who studied some of their non-linguistic content subjects through English performed better in cognitively demanding linguistic tests than non-CLIL students, who enrolled in an intensive foreign language class. CLIL students were linguistically more competent both in connection with vocabulary and grammar. They had a larger vocabulary, better skills in applying grammar rules, and better linguistic awareness. They also had a greater confidence in their language use. All in all, the CLIL

students in the study were functionally more proficient in the foreign language than the group of non-CLIL students, who studied English by means of the traditional approach.

2.3. Concrete Content Favored in CLIL

A challenge in teaching content in a foreign language is, of course, making the input comprehensible. Krashen's (1981) input hypothesis, one of his well accepted explanations of how second language acquisition takes place, suggests that when the learner is exposed to comprehensible input that is one step beyond his current stage of linguistic competence, acquisition takes place (Krashen, 1981). Comenius (1657) also wrote that students should not be overburdened with matters that are unsuitable to their age, comprehension, and present condition. A challenge that the CLIL teacher encounters is, how to make her teaching comprehensible to students with a limited linguistic competence.

A study conducted by Nikula and Marsh (1997) shows that CLIL teachers usually tend to make their teaching more concrete and more visual. (Nikula & Marsh, 1997: 52) Visual aids are used to compensate limited language skills. When visual aids are coupled with the spoken word, information is received through two senses. In addition to the effective use of visual aids, teachers felt that when teaching in a foreign language, they tend to express their thoughts in a clear, understandable way (Nikula & Marsh, 1997: 54). They tend to use simple words and down-to-earth language. Unnecessary details are left out.

Scaffolding instruction facilitates learning. CLIL students face considerable challenges as they encounter concepts in a foreign language, and therefore, scaffolding is essential in CLIL. Jeroen & al. (2003) define scaffolding as a support that gradually diminishes until it is no longer needed. Mehisto & al (2008: 29) define scaffolding as building on what the students already know and what they can do. Only a simpler learning task that omits some interacting elements can be chosen to reduce cognitive load, especially with very complex, high-element interactivity tasks (Guerni, 2009 :77).

According to a study conducted by Nikula & Marsh (1996: 38) music, arts, crafts and physical education were among the most popular CLIL subjects at elementary level. The tendency may be explained by the fact that subjects with concrete and contextualized content and relatively little cognitive load to the learner can be easily combined with the language component (Nikula & Marsh 1997:27). Jäppinen (2002: 62) points out that CLIL is more demanding for learning abstract contents. Rasinen (2006:114) also writes

that familiar contents fit in CLIL teaching.

A relatively low cognitive level seems to work with older students as well. A CBI teaching experiment conducted with high school freshmen's year students in a home economics class, in Japan, indicates that hands-on experience can be a highly satisfying learning experience. Toshiyuki (2007) reports that classes which emphasize hands-on experience are likely to be more successful than lecture-oriented classes". He concludes that "the first pedagogical implication drawn from this study is that the courses which do not require heavy cognitive load, like home economics, seem to be appropriate to be taught in a second language." Interestingly, Nikula & Marsh (1996:40) also found out that even though both academic and skill subjects are taught through the CLIL method at secondary level, home economics was the most popular CLIL subject.

2.4. CLIL Teachers And Their Linguistic Competence

The linguistic competence required of a CLIL teacher is defined by the Finnish National Board of Education in regulation 3/26/1999 (Ministry of Education, 1999). Jäppinen, who has done research on CLIL teachers' linguistic competence and knowledge of the subject matter, emphasizes the role of communicative competence, i.e. the ability to apply one's knowledge of language in different communicative situations (Jäppinen, 2004: 199). A CLIL teacher should help his students to see how the subject affects their lives and how they can use the language in a beneficial way.

One might, thus, conclude that a native teacher is a better CLIL teacher than a non-native teacher. However, in addition to the linguistic capacity, pedagogical skills and knowledge of the subject matter it is recommendable that a CLIL teacher speaks the native language of the students and has an understanding of the Finnish school practices (Mustaparta & Tella, 1999: 10). For a native teacher it is not always easy to sympathize with his students, who may at times have difficulties in understanding (Mustaparta & Tella, 1999:37). This requirement is more easily met in classrooms, where the students mother tongue is the same as the teacher's.

Learning through a foreign language is more demanding than learning through one's mother tongue. It is, therefore, highly recommendable that CLIL teachers take into consideration the lexical and syntactical load to the student (Brinton & al, 1989:90). The teacher's role in the CLIL class is to give a model to follow. The teacher wants to make sure that the input, to which the students are exposed, is good language and that is why preparation for the delivery is important. A pitfall non-native teachers may encounter is

that they put emphasis on words instead of ideas to be expressed. A memorized word-for-word talk might lead to more formal language and to more complex sentence structures than in natural everyday speech. On the other hand, in extemporaneous talk, words may not be so carefully chosen and the grammar may not be so precise, but the delivery is likely to be more lively, more natural and more interesting to the students.

Teachers with different backgrounds possess different strengths. Language experts have a more comprehensive understanding of how language acquisition takes place, whereas elementary-school teachers may have a better knowledge of content subjects. If CLIL-trained teachers are not available, a close collaboration between a subject and a language teacher, including team teaching, might be an ideal situation. Home economics is an exceptional school subject, because it is taught only at secondary school level, and therefore, elementary-school teachers do not have formal education in home economics. Thus, an ideal CLIL teacher in home economics might be a home economics teacher with the qualifications in the target language. According to a survey conducted by Rauma & al. (2006:29), 12 % of home economics teachers have minored in English. This means one in eight home economics teachers meet the requirements. However, the strict regulations for the qualifications set for a CLIL teacher apply only if the number of weekly lessons in a foreign language is more than four weekly hours. Accordingly, schools without a specific CLIL program and not having teachers with CLIL qualifications could provide some courses such as optional courses in English, as long as the number of weekly hours remains below four. For instance, optional home economics course could be taught in English.

3. MULTI-SENSORY LEARNING

3.1. Multi-Sensory Learning Methods

Multi-sensory techniques have been introduced since the earliest teaching guides. Comenius advocated an 'intuitive approach', which used sensory experience as the starting point for language learning. The main tenet of this approach was that learners respond to visual stimuli, objects and pictures, and not to abstracts, such as grammar rules. Similar ideas are present in a number of 20th century approaches such as suggestopedy that exploits the whole sensory repertoire of the brain more fully during the learning experience. Multi-sensory learning is a humanistic approach to learning that puts the sensory experiences of the learner into a central role.

One advantage of multi-sensory training is that it can engage individuals with different learning styles. Montessori started multi-sensory learning movement at the beginning of the 20th century. Montessori schools use a mixture of visual, auditory, tactile and kinesthetic approaches. The starting point of the Montessori method is that the child learns about his surroundings through his senses. By means of sight the child perceives forms, colors and sizes. Through hearing ability the child perceives sounds, their volume, pitch, beauty and harmony. Through touch the child perceives temperature, pain, sizes, forms and texture. By smelling the child learns scents and odors. By tasting the child learns to distinguish sweet, salty, bitter and sour tastes. Montessori believed that the learning material of a child during his first years must be concrete, because a child learns through his senses. A child is helped to name and further, organize the experiences and observations received through senses (Parkkonen, 1995: 100-101).

In fact, multi-sensory learning is how we learn in everyday situations. Our daily life involves constant multi-sensory stimulation. According to Shams and Seitz (2008:415), "unisensory processing would correspond to an artificial mode of processing that does not use the perceptual machinery to its fullest potential". They also note that human brain learns and operates in environments in which behavior is often guided by information integrated across multiple sensory modalities. No wonder, then, that memory research has found out that multi-sensory exposure leads to superior learning results compared to unisensory exposure. A study of object memory conducted by Shams & Seitz (2008:414) shows that words were recognized better in the second presentation of the objects, when they had previously been presented with their corresponding sound or in the context of an odor, even though the sound or the odor were not present in the second presentation. Shams & Seitz (2008:414) suggest that "multi-sensory exposure enables stimuli to be encoded into multi-sensory representations, and, thus, will later activate a larger network of brain areas than those invoked after unisensory encoding." They also note that some of the most successful education philosophies have incorporated multi-sensory training into their curricula having empirically noticed the effectiveness of multi-sensory training for various tasks. For example, multimedia educational techniques are becoming increasingly popular. Their assumed effectiveness is based on the assumption that learning can be facilitated by multi-sensory stimuli, because greater total information can be processed when spread between multiple senses. Multi-sensory language learning techniques use visual, auditory, tactile-kinesthetic and articulatory modalities for teaching. Related research

indicates that multimodal processing reduces cognitive load, because information from different modalities can be more easily chunked into short-term memory and used to build long-term representations (See Bagui,1998). The cognitive theory of multimedia learning is based on this idea. It is believed that animations which are co-presented with narrations facilitate learning of facts and concepts. On the other hand, information that is incoherent can interfere with learning. Altogether, these findings indicate that research on the mechanisms of multi-sensory facilitation can have important benefits in pedagogy. (Shams & Seitz, 2008:415)

3.2. Kitchen - An Ideal Multi-sensory Learning Environment

Learning environment is an important element in CLIL, because it can support the learning process by providing useful visual aids that help to make the content more accessible to the learner. As mentioned above, CLIL teachers usually tend to make their teaching more concrete and more visual to compensate their students' limited language skills. Kitchen is a learning environment providing such visual aids. Additionally, the learning environment can also help to create a relaxed atmosphere. Krashen's (1981) affective filter hypothesis, one of his explanations of how second language learning takes place, suggests that learners with a low level of anxiety are better equipped for success in second language acquisition. CLIL supports such holistic view of language learning (Várkuti, 2007:68).

With regard to second language learning, it is believed that the learning process could be enhanced by whole brain activation, stimulating the right-brain processes along with left-brain hemisphere, as naturally occurs in L1 learning (Mishan, 2004:6). Since suggestopedic is a well-known whole brain activation approach, it is appropriate to consider some of the main principles behind it.

Lozanov (1978), the creator of suggestopedic practices emphasizes relaxation and elimination of anxiety in a learning situation. In suggestopedic the focus is on the harmonization of both the cognitive and the emotional side of human personality. These both sides function simultaneously and their equal importance should be acknowledged (Takala, 1980:53). According to the suggestopedic approach, the emotional side can be satisfied by means of arts and music in the learning situation, although the focus is on the cognitively demanding process such as on a mathematical problem to be solved (Takala,1980:54). Similarly, a language learning situation, which is a cognitively demanding activity, can be made more pleasant, if the emotional needs of the learner are

met. Although suggestopedy is about stimulating both brain hemispheres, whereas multi-sensory learning is about multi-sensory stimuli, they both share the idea of using the greatest potential of the human brain.

The kitchen environment naturally tends to create an atmosphere with a low level of anxiety, because it is a homelike environment, where meaningful conversations can spontaneously arise. Moreover, the kitchen is a place where children can develop creativity and problem-solving skills, which are both needed in foreign language learning. It is also a place where they can learn to work as part of a team and communicate. Louise Smith - known to her four-year-old students as the Gingerbread Lady -made this observation based on 17 years of experience in teaching cooking to young children:

“Food makes a great teaching tool because it’s something all children relate to. Their senses of smell, taste, and touch are so keen at young ages that they become totally involved. And you can teach phonics, math, and problem-solving skills through food. Pouring, pounding, peeling, sifting, stirring, and rolling help children develop manual dexterity and eye-hand coordination. Sorting (putting raisins and nuts in separate piles) and sequencing (nesting measuring cups in order) teach concepts that serve as building blocks for learning mathematics. Following a recipe is an exercise in the use of numbers, measurements, timing, logic, and language. And one cannot venture into the complex and hazard-filled world of the kitchen without learning something about safety, responsibility, personal organization, and teamwork.” (*Awake, 1997*)

3.3. The Sapere Method And CLIL Home Economics

The Sapere method is a nutritional education method, developed by the French chemist and ethnologist Jacques Puisais. The word "sapere" derives from the Latin word that means "to taste, to feel, to be brave". Sapere method is based on sensory experiences in getting to know food and learning eating habits. The theory of learning behind the method is the humanistic, empirical theory of learning (Koistinen & Ruhanen,2009: 9). In Sapere method the learner learns new things about food by making use of all the senses: sight, hearing, smell, taste and touch. "Through learning by doing, the child receives an -- individual overall sensation of a certain topic connected with food, in which old and new knowledge is combined into a new experience" (Koistinen & Ruhanen, 2009:9). The multi-sensory approach of Sapere method is not, however, a new invention. Multi-sensory techniques have been introduced since the earliest teaching guides, as mentioned above. The objective of Sapere method is to improve children’s eating habits and to reduce prejudices about new foods. Sapere method was experimented in some kindergartens in Jyväskylä in 2004-05 through a nutrition education project called "Detective Sapere and the Experimental Kitchen" with positive

results: even picky eaters were encouraged to taste new foods and consumption of food in the daycare centers increased (Koistinen & Ruhanen 2009: 9-10)

Sapere method fits well in the language classroom, even better in the CLIL home economics class, because it aims to "encourage children to use *linguistic expression* for experiences connected with *food*" [Italics added] (Koistinen & Ruhanen 2009: 5) Sapere method challenges children to develop their linguistic skills. As a group discusses their sensory observations, they are encouraged to seek words, other than "good" and "bad", to describe their sensory experiences, which in turn, increases a child's vocabulary in the foreign language. Children also learn to express their opinions, explain why they feel as they do. (Koistinen & Ruhanen,2009:39). They learn to be more specific in their choice of words, such as, " I prefer this one, because it tastes so fresh and the texture is so soft". Progress in linguistic skills is only a byproduct of Sapere method, and so far, the language used in connection with the method has been the children's mother tongue. However, the present material package intends to apply Sapere sensory method to the foreign language class, especially, to the CLIL home economics class.

4. MATERIAL DESIGN

4.1. CLIL Teachers Create Their Own Teaching Material

The availability of CLIL materials can appear challenging to a teacher. The school books in English that are based on the Finnish National Curriculum are scanty (Mustaparta & Tella, 1999: 35). The situation is similar to that in the field of ESP (English for Special Purposes). Hutchinson and Waters (1986:106) explain the reason for this: "Publishers are reluctant to produce materials for very limited markets, because the cost of producing and marketing a book is much the same regardless of whether it sells one thousand copies or one hundred thousand copies."

Making use of the British or American school books might sound like a simple solution. However, the challenge posed by such books is either unsuitable content tailored for foreign curricula or too demanding language (See www.homeeconomics.ie/homeeconomics/Files/syllabus.pdf). Additionally, such materials often need to be imported from abroad. CLIL teachers, therefore, usually create their own teaching materials tailored and adapted to the needs of their students' needs. Cooperation between teachers and careful planning will be of help in finding connections between different subjects and designing a meaningful CLIL syllabus.

Reconciling language that is comprehensible and content that meets the requirements presented in the curriculum can sometimes be challenging. A dedicated CLIL teacher, of course, wants to provide teaching materials that not only meet the national requirements but also takes into consideration the specific needs of the students. Material design is time consuming work, and therefore, a large amount of CLIL teacher's time is taken up to writing materials. As the demand for CLIL teaching materials is growing, it might be assumed that in the future the availability of commercially produced CLIL materials will also increase.

4.2. CLIL Teacher And A Needs Analysis

Ruiz-Garrido and Fortanet-Cómez (2009:179) suggest that needs analysis, one of the main contributions of ESP, can be applied to CLIL as well. Hutchinson & Waters (1986: 53) explain that needs analysis is not so much about the existence of a need as it is about the awareness of a need. The awareness of a need will have an influence on what will be acceptable and reasonable content in a language course. Analyzing needs is more than simply identifying linguistic features of the target situation. A target situation analysis presented in Hutchinson & Waters (1986: 59) outline the kind of information that the course designer needs to gather to make a needs analysis. A course designer must analyze the learners' needs by considering, for example, why the learners are taking the course, how they will use the language, and what the content will be like. Ruiz-Garrido and Fortanet-Cómez (2009:185) write that a CLIL teacher must analyze the following points: content (what students need to learn), method (how they can learn it), and language (the means to learn).

Regarding content, a CLIL teacher of home economics needs to ask himself, what his students already know about the subject, and what kind of input will be truly informative to them. The target group of the material package are eight- and nine grade students who have chosen optional home economics. An average eight or nine grader has five or six years of English studies behind, and therefore has a good vocabulary and is familiar with all basic structures of English. He also has basic knowledge of home economics from the seventh grade. He has some experience in working in the kitchen. He knows the basic cooking methods and properties of several ingredients. As he has chosen to attend an optional home economic course, he must also have at least some kind of interest in the subject. English is the means of instruction and the only language to be used in class.

The present material package covers the core contents of optional home economics syllabus presented in The Finnish National Core Curriculum for Basic Education. The material can be applied to meet the needs of vocational schools and be used in connection with food studies that are integrated with compulsory language studies, such as "food studies in English". Similarly, home economics schools that provide their study program in English can benefit from the material. Also Finnish upper secondary schools that have optional courses in home economics may find the material useful.

With regard to methodology, a CLIL teacher must analyze, how the students will learn. Home economics classes are usually double lessons (2 x 45 minutes + recess = 1 hour 45 minutes). Traditional home economics classes are usually task-based and centered around an extensive project that students are supposed to accomplish by cooperation and good organization. The students work in pairs or in groups of two or three. Such circumstances might sound ideal for a language class. However, in such circumstances, the risk of switching to Finnish is great, for it is the students' natural language of communication. Furthermore, the idea of the CLIL class is not just to provide circumstances in which casual conversation in a foreign language can freely arise. Rather, according to CLIL pedagogy, the proper linguistic input provided by the teacher's model is an important factor (Nikula & Marsh, 1997: 109). Thus, the formula of the traditional home economics classes has been modified to fit better in CLIL purposes. Rather than everybody busily going about their separate activities in the classroom, the teacher's role is to keep focus on the language component, which could otherwise be overshadowed by the kitchen activities. Now we have analyzed the content and methods of home economics CLIL. In the next subheading, the means to learn will be analyzed.

4.3. Authentic CLIL Material

Authentic texts are favored in CLIL classes (Guerrini,2009:77). Because of the ambiguity of the term, there is much confusion in the definition of authenticity. In language pedagogies, the term "authenticity" is mostly referred to in communicative approaches and is often used as a synonym of "real" (Mishan, 2004:15). After quite a broad review of the contradictions in defining it, Mishan (2004: 18) summarizes the term "authenticity" as a factor of the original socio-cultural context and purpose of the text and the learning activity engendered by the text. Authentic texts can, thus, be seen

as cultural products.

Mishan (2004:41-42) lists several advantages to authentic texts. The general assumption is that authentic texts provide the best source of rich and varied comprehensible input for language learning. Studies indicate that elaborative changes to a text enhance comprehensibility better than does simplification. Another advantage is that authentic texts have impact on affective factors such as motivation, empathy and emotional involvement, which are essential to learning. Furthermore, authentic texts and tasks can be suited to different learning styles. In addition to that, authentic texts are suitable to naturalistic consciousness-raising approach to the learning of target language grammar.

Mishan (2004:44) points out three aspects that contribute to the efficacy of authentic texts. These are culture, currency and challenge of authentic materials. She uses the term culture to refer to the interconnection between a culture and its products. The cultural aspect of authentic texts makes them excellent for the foreign language class, because the cultural aspect of language learning is greatly emphasized in modern curricula. The second aspect that Mishan mentions is currency, which means being up-to-date.

Authentic texts, indeed, are up-to-date in both content and language. Currency has an impact on affective factors, because topics being discussed are of current interest and relevance to the learners. The third aspect that Mishan points out is the challenge of authentic texts, which is a positive rather than negative aspect. When the basic task design principles are employed, teachers are able to use authentic texts with learners of all proficiency levels.

Authentic texts stimulate whole-brain processing (Mishan, 2004:41). Therefore, authentic texts are suitable for multi-sensory learning. Conventional learning methods tend to promote the activity of the left-brain hemisphere, which is the centre for more abstract language, whereas an involvement of the whole brain can be seen as authentic interaction with input. The reaction to language input is not always limited to the cognitive side. Studies indicate that motivation sometimes used as a synonym of "interest" affects acquisition as well. According to Mishan (2004:42), authentic texts are particularly suited to such a more holistic mode of language processing. Comprehensible and interesting texts can lower the affective filter, because they engage the learner in the learning process. (Cf. Krashen, 1989:29)

The definition of authenticity above involves the original socio-cultural context and purpose of the text. Thus, authentic texts demand a degree of cultural understanding and engagement. It is claimed that engagement lowers the affective filter, and thus, allows

acquisition to take place. Mishan (2004:28) points out that engagement in a text or a learning activity requires a degree of empathy, identification with and understanding of the topic or the interlocutor's situation, feelings, and motive. And thus, empathy leads to successful language learning (Mishan 2004:46). Empathy toward the target culture is usually the product of cultural awareness.

Vocabulary is an important aspect to be considered in material design. In authentic materials vocabulary is learned in their original context, not separately. A common feature in several school books is to make vocabulary lists that the students are supposed to learn by heart, out of their original context. However, many scientists agree that learning words in their context is a more effective way to learn vocabulary. Besides, it seems to be the most frequently used vocabulary learning strategy too. Results of several studies show guessing the meaning of unknown words from context was the most popular learning strategy learners resort to (Qian, 2004:161).

In his revolutionary book *Janua linguarum reserata* (1631), Comenius contained the common words of the language grouped under labeled pictures. He criticized the idea of stuffing uncommon words, which would just overburden the learner. In *Orbis Sensualium Pictus (The Visible World)* (1658), the most famous of Comenius' work, the sentences explained the nature of objects depicted, of which the children were to be shown actual examples. The idea was not that children learn just the names of the objects, but also their functions through examination of objects (Rivers 1983: 114).

Grammar is another feature to be considered in materials design. Short sentences and simple phrases that are easy to grasp are preferred in CLIL input. In authentic materials, these are naturally, interspersed with some longer sentences so that the delivery does not become choppy. Interestingly, as Mishan (2004:23) points out, there seems to be agreement that texts with elaborative modifications, even when more linguistically complex, have been shown to be more difficult to comprehend than simplified texts. It is believed that interactive modifications provide learners with the linguistic complexity while not affecting comprehension of meaning (Yano & al., 1994: 214). This assumption is consistent with Krashen's idea of input that is one step beyond the learner's current linguistic stage and comprehensible input.

In CLIL, the foreign language is a means of communication. Unlike in the traditional language classroom, where the focus is often on form, in CLIL class the emphasis is not on formal grammar instruction or grammar analysis. Instead, the approach to grammar instruction is functional and consciousness-raising. The rationale of the consciousness-

raising approach is that long term exposure to the language makes learners discover elements of L2 grammar and eventually acquire different grammatical aspects, as naturally happens in L1 acquisition (Mishan 2004:38). This approach is based on the teachability hypothesis that suggests that learners only learn when and what they are ready to acquire. Ellis (1994:657 as quoted by Mishan 2004:35) writes that there is general recognition that much of the language learning that takes place in the classroom takes place “naturally”, as a result of learners processing input which they are exposed to (Cf. Krashen, 1989). Authentic texts are suitable to such naturalistic consciousness-raising approach to the learning of target language grammar, because in authentic materials grammatical structures are encountered in their right context, and not as isolated phenomena (Mishan, 2004:38).

Studies seem to defend the use of authentic texts with language learners. There is little evidence that the order in which syntax is acquired corresponds to the order in which it is taught. In his hypothesis of natural order in second language acquisition, Krashen (1989) suggests that the acquisition takes place, when the learner has reached a particular level in his linguistic development. Authentic, unmodified language is rich input both syntactically and lexically rich input, and offers the learner the greatest range of potentially acquirable language (Little & al. 1989: 13). There is a body of evidence that specific grammar instruction does not affect the learner’s accuracy. Instead, one factor which appears to impact on accuracy is the amount of comprehensible input (Terrell 1991: 54). Authentic texts appropriate to the learners’ proficiency level provide the rich and comprehensible input that they can freely acquire in the development of their grammatical competence.

Authentic materials design also involves authentic tasks. Tasks should coincide with the communicative purpose of the text and be similar to a tasks performed in connection with reading in real-life. Authentic tasks elicit engagement with the text on which they are based and involve purposeful communication between learners (Mishan, 2004: 75). For example, after reading a food related article in a magazine, a native speaker would hardly answer a list of reading comprehension questions, as could happen in a foreign language class. Pedagogic tasks, on the other hand, are tasks that the learner would not perform outside of classroom (Mishan, 2004 : 70).

4.4. Material Design And The Finnish National Core Curriculum

It could be said that home economics is one of the most neglected school subjects.

Home economics is generally listed among the skill subjects, in the same category with music, visual arts, crafts and physical education (with a dotted line separating home economics from the rest of list). The distribution of hours devoted to instruction in basic education in the Finnish National Core Curriculum for Basic Education limits home economics instruction to secondary school education and to just three weekly lessons a year, while the number of weekly hours devoted to other skill subjects during basic education varies from 7 to 18, the greatest number of hours devoted to physical education and the smallest amount of time to music. Teachers feel that time scheduled for home economics is not enough to cover the international aspects of the subject such as different food cultures (Ministry of Education,2009). Furthermore, the instruction of skill subjects other than home economics is distributed to both primary and secondary school. Aside from a few schools, just home economics is taught only at secondary level. However, a study conducted by Kannas & al (2009) indicates that home economics is regarded as the second most favorite subject in comprehensive school among students.

Despite its somewhat underrated position, "home economics instruction offers opportunities for the integration of instruction and for collaboration with other subjects and puts knowledge from several different fields into practice", as stated in the Finnish National Core Curriculum for Basic Education (Ministry of Education,2009). The objectives of home economics instruction are easy to harmonize, for example, with those of foreign language education. For instance, one of the criteria for the final assessment of home economics is "skills in cooperation and interaction". This criterion is compatible with the objective of "coping with somewhat more demanding informal conversational situations", a goal set for English education. Cultural skills included in the criteria for assessing English skills are also compatible with the objectives set for home economics education. In the integration of English and home economics, students "get to know the target language culture and come to understand it against their own cultural background" from the viewpoint of food culture, as stated in the curriculum for English.

Furthermore, the contents of English and home economics are compatible. Some of the core contents of English (grades 7-9) are traveling, sustainable development, health and welfare. Such contents are easy to harmonize with the core contents of home economics: family, food culture, the consumer's responsibilities, environmental impacts of consumption, nutrition and healthy food (Ministry of Education,2009).

5. THE MATERIAL PACKAGE

5.1. The Themes Of The Material Package

The theme of section 1 is nutrition, one of the core contents mentioned in the Finnish National Core Curriculum for home economics. Chapter 1 promotes cross-curricular thinking with respect to biology studies. Chapter 1 discusses proteins, one of the main concepts in molecular biology studies. Comparing proteins with language in that chapter is an example of how the CLIL method tends to simplify somewhat complicated concepts. Furthermore, the chart comparing the actual prices of protein in foods stimulates the student's thinking. The student is encouraged to economical thinking instead of habitual consuming. The activity part introduces the student to ingredients previously unknown to many. The food diary in the worksheet part helps the reader to see if some improvements in his diet are needed. Chapter 2 introduces some sources of carbohydrates that are common in foreign food cultures. Chapter 3 clarifies the concept of fats and is particularly designed for teenage girls who often have somewhat distorted idea of fats. It explains that fats, when consumed moderately, are essential rather than bad. Chapter 4 promotes consumption of fruit and vegetables. It increases appreciation of some less expensive, everyday ingredients and helps the reader to see that they are just as healthy as some very expensive "super foods" advertised in health and beauty magazines. Chapter 5 promotes moderation and balance in eating habits. The chart on page 24 lists all the important minerals for human body, their functions and their principal sources and encourages students to do further research by themselves. Balanced diet in section 2 is a follow-up theme to theme 1. Chapter 6 discusses the value of regular eating habits that promote good health. It also develops appreciation for family ties and discusses the value of family dinners and cooperation within a family. The activity part of chapter 6 is rich in multi-sensory activities. Chapter 7 is targeted at teenage girls, many of whom struggle with a distorted body image. It presents reasonable arguments for why there is no need to resort to fad diets. The worksheet part stimulates the reader's thinking drawing the reader's attention to the drawbacks of fad diets. Chapter 8 is targeted at teenagers who are suffering from overweight and gives them some practical suggestions that help them make some simple improvements in their eating habits. Chapter 9 presents some ideologies behind vegetarianism, which is a common trend today. The sensitive topic enables discussion within the whole group, in which each one may present his ideas and arguments in a respectful manner. In the

activity part the students are introduced to ingredients common in vegetarian diets. It gives some practical ideas to young vegetarians, who easily forget to substitute animal protein with vegetable protein. Section 2 concludes with chapter 10, a discussion of two common special diets. It gives practical suggestion on planning menus with these special diets in mind.

The theme of section 3 is the consumer and his choices. Chapters 11 and 12 increase the consumer's consciousness of ingredients used in commercial products. It encourages the young consumer to compare products and avoid impulse buying. These chapters promote do-it-yourself mentality. In the activity part the student is introduced to some basic properties and functions of ingredients. Chapter 13 encourages to money management, which is an important skill to be learned before moving away. Chapter 13 promotes making use of inexpensive basic ingredients. Chapter 14 promotes critical thinking and can be integrated with media education. It encourages the reader to analyze the factors affecting the choices he makes as a consumer. Chapter 15 gives practical suggestions on how to get by on less, in particular, how children can do their share in economizing within a family.

The theme of section 4 is hygiene and kitchen safety. The theme of chapter 16 is proper storage of different food items. The student is introduced to the Fahrenheit scale, the temperature scale used in the United States. Chapter 17 discusses the value of good personal hygiene when working in the kitchen. Chapter 18 talks about kitchen safety. The activity part contains a great deal of kitchen vocabulary and introduces some mnemonic techniques. Chapter 19 discusses the common throwaway mentality and the consumer's responsibility. In particular, the effects of consuming on the environment are discussed.

The theme of section 5 is food industry. In chapters 20-26 the properties of commercial products are compared with some of their home made substitutes. The student is encouraged to do-it-yourself thinking. Chapter 27 discusses organic products and the factors affecting their growing demand.

The theme of section 6 is the world's menus. Chapter 28 discusses domestic ingredients that are peculiar to the Finnish diet and prepares the student to study foreign food cultures against their own cultural background. The theme of chapter 29 is the products of the New World that have had a great influence on the world's menus including Finland. In chapters 30-37 the student is introduced to the world's food cultures and interaction between cultures in the globalizing world is discussed. Chapter 36 is about

different tea drinking customs and chapter 38 discusses table manners peculiar to Africa and Asia. The lesson provides a frame for a multi-sensory learning experience, in which food is eaten the African way, with bare hands as well as the Oriental way, with chopsticks.

5.2. The Core Contents Of Home Economics In The Finnish National Core Curriculum

The first core content in home economics mentioned in The Finnish National Core Curriculum for Basic Education is "family and living together", which is a central theme throughout the present material package. The material promotes communication and cooperation within the family, especially chapters 6 Mealtimes Help To Establish Healthy Routines, 13 Learn To Manage Your Money, 14 Learn The Art Of Shopping, 15 How To Cut Your Food Bill?

The second core content in home economics education, "nutrition and food culture", is another key theme in the material package. The material encourages students to accept healthy and balanced eating habits. The first two sections of the material package are devoted to healthy nutrition and a balanced diet. Furthermore, the very theme continues prevalent throughout the material. Food culture is also very prominent in the material package. Section 6 covers 11 different topics discussing the world's menus. In addition to that, the five preceding sections encourage students to keep their minds open and be unprejudiced about tasting new foods. The approach to international food culture is contrastive. The world's menus are presented in a way that promotes the student's understanding of them from the perspective of the Finnish food culture. This approach is compatible with the objective set in the Finnish Core Curriculum, according to which the student "gets to know the target language culture and comes to understand it against his/her own cultural background". Since English is the language to be taught, "the target language culture" here means culture in English speaking countries. Thus, some might think that the ideal material would concentrate on the food culture in English speaking countries only. However, in the CLIL approach the objectives of the content subject need to be considered as well, and therefore, a broader overview to international food cultures is preferred. Moreover, English is spoken as a second language worldwide, and therefore it is not just the Anglo-American culture that can be considered English speaking.

The third core content in home economics mentioned in the Finnish National Core

Curriculum is "the consumer and changing society". Section 3 of the material package discusses the factors affecting the consumer's choices, environmental impacts of consumption and money management. Furthermore, throughout the material, the reader is encouraged to manage his money wisely and become a more economical consumer. The fourth core content in home economics education, "home and environment", is discussed in the material package, in chapters 18 A Lesson On Kitchen Safety and 19 Avoid Adopting A Throwaway Mentality.

5.3. Special Features of The Material Package

In order to facilitate engagement, the material has been made interactive. The students are prompted to write down their responses to various questions and statements. The interests and background knowledge of the young person have been taken into consideration. The texts of the present material package are authentic and they are adapted from magazine articles that discuss food-related topics. Authentic spoken input comes through natural conversational situations rather than artificially recorded laboratory materials that usually accompany many textbooks.

Layout: In the material package the texts are presented both in English and in Finnish, in parallel columns. According to Comenius, to understand anything is largely a matter of perceiving why and how one thing differs or is similar to the other thing. The texts of the material package help the student to contrast the two languages and see, how they differ from one another. Comenius also wrote that to teach well means to enable someone to learn rapidly, agreeably and thoroughly. The two parallel method makes this possible, since there is no need for constant search of words, when the translation can be seen on the parallel column. One might argue that this kind of simultaneous presentation encourages the students to look for the easy way out of schoolwork and simply skip the English part. However, most students taking this particular optional course really want to learn and benefit from the material. In addition, the purpose of optional courses is to lighten the load of schoolwork, not to increase it. Therefore, there is no need to spend too much time on the homework from optional courses. This kind of presentation of the material speeds up the reading-process, and thus, does not take the time that should be devoted to the homework from compulsory courses. However, for the more motivated students the material enables more careful and autonomous self-study. Besides, the two parallel method has been adopted in accelerated learning system programs, which have yielded good results (see Dryden, G. & Vos, J., 1999).

Vocabulary: Lexically rich input is typical of authentic materials. On the other hand, in CLIL simple words that are well chosen and convey ideas effectively are recommended because of the limited language skills of learners. The vocabulary in the material package is lexically rich and extensive, but there has been an attempt to avoid the use of complicated, uncommon expressions. The goal is not that the student acquires certain vocabulary predetermined for each chapter. Instead, the idea is that he picks up the vocabulary that is meaningful to him.

The adjectives chosen for the activity part are words used to describe sensory experiences. The objective of the multi-sensory method is that the students develop strong links between their sensory experiences and emotions and the words used for describing them, as naturally happens in L1 acquisition (Mishan 2004:6). The vocabulary of the material is subject specific and thus the teacher must be well familiar with kitchen and nutrition vocabulary. To facilitate learning in class, the teacher is encouraged to make good use of visual aids, which the kitchen environment provides plenty.

Code: National curricula put emphasis on oral skills, which is also reflected in today's language course books (Tomlinson & al. 2001:97). However, there is often a gap between the skills being practiced and the language being taught (Mishan, 2004:57). The traditional language instruction has put emphasis on the written language, which is reflected by textbooks. These may contain a number of colloquial expressions, but they are classed as 'non-standard' and 'ungrammatical' or even 'disapproved' (Mishan 2004: 57), which tends to give an impression that such language use is inappropriate. This can be quite confusing, because such colloquial expressions are what they constantly see and hear in the media. Sweet (1899:50) quoted by Mishan (2004: 57) criticized that most grammarians assume that the spoken language is a mere corruption of the literary language.

Since one of the most important objectives of CLIL teaching is to yield confident language speakers, the input should contain a great deal of colloquial vocabulary that naturally occurs in spoken dialogue. Corpus linguistics estimate that as few as 2000 word families supply lexical coverage for about 95% coverage of spoken discourse (Adolphs & Schmitt 2004: 39). As the focus in CLIL is on the spoken language, there has been an attempt to avoid too formal language. Although the material package is written language, certain informal expressions such as "you" instead of "one" or "so" instead of "therefore" are used where appropriate.

Grammar: The texts of the material package do not follow any structural grammar-based syllabus that would introduce grammatical structures one by one, starting from simpler structures and advancing to more complex ones. Instead, commonly used grammatical structures appear in texts as they naturally do, without any predetermined order. Instead, the approach to grammar is consciousness-raising. The texts of the material package have been designed for independent self-study. Self-study is a good learning strategy in the learning of target language grammar, because according to Tomlinson (1998:88) self-discovery nurtures curiosity and builds confidence.

Culture: In the Finnish National Core Curriculum for Basic Education, getting to know the target language culture is one of the objectives presented, while the objective set for home economics is to increase the student's knowledge of different food cultures.

Combining these two goals makes an objective for CLIL home economics: to increase the knowledge of food culture of the target language culture. The position of English as lingua franca makes it an international language that is present not only in American and British cultures but also in several African, Asian, Pacific and Caribbean cultures. Hence, the material package covers quite a varied overview of food cultures from all over the world.

Numerous reference books have been written on specific food cultures, but these are usually very specific, whereas comprehensive school education tends to favor a more extensive review. Cookbooks written on specific food cultures are often very factual and have hardly any connection to the lives of Finnish students. Cookbooks that are designed to introduce foreign food cultures are usually targeted at non-native speakers and do not, therefore, hold to the criterion of authenticity discussed above, which is that authentic texts are products of the culture in question. Acculturation is a factor affecting second language learning motivation. For students, who are interested in integrating into the culture of the target language, such authentic texts can be strongly motivating (Mishan 2004:55). Students should be directed to such additional materials and be motivated to do autonomous self-study.

Currency and challenge: Another two advantages of using authentic texts that Mishan (2004) lists are currency and challenge. The advantages of suitable challenge have been discussed above in connection with Krashen's theory of comprehensible input. Currency of the material means that the texts are updated. An excellent source of up-to-date authentic material such as recipes are found on the Internet and in cookbooks. These can be used for classroom activities for sensory experimental learning: When following the

instructions of a recipe, the students will grasp concretely what the different volumes, measures and temperatures of a recipe concretely mean. In chapter 16 in the material package, the suggested classroom activity helps the student to understand concretely the Fahrenheit scale. The teacher is encouraged to design similar activities throughout the material package. For example, if a recipe is calling for “2 1/2 cups of all-purpose flour”, the students should learn to make a direct link between the concrete amount they see in front of them and the concept of 2 1/2 cups, rather than first convert the volume to deciliters. At the same time, students learn to speak in approximates. Rather than strictly following detailed instructions they learn to picture in their mind what a pound of ground meat means without first converting the measure into the metric system. Thus, the student gradually learns think as the native-speakers of the target language.

Task authenticity: There has been an attempt to make the tasks as authentic as possible. The tasks elicit engagement with the text on which they are based and involve purposeful communication between learners, which are some factors mentioned in the guidelines for authentic tasks by Mishan (2004: 75). They are, however, pedagogic in a sense that rather than being based on the original communicative purpose of the text, they are designed to reach pedagogical goals. In the present material package, the texts are followed by a question box that stimulates the reader's thinking. The nature of the activity part in the material package elicits for a response to students' sensory experiences, their reactions to food samples, tasks that do not necessarily accord with the original communicative purpose of the text.

In Finland, the school year consists of 38 weeks of studying (Ministry of Education, 2001). Therefore, the material package also consists of 38 chapters: one chapter for each class of the school year. Each chapter is divided into theoretical part and practical section. The theoretical part is designed to provide informative content that meets the curricular requirements set for home economics instruction. It consists of texts discussing food related topics. The texts are adapted from various food articles. At the same time attention is given to language learning pedagogy. The theoretical part is arranged with two parallel columns of text, one in English and one in Finnish. The method is adapted from *Janua Linguarum reserata* (The Gate of Languages Unlocked) by Comenius (1631). Thus the two languages can easily be compared. There are no separate word lists for each chapter. Instead, the student is encouraged to deduce the meaning of a single word by making use of the context and the parallel column in Finnish. The method enables the simultaneous presentation of English and Finnish.

Each practical section includes taste school part, which is based on Sapere method. Taste school part, helps the students enlarge their vocabulary as they try to find the adjectives to vividly describe their sensory experiences. Taste school yields place for expressing personal opinions. The students are encouraged to express their opinions freely. For example, in chapter 34, the students are supposed to experiment with different herbs. They are to test a number of combinations of herbs and foods and choose the best combinations. This method helps the students to base their gastronomical knowledge on personal experience and not on the experience of a cookbook author, who says that a particular herb goes well with certain foods. The students are encouraged to see for themselves and not just relate the opinions of someone else. The approach promotes tolerance for personal differences. There is no right or wrong answers to the taste school tasks. The charts of each individual look different and reflect the personal experience of each student. Moreover, some of the practical sections include an extra worksheet that is designed to stimulate students' thinking and engage them in making connections between the topics being discussed and their daily lives.

The material package is interactive and promotes communication. Each chapter concludes with a question box "What do you think?" that helps the student reason on what he has just read. In addition to that, the question boxes are also tasks designed for making the texts more accessible to learners, helping them to find the main points in the texts. The box with the heading "Did you know?" found in each chapter contains facts that will stimulate the student's thinking. They encourage the students to question their habitual eating, to ask themselves why they eat certain foods and why they do not eat other foods. This helps them see the culture-specific habits of their own food culture and see it as a part of the varied spectrum of different food cultures. Each chapter contains a tip box that gives practical suggestions on healthy diet and how to make use of a variety of ingredients available. Thus, the students are encouraged to apply what they are learning.

6. DISCUSSION

Although the present material package is specifically designed to meet secondary school needs, the same methods, namely CLIL method and multi-sensory learning method can be applied to both lower and higher levels of education. For example, taste school by

Sapere method in a foreign language could be expanded to kindergartens and preschools, where it first originated. As discussed above, Sapere method challenges children to develop their linguistic skills and can therefore be employed in the form of language showering, for instance. As language showering experiments in kindergartens are becoming more and more popular, there might be a growing demand for new teaching methods, including multi-sensory methods.

Sapere method provides a setting for an improved home economics curriculum that includes food education, which is education on better nutrition and on how to make good choices. In Britain, food education is among school subjects (Ministry of Education, 2009). As mentioned above, home economics is regarded as one of the most neglected school subjects, and therefore,, it has been proposed that more weekly lessons should be devoted to home economics (Ministry of Education, 2009). Furthermore, it has been suggested that home economics education starts in primary school, and some primary schools have already started to follow such a curriculum.

As mentioned above, the dual-focused education is a more economical solution than increasing the number of hours scheduled for formal language instruction. Therefore, the demand for CLIL course material is likely to increase in the future. Hence, it might be assumed that commercial course materials will be more easily available in the future. This would mean that the work load of CLIL teachers is likely to decrease. However, course materials produced for the general public are not designed to meet the specific needs of different groups, and therefore, there will always be a need for creative teachers, who design, tailor, and produce at least some of the course material by themselves to fit their students' specific needs.

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Home Economics

Optional Course

Course Material for Secondary School Level

A Note To The Teacher

The teacher of the present material package needs to be well familiar with home economics. A plenty of teacher's preparation work for the classes is needed, because the teacher is supposed to prepare the taste samples in advance so that most of the time in class can be devoted to language acquisition and not on linguistically unnecessary activities such as everybody going about their own activities in the classroom and focusing on a project to be accomplished. Taste school sections are only advisory. The menus of taste school can be adapted according to the teacher's preferences. For example, if the teacher has little experience with certain ingredients or if some ingredients are not easily available, they can be replaced with some other ingredients. The material package may even inspire some teachers create a whole version of the material by enlarging the vocabulary used in the worksheets.

In addition to the material package, a great deal of visual aids are to be used in the classroom. These are the actual foods, utensils, cookware and appliances employed in class. The students are allowed to learn through all senses, and thus, the utensils and

other tools are there to be touched, but also worked with. The foods are not just pictures in cookbooks. Rather, they are there to be touched, smelled and tasted. The teacher can add to visual stimuli by setting pictures of foods and cooking on the walls or by showing pictures of foods in cookbooks.

The present material does not contain any recipes as they can be easily found on the internet or in cookbooks. The teacher may find such extra materials useful. Recipes in English can, for example, be compared with their Finnish counterparts.

The taste school part in the present material is adopted from material based on Sapere method, which has been provided by SITRA. The teacher is encouraged to activate the students and stimulate conversation about all sensory experiences: taste, smell, hearing, touch and sight, even though these are not particularly mentioned. Questions that encourage students to express their sensory experiences are recommended. The following questions may be employed: What does the odor bring in mind? Does the appearance of the food have an effect? Can you hear the sounds in the kitchen? What does the food feel like? What is the texture like? The

discussion of sensory experiences can be expanded as much as desired.

A teacher who wants to create her own material using Sapere method may also find the present material useful. The material can be modified to meet the needs of ESP (English for Special Purposes) class requiring a specific vocabulary. For example, the ingredients or adjectives in taste school part can be modified. In the present material there is much repetition; the same expressions are used throughout the material. However, the vocabulary of the taste school part can be enriched by the use of more carefully-chosen, more colorful and more specific expressions.

Similarly, the theoretical part, the food related texts of the material package can be employed to meet the requirements of cross-curricular home economics and English teaching. Although the material is designed for CLIL class, the texts also enable a more formal approach to language instruction such as contrastive analysis, because the parallel texts can easily be compared and analyzed. Furthermore, the material enables autonomous self-study.

CONTENTS

SECTION 1 — NUTRITION

- 1** Protein — the primary building block of our body
- 2** Carbohydrates — the main source of energy
- 3** Healthy Fat — Healthy People
- 4** Eat Your Vegetables!
- 5** Eat The Right Amount

SECTION 2 — BALANCED DIET

- 6** Mealtimes Help To Establish Healthy Routines
- 7** The Lure of Fad Diets
- 8** Weight Watcher's Diet
- 9** Why Do Some Choose To Be Vegetarians?
- 10** Coping With A Special Diet

SECTION 3 — THE CONSUMER AND HIS CHOICES

- 11** Read The Label
- 12** Understanding additives
- 13** Learn To Manage Your Money
- 14** Learn The Art Of Shopping
- 15** How To Cut Your Food Bill?

SECTION 4 — HYGIENE AND KITCHEN SAFETY

- 16** Store Foods Properly
- 17** Keep The Kitchen Clean
- 18** A Lesson On Kitchen Safety
- 19** Avoid Adopting A Throwaway Mentality

SECTION 5 — FOOD INDUSTRY

- 20** Bread — Commercial Or Homemade
- 21** Dairy Products Are High In Food Value
- 22** Processed Meats Are Treated With Chemicals
- 23** Food Freezing Can Save You Time And Money
- 24** Canned Foods Keep For A Long Time
- 25** Do Soft Drinks Quench Your Thirst?
- 26** Condiments Impart A Particular Flavor
- 27** A Growing Demand For Organic Foods

SECTION 6 — THE WORLD'S MENUS

- 28** Food From Forests, Lakes And Swamps
- 29** Plants That Changed The Old World's Menus
- 30** The Cereals Of Our Daily Bread
- 31** A Variety of Tubers
- 32** People By The Ocean Have A Diet Rich In Seafood.
- 33** Raising Animals For Food
- 34** Herbs — Plants For Gastronomic and Medical Purposes.
- 35** Gathering Food From Nature
- 36** Tea — A Beverage That Changed The Course Of History
- 37** Cooking In Different Climates
- 38** A Variety Of Table Manners.

1 PROTEIN - THE PRIMARY BUILDING BLOCK OF OUR BODY

Imagine if your language consisted of just four letters: A, C, G, T, and the number of letters in each word was the same - three letters per word. Imagine also that a typical sentence in your language contained 300 or 400 words. At the molecular level, a similar principle is employed.

Proteins could be compared to sentences. A typical protein contains about 300 or 400 amino acids, which could be compared to words and each amino acid has three chemical bases which could be compared to letters. This "alphabet" consists of just four letters - A, C, G, T, which are symbols for the chemical bases adenine, cytosine, guanine, and thymine.

Protein - vital for life

Protein is essential for life. It is a primary building block of our body's muscle tissue, bone, cartilage and skin. Growth and replacement of body tissues therefore require proteins. Furthermore, the body's chemical processes of life depend upon enzymes, some of the most important

1 PROTEIINIT - KEHOMME PÄÄASIALLINEN RAKENNUSAINE

Kuvittelehan, että kieli, jota puhut koostuisikin vain neljästä kirjaimesta: A, C, G ja T ja että jokaisessa sanassa olisi saman verran kirjaimia - nimittäin kolme. Kuvittele myös, että tavallisessa lauseessa olisi 300 tai 400 sanaa. Molekyylitasolla toimii sama periaate.

Valkuaisaineita eli proteiineja voitaisiin verrata lauseisiin. Tavallinen proteiini koostuu noin 300-400 aminohaposta, joita voitaisiin verrata sanoihin. Jokainessa aminohapossa taas on kolme emästä, joita voitaisiin verrata kirjaimiin Näissä aakkosissa on vain neljä kirjainta - A, C, G ja T, jotka symboloivat emäksiä nimeltään adeniini, sytosiini, guaniini ja tymiini.

Proteiinit - elämälle välttämättömiä

Proteiinit ovat elämälle välttämättömiä. Ne ovat kehomme lihaskudosten, luiden, rustojen ja ihon pääasiallisia rakennusaineita. Niinpä kehon kudokset tarvitsevat proteiineja kasvaakseen ja uudistuakseen. Lisäksi ruumiin kemialliset elintoiminnot ovat riippuvaisia entsyyimeistä, jotka ovat

proteins. Antibodies, another part of the protein family defend the body against foreign invaders such as bacteria and viruses.*

Why dietary protein?

The egg comes from a chicken, but the chicken comes from an egg. A similar principle is employed at the molecular level: The body breaks down food protein into amino acid units. These are then recombined into new protein, tailor-made for specific needs. Most of the amino acids are made by the body, but eight of them must be supplied by protein found in the foods we eat. As an adolescent, you therefore need protein-rich food to grow physically and mentally. Without it your muscles soon become soft and flabby, and your skin loses its elasticity, your growth is retarded, and you get frequent infections.

Is eating meat a must?

Meat is an important source of protein, but it is also an expensive one. Meat or steak may taste good, but steak is not required in order to have the needed protein. Rising food prices are forcing

*For more information on proteins, see your science textbook

tärkeimpiä proteiineja. Toinen tärkeä osa proteiiniperhettä, vasta-aineet puolustavat elimistöä bakteereja, viruksia ja muita vieraita tunkeilijoita vastaan.*

Miksi proteiineja täytyy syödä?

Muna tulee kanasta, mutta kana taas tulee munasta. Samanlainen periaate pätee molekyylitasolla: Elimistö pilkkoo ruoan proteiinit aminohapoiksi, jotka se sitten yhdistää jälleen uusiksi proteiineiksi ikään kuin mittatilaustyönä juuri tiettyyn tarpeeseen. Useimmat aminohapot elimistö valmistaa itse, mutta kahdeksan niistä meidän täytyy saada syömämme ruoan sisältämistä proteiineista. Nuoret tarvitsevat siksi runsaasti proteiineja sisältävää ruokaa kasvaakseen fyysisesti ja henkisesti. Ilman proteiineja lihaksesi veltostuvat, ihosi menettää kimmoisuutensa, kasvusi pysähtyy ja sairastelet usein.

Onko lihansyönti välttämätöntä?

Liha on tärkeä proteiinin lähde, mutta se on myös kallista. Liha tai pihvi saattaa maistua hyvältä, mutta pihvi ei ole välttämätön tarvittavien proteiinien

*Lisätietoja proteiineista löydät biologian kirjastasi

people to consider alternative protein sources, even in the wealthier countries.

In these difficult economic times many families have been trying to cut their food expenses. Could *you* possibly do your family a favor and suggest that you find out what less expensive sources of protein are available? Or perhaps, you are planning to leave your home in a few years and start living on your own. What will you do when you are no longer able to afford foods you presently eat?

Did you know?

Do you feel that your menus must always center around meat? The long-living people of Hunza in the Himalayas rarely eat meat and a number have lived well over a hundred years. So, necessary protein in their diet must come from other sources. The source is dried legumes such as peas, beans and lentils, also milk and dairy products like cheese.

Other sources of protein

Animal products such as eggs, milk and dairy products supply high-quality proteins and are less expensive.

saamiseksi. Ruoan hintojen nousu on jopa vauraammissa maissa pakottanut ihmiset harkitsemaan vaihtoehtoisia proteiininlähteitä.

Näinä taloudellisesti vaikeina aikoina monet perheet ovat yrittäneet säästää ruokakustannuksissa. Voisitko *sinä* ehkä tehdä perheellesi palveluksen ja ehdottaa, että ottaisitte selvää edullisemmista vaihtoehdoista? Olet ehkä suunnittelemassa muuttoa pois kotoa muutaman vuoden päästä ja asumista omillaan. Mitä teet sitten, kun sinulla ei ole enää varaa syödä sellaista ruokaa kuin nyt?

Tiesitkö?

Tuntuuko sinusta, että aterioittesi täytyy aina sisältää lihaa? Himalajan pitkäikäiset hunzat syövät harvoin lihaa, ja monet heistä ovat eläneet reilusti yli satavuotiaiksi. Heidän täytyy näin ollen saada välttämättömät proteiinit ruokavalionsa muista lähteistä. Tuo proteiinin lähde on palkokasvit kuten herneet, pavut ja linssit sekä maito ja maitotuotteet, kuten juusto.

Muita proteiininlähteitä

Sellaisista eläinperäisistä tuotteista kuin kananmunista, maidosta ja muista

Abundant quantities of less expensive protein are available from vegetable sources too. You will notice that protein from soy beans may cost as little as one fifth of that from meat. Protein from eggs and milk may be one half of what you would pay if buying meat. Remember, though, that proteins from vegetable sources, except soybeans, are usually incomplete not having all the necessary amino acids. Your body uses the protein best in the presence of all these acids, so include a glass of milk or some cheese when you serve beans.

Tip

Do you still feel you desire to have meat? Why not try the lower grades and inexpensive cuts such as organ meats?*

From a cookbook you may learn delicious ways to prepare organ meats such as liver, kidney, heart or tongue. Remember, organ meats are just as nutritious as more expensive cuts#

*Although organ meats have dietary benefits, it should be remembered that they are frequently high in cholesterol.

#However, low-cost meat is not always economical. Sometimes it contains much inedible waste.

maitotuotteista saadaan arvokkaita proteiineja ja ne ovat edullisempia. Runsaasti hinnaltaan edullisempia proteiineja saadaan myös kasviksista. Tulet huomaamaan, että soijapavun proteiini saattaa maksaa vain viidenneksen lihasta saatavan proteiinin hinnasta. Kananmunista saatavasta proteiinista ja maitoproteiinista saatat maksaa vain puolet siitä mitä maksaisit, jos ostaisit lihaa. Muista kuitenkin, että soijapapuja lukuun ottamatta kasviproteiinit ovat tavallisesti epätäydellisiä, sillä niissä ei ole kaikkia välttämättömiä aminohappoja. Elimistösi käyttää valkuaisaineet parhaiten hyväkseen, kun kaikkia aminohappoja on saatavissa, joten tarjoa papujen ohessa lasi maitoa tai hieman juustoa.

Vinkki

Tekeekö sinun vieläkin mieli syödä lihaa? Mikset kokeilisi hintaluokaltaan halvempia paloja kuten sisäelimiä?*

Keittokirjoista opit herkullisia tapoja valmistaa sisäelimiä kuten maksaa, munuaisia, sydäntä tai kieltä. Muista, että sisäelinten ravintoarvo on aivan sama kuin kalliimmissa paloissa.#

What do you think?

- Why is dietary protein so important?
- What alternative sources of protein could you use more effectively?
- If being a vegetarian how can you complete lack of some essential proteins in vegetables?

Taste school

Soy beans

Taste:

Sweet Bitter

Mild Intense

Creamy Watery

Texture:

Chewy Soft

Starchy Fibrous

Broad beans

Taste:

Sweet Bitter

Mild Intense

Creamy Watery

Texture:

Chewy Bitter

Starchy Fibrous

Chickpeas

Taste:

Sweet Bitter

Mild Intense

Creamy Watery

Texture:

Chewy Soft

Starchy Fibrous

*Vaikka sisäelimillä onkin ravitsemuksellista arvoa, tulee silti muistaa, että niissä on usein paljon kolesterolia.

#Halpa liha ei kuitenkaan ole aina taloudellista. Joskus se sisältää paljon syötäväksi kelpaamatonta.

Lentils

Taste:

Sweet Bitter

Mild Intense

Creamy Watery

Texture:

Chewy Soft

Starchy Fibrous

Tongue

Taste:

Mild Intense

High-fat Low-fat

Texture:

Chewy Tender

Heart

Taste:

Mild Intense

High-fat Low-fat

Texture:

Chewy Tender

Kidney

Taste:

Mild Intense

High-fat Low-fat

Texture:

Chewy Tender

Complete the table:

(You get the price of protein/kg by dividing the price/kg by protein/100g)

Food	protein/ 100g	Price/ kg	Price (€) of protein/ kg
roast beef	21,6	12	55,6
chicken breast	23,1	9,0	
salmon filet	18,7	13,9	
heart (beef)	16,5	7,9	
peas	17,9	1,0	
soy beans (dried)	35,9	2,9	
eggs, regular	11,0	2,5	
skim mlk	3,1	0,9	
milk powder	32,4	7,9	

Credit line: Terveysten ja hyvinvoinnin laitos
www.fineli.fi; Tilastokeskus,
kuluttajahintatilasto

Food diary - Different sources of protein I have eaten this week

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

What are your conclusions..?

I get enough dietary protein I need more dietary protein

I am going to ask my parent(s) if our family could increase the intake of protein by eating more

 dairy products and eggs organ meats beans, peas or lentils

The source of vegetable protein I liked best in taste school _____

The source of animal protein I liked best in taste school _____

Food Guide Pyramid Suggests

Milk, yogurt, and cheese group
2-3 servings per day

Meat, poultry, fish, dry beans, eggs,
and nuts group
2-3 servings per day

2 CARBOHYDRATES - THE MAIN SOURCE OF ENERGY

Do you usually get moody when you are hungry? How about after a meal, do you often feel drowsy? Both phenomena have to do with fluctuations in the blood sugar level.

Carbohydrates are our principal energy source. When carbohydrates enter the digestive system, they are broken down into simple sugars such as glucose, the body's basic energy supply.

Did you know?

More than half the global energy intake comes from only three major crops — rice, wheat and corn. Could *you* possibly make your diet less monotonous? Taste school will provide some ideas.

Simple carbohydrates

Some carbohydrates are simple sugars that are easily absorbed into the bloodstream. They are found in naturally sweet foods, such as fruits and honey as well as in foods containing large amounts of added sugar such as candy, soft drinks, cookies and cakes. If your body needs

2 HIILIHYDRAATIT - TÄRKEIN ENERGIANLÄHDE

Oletko nälkäisenä yleensä pahantuulinen? Entä tunnetko itsesi aterian jälkeen usein uneliaaksi? Molemmat ilmiöt johtuvat verensokeritason heilahtelusta.

Hiilihydraatit ovat tärkein energianlähteemme. Kun hiilihydraatit pääsevät ruoansulatusjärjestelmään, ne hajoavat yksinkertaisemmiksi sokereiksi, kuten glukoosiksi, elimistön tärkeimmäksi energianlähteeksi.

Tiesitkö?

Ihmiset saavat yli puolet energiastaan vain kolmesta tärkeimmästä viljakasvista: riisistä, vehnästä ja maissista. Voisitko sinä kenties monipuolistaa ruokavaliotasi? Makukoulusta voit saada muutamia ideoita.

Yksinkertaisia hiilihydraatteja

Jotkut hiilihydraatit ovat yksinkertaisia sokereita, jotka imeytyvät helposti verenkiertoon. Niitä on luontaisesti makeissa ruoissa, kuten esimerkiksi hedelmissä ja hunajassa sekä ruoissa, joihin on lisätty runsaasti sokeria kuten makeisissa, virvoitusjuomissa ja

fuel, what's wrong with eating sugar? The problem is that, unlike other sources of carbohydrates, sugar contains no nutrients (proteins, vitamins or minerals) —except calories.

Complex carbohydrates

Starches are complex carbohydrates that are absorbed at a slower rate than simple sugars. These carbohydrates are found in vegetables, tubers, legumes and cereals, especially whole grains such as whole wheat and whole rye. Medical authorities recommend that we eat a wide variety of foods, with the largest portion of our calories coming from complex carbohydrates.

Eat Food Rich In Fiber

Doctors recommend a diet high in fiber, that is, indigestible materials. Finnish medical authorities recommend that your diet should provide at least 30 grams of natural

makeissa leivonnaisissa. Jos kerran kehosi tarvitsee polttoainetta, niin mitä vikaa on sokerin syömisessä? Ongelma on siinä, että toisin kuin muut hiilihydraattien lähteet sokeri ei sisällä minkäänlaisia ravintoaineita (proteiineja, vitamiineja eikä kivennäisaineita) – pelkästään energiaa.

Pitkäketjuiset hiilihydraatit

Tärkkelys muodostuu pitkäketjuisista hiilihydraateista, jotka imeytyvät hitaammin kuin lyhytketjuiset sokerit. Pitkäketjuisia hiilihydraatteja on vihanneksissa, mukula- ja palkokasveissa, sekä viljassa, erityisesti kokojyväviljassa kuten täysjyvävehnässä ja -rukiissa. Terveysviranomaiset suosittelevat meille monipuolista ravintoa, jossa suurin osa kaloreista saadaan pitkäketjuisista hiilihydraateista,

Syö kuitupitoista ruokaa

Monet lääkärit suosittelevat ruokavaliota, joka sisältää runsaasti kuituja eli sulamattomia aineita. Suomalaiset terveystieteelliset suosittelevat, että ruokavalioon pitäisi sisältyä ainakin 30 grammaa kuitua päivässä. Kuitu auttaa pitämään

fiber a day. Fiber helps stabilize blood sugar levels and enhances regular elimination. You can get more dietary fiber by eating plenty of fruits and vegetables with their skins on, as well as peas, beans, and whole-grain cereals. Bran is an excellent source of fiber.

Tips

Millet is still used in the Middle East for making bread, usually in combination with other cereals. Furthermore, it is the staple food for most Chadians. It is ground into flour. Then the flour is mixed with boiling water and molded into a ball to be eaten with a sauce made with okra or peanuts as a base.

Quinoa has a unique, nutty taste. Andean people in particular have discovered a number of ways to eat quinoa. You can use it as a breakfast cereal. You can serve it cold with salad, hot with meat dishes, or sweet as a dessert.

Oats are most commonly used for porridge or hot cereal. Oatmeal can also be used with flour when making cookies, when making piecrust or date-nut bars. Then there is also oatmeal bread, a favorite of the Scots. Oatmeal

verensokerin tasaisena ja edistää suolen toimintaa. Enemmän kuituja saa syömällä runsaasti hedelmiä ja vihanneksia kuorineen, sekä herneitä, papuja sekä kokojyväviljaa. Leseet ovat erinomainen kuidun lähde.

Vinkkejä

Hirssistä tehdään Lähi-idässä vielä nykyäänkin leipää, tavallisesti muihin viljoihin yhdistettynä. Lisäksi hirssi on useimpien tsadilaisten pääasiallinen ruoka. Se survotaan jauhoksi, joka sekoitetaan kiehuvaan veteen ja siitä vaivataan pallo, joka syödään okrasta tai pähkinöistä tehdyn kastikkeen kanssa.

Kvinoassa on ainutlaatuinen, pähkinäkaltainen maku. Erityisesti Andeilla asuvat ihmiset ovat keksineet monia tapoja syödä kvinoaa. Siitä voi tehdä aamupuuron. Sitä voi tarjota kylmänä salaatin kanssa, kuumana liharuokien ohessa tai makeana jälkiruokana.

Kaurasta valmistetaan yleisimmin puuroa. Kaurahiutaleita voidaan käyttää myös jauhojen lisänä kekseissä, piirakkataikinassa tai välipalapatukoissa. Kaurasta voidaan valmistaa myös skottien suosimaa kauraleipää. Kaurahiutaleita voidaan

can also be used instead used instead of bread crumbs when making meat loaf.

Food Guide Pyramid Suggests

Sweets Concentrated or processed sweets: Use sparingly; limit to 75 calories a day

Bread, cereal, rice, and pasta group: 6-11 servings per day

Taste school - cereals and their properties

Buckwheat

Flavor:

Sweet Bitter

Mild Tangy

Creamy Watery

Texture:

Granulated Powdered

Chewy Soft

Amaranth

Flavor:

Sweet Bitter

Mild Tangy

Creamy Watery

Texture:

Granulated Powdered

Chewy Soft

käyttää myös korppujauhojen sijasta lihamurekkeessa.

What do you think?

- What is the difference in the absorption of simple and complex carbohydrates?
- Why is eating large amounts of sugar not recommended?
- Why is fiber so important for your digestion?

Quinoa

Flavor:

Sweet Bitter

Mild Tangy

Creamy Watery

Texture:

Granulated Powdered

Chewy Soft

Millet

Flavor:

Sweet Bitter

Mild Tangy

Creamy Watery

Texture:

Granulated Powdered

Chewy Soft

3 HEALTHY FAT — HEALTHY PEOPLE

Fats fall into two categories: *saturated* and *unsaturated*. Unsaturated fats can be either *monounsaturated* or *polyunsaturated*. Unsaturated fats are better for you than their saturated counterparts, since consuming saturated fats raises the level of cholesterol in the blood.

Saturated and Unsaturated Fats

Saturated fats are primarily found in foods of animal origin, such as butter, egg yolks, lard, milk, ice cream, meat, and poultry. They are also prevalent in chocolate, coconut and coconut oil, vegetable shortening, and palm oil. Saturated fats are solid at room temperature.

Unsaturated fats, on the other hand, are liquid at room temperature. Foods that contain monounsaturated fats and polyunsaturated fats may help to decrease your blood-cholesterol level if substituted for foods containing saturated fats

3. TERVEELLISTÄ RASVAA — TERVEITÄ IHMISIÄ

Rasvoja on kahdenlaisia: *tyyydyttyneitä* ja *tyyydyttymättömiä*.

Tyydyttymättömät rasvat voivat olla joko *kertatyydyttymättömiä* tai *monityyydyttymättömiä*.

Tyydyttymättömät rasvat ovat terveellisempiä kuin tyydyttyneet rasvat, sillä tyydyttyneet rasvat nostavat veren kolesterolipitoisuutta.

Tyydyttyneet ja tyydyttymättömät rasvat

Tyydyttyneitä rasvoja on lähinnä eläinkunnasta saaduissa ruoka-aineissa, kuten voissa, munankeltuaisessa, läskissä, maidossa, jäätelössä ja lihassa. Niitä on myös runsaasti suklaassa, kookospähkinässä ja kookospähkinäöljyssä, kovissa kasvirasvoissa ja palmuöljyssä. Tyydyttyneet rasvat ovat kiinteitä huoneenlämmössä.

Tyydyttymättömät rasvat puolestaan ovat juoksevia huoneenlämmössä. Ruoka-aineet, jotka sisältävät kertatyydyttymättömiä rasvoja ja monityyydyttymättömiä rasvoja, saattavat alentaa veresi kolesterolipitoisuutta, jos niillä korvataan tyydyttyneitä rasvoja

Did you know?

Although being a fruit, the avocado is also rich in monounsaturated fat.

The avocado has outstanding nutritional value, being high in protein, riboflavin, niacin, potassium, and vitamin C. It is said to contain no less than 11 vitamins and 14 minerals.

Mono- and Polyunsaturated Fats —What's The Difference?

While polyunsaturated fats, common in corn oil and sunflower-seed oil, reduce both good and bad cholesterol, monounsaturated fats, plentiful in olive oil and canola oil, reduce only the bad cholesterol without affecting the good cholesterol.

Why Eat less saturated fat?

Fats are, of course, a necessary part of our diet. Without them, for instance, there would be no absorption of vitamins A, D, E, and K. The fat requirements of the body, however, are very small. They are easily met through the consumption of vegetables, beans, grains, and fruits. So minimizing the intake of saturated fats does not deprive the body of needed nutrients.

Tiesitkö?

Vaikka avokado on hedelmä, siinä on runsaasti kertatyydyttymättömiä rasvahappoja. Avokado on aivan erityisen ravitseva: siinä on runsaasti proteiinia, riboflaviinia, niasiinia, kaliumia ja C-vitamiinia. Sen sanotaan sisältävän peräti 11:tä vitamiinia ja 14:ää kivennäisainetta.

Mitä eroa on kerta- ja monityydyttämättömillä rasvahapoilla?

Kun monityydyttymättömät rasvat, joita on paljon maissiöljyssä ja auringonkukkaöljyssä, vähentävät sekä hyvää että pahaa kolesterolia, niin kertatyydyttymättömät rasvahapot, joita on runsaasti oliiviöljyssä ja rypsiöljyssä, vähentävät ainoastaan pahaa kolesterolia vaikuttamatta hyvään kolesteroliin.

Miksi syödä vähemmän tyydyttyneitä rasvoja?

Rasvat ovat tietenkin välttämätön osa ravintoamme. Ilman niitä esimerkiksi A-, D-, E- ja K-vitamiini eivät voi imeytyä elimistöömme. Elimistön rasvantarve on kuitenkin hyvin pieni. Se tyydytetään helposti kasviksilla, pavuilla, viljatuotteilla ja hedelmillä. Elimistö ei siis jää vaille välttämättömiä ravintoaineita, jos

Too much fat in the blood, be it from saturated or unsaturated fat in the food, causes red blood cells to clump together. Such thickened blood does not pass through the narrow capillaries, causing the tissues to be deprived of needed nutrients.

Moreover, plaque can easily begin to form in the artery walls. If your family has a greater risk of cardiovascular disease, you should be careful to watch your dietary fats.

Tip

To substitute unsaturated fats for saturated ones, why not try making sandwich spreads using oil and nuts or seeds. You can use herbs, garlic or other spices as seasoning.

Try making peanut butter, for instance, a sandwich spread popular in some countries. Just put a cup of peanuts in a blender. (You can roast them before crushing them) Add a few tablespoons of oil and make it into a paste. Season with salt.

The food value of peanuts is impressive. Peanuts are high in fiber, and they contain 13 vitamins and 26 minerals, many of which are lacking in modern diets. "Pound for pound, peanuts have more protein, minerals, .

tyytyttyneitä rasvoja pyritään syömään mahdollisimman vähän.

Jos veressä on liikaa rasvaa – oli se sitten peräisin ruoan sisältämästä tyydyttyneestä tai tyydyttymättömästä rasvasta – punasolut takertuvat toisiinsa. Tällainen paksuuntunut veri ei mahdu kulkemaan ohuissa hiussuonissa, ja seurauksena on, että kudokset eivät saa välttämättömiä ravintoaineita. Lisäksi valtimoseinämiin voi alkaa muodostua kalkkeumia. Jos suvussasi on suurempi riski sairastua sydän- ja verisuonitautiin sinun pitäisi tarkkailla syömiäsi rasvoja.

Vinkki

Korvataksesi tyydyttyneen rasvan tyydyttymättömällä, mikset kokeilisi tehdä levitteitä öljystä ja pähkinöistä tai siemenistä. Voit käyttää mausteena yrttejä, valkosipulia tai muita mausteita.

Kokeile tehdä esimerkiksi maapähkinävoita, joka on suosittu levite joissakin maissa. Laita vain pari desiä maapähkinöitä tehosekoittimeen. (Voit paahtaa ne ennen murskaamista) Lisää muutama ruokalusikallinen öljyä ja sekoita tahnaksi. Mausta suolalla.

and vitamins than beef liver,” says *The Encyclopædia Britannica*. Remember, though, that some people are very allergic to peanuts.

What Do You Think?

- Why are fats essential in a healthy diet?
- Why is it wise to reduce fats and cholesterol?
- What is so healthy about vegetable oils?

Taste School— healthy fats

Sunflower seeds

Sweet Tart
Mild Nutty
Creamy Watery
Go well with oatmeal yogurt
 salad pasta

Sesame seeds

Sweet Tart
Mild Nutty
Creamy Watery
Go well with oatmeal yogurt
 salad pasta

Maapähkinöiden ravintoarvo on vaikuttava. Niissä on paljon kuitua sekä 13:a vitamiinia ja 26:ta hivenainetta, joista monista on puutetta nykypäivän ruokavaliassa. *The Encyclopædia Britannican* mukaan kilossa maapähkinöitä on enemmän proteiineja, hivenaineita ja vitamiineja kuin kilossa naudanmaksaa. Muista kuitenkin, että jostkut ovat erittäin allergisia maapähkinöille.

Flax seeds (crushed)

Sweet Tart
Mild Nutty
Creamy Watery
Go well with oatmeal yogurt
 salad pasta

Pumpkin seeds

Sweet Tart
Mild Nutty
Creamy Watery
Go well with oatmeal yogurt
 salad pasta

Food Diary

On a slice of bread I usually spread

margarine or butter

soft cheese

marmalade or jelly

mayonnaise or relish

When frying food in my family, we use

butter or margarine

olive oil or canola oil

sunflower seed oil or corn oil

cheese

vegetable oil

ice cream

seeds (flax, sesame)

eggs, mayonnaise

nuts (pecans, peanuts)

chocolate

almonds

milk, other than skim

avocados

meat, poultry

fish

If you checked off more foods on the left than on the right you may find that most of your dietary fats are saturated rather than unsaturated.

Action plan

To reduce cholesterol and increase healthy fats, I could eat more _____

_____ to substitute

Answers to page 21

1 the carrot, A, cancer

2 the tomato, lycopene

3 apple, fibre

4 the banana, potassium, blood pressure, stroke, pregnancy, B

5 parsley, pregnant women

Answers to page 28

1C 2E 3D 4F 5A 6B

4 EAT YOUR VEGETABLES!

"They taste bad." "I'm not a vegetarian." "I prefer junk food." These are just a few of the reasons why many refuse to eat vegetables. What about you? Do you eat vegetables daily?

Why do some people like vegetables while others do not? Many adults and adolescents who do not like vegetables were not accustomed to eating them as children. Do not be discouraged, though, if you didn't learn to like them in childhood. You can still learn to like them and help your family do the same.

Eat Them Daily"

Eating fresh fruit and vegetables daily is associated with a reduction in the risk of heart disease. For the greatest health benefit, Finnish medical authorities now recommend eating at least a pound a day, that is, five or six servings of vegetables and fruits a day.

Some may argue that fruits and vegetables are too expensive, but is it not cheaper to spend your money for vegetables than for drugs? By taking advantage of the fruits and vegetables in season you can maintain good health

4 SYÖHÄN VIHANNEKSESI

"Ne maistuvat pahalta." "En ole kasvissyöjä." "Pidän enemmän roskaruoasta." Tässä on vain muutamia syitä siihen, miksi monet kieltäytyvät syömästä vihanneksia. Entä syötkö *sinä* vihanneksia joka päivä?

Miksi jotkut pitävät vihanneksista kun taas toiset pitävät? Monet aikuiset ja nuoret, jotka eivät pidä vihanneksista, eivät tottuneet syömään niitä lapsena. Älä kuitenkaan lannistu, jos et lapsena oppinut pitämään vihanneksista. Voit vieläkin oppia pitämään niistä ja auttaa perhettäsiikin oppimaan.

Syö niitä päivittäin

Tuoreiden hedelmien syöminen päivittäin vähentää riskiä sairastua sydäntauteihin. Jotta vihannesten ja hedelmien syömisestä olisi terveydelle mahdollisimman paljon hyötyä, suomalaiset terveystieteilijät suosittelevat, että niitä syötäisiin ainakin puoli kiloa päivässä eli 5-6 annosta.

Jotkut saattavat väittää, että vihannekset ja hedelmät ovat liian kalliita, mutta eikö tule halvemmaksi käyttää rahat kasviksiin kuin lääkkeisiin? Käyttämällä hyödyksi

at reasonable cost. If affordable fresh fruits and vegetables are unavailable, then frozen berries and vegetables may provide similar benefits, according to the British Medical Journal.

Tip

Does your family struggle to afford fresh vegetables during the winter? With a minimum of time and effort, you can actually grow vegetables — namely sprouts — right in your own home or apartment. Growing sprouts is very economical.

Fruit and Vegetable Facts— Did you know?

Tomato — The World's Favorite

Although the tomato is often called a vegetable, botanically it is a fruit, for it is the edible part of the plant that contains the seeds (generally a vegetable consists of the edible stems, leaves, and roots of a plant). Apart from containing vitamins A and C, tomatoes are rich in lycopene, an antioxidant. Some research studies suggest that a tomato-rich diet may help reduce the risk of cancer

kauden hedelmiä ja vihanneksia voi pysyä terveenä kohtuuhintaan.

Jos edullisia tuoreita hedelmiä ja vihanneksia ei ole saatavilla, pakastemarjoista ja -vihanneksista voi brittiläisen lääketieteen lehden mukaan olla yhtä paljon hyötyä.

Vinkki

Eikö perheelläsi ole varaa tuoreisiin vihanneksiin talvisaikaan?

Voit itse asiassa itse kasvattaa hyvin nopeasti ja vaivattomasti vihanneksia omassa kodissasi, asuitpa omakoti- tai kerrostalossa — nimittäin ituja.

Idättäminen on hyvin edullista

Hedelmä ja vihannestietoutta— Tiesitkö?

Tomaatti — maailman suosikki

Vaikka tomaattia sanotaan usein vihannekseksi, kasvitieteellisesti se on hedelmä, koska kasvista syödään sen siemeniä sisältävä osa (vihannekset ovat yleensä kasvin syötäviä varsia, lehtiä ja juuria). Tomaatissa on A- ja C-vitamiineja sekä runsaasti lykopenia, joka on antioksidantti. Jotkin tutkimukset ovat antaneet viitteitä siitä, että runsaasti tomaattia sisältävä ruokavalio saattaa vähentää syöpäriskiä.

Parsley — more than a garnish

Often used as just a garnish, parsley is a rich source of vitamins and minerals, says Australia's *Sunday Telegraph*. "A cup of parsley contains more beta carotene (Vitamin A) than a large carrot, has nearly twice the Vitamin C of an orange, and contains more calcium than a cup of milk. It also has more iron than liver, gram for gram, and is a good source of vitamins B1 and B2." On the medicinal side, "parsley is a powerful diuretic, which means it helps the body get rid of excess fluids," says the paper. It can also help with certain liver, spleen, stomach, and urinary complaints.

When eaten fresh, "it is one of the best breath fresheners around, let alone the cheapest." However, the article cautions that "in some conditions, such as pregnancy, . . . its estrogenic components can make it dangerous."

"An Apple A Day Keeps The Doctor Away"

When ripe, the apple contains vitamins B₁, B₂, B₆, C, and E. In addition, it contains a number of mineral substances, such as calcium, magnesium, potassium, and others, as well as pectin and fiber. About 85

Persilja – enemmän kuin koriste

Persiljaa käytetään usein vain ruokien koristeluun, vaikka se on oivallinen vitamiinien ja mineraalien lähde, sanoo australialainen *Sunday Telegraph*.

"Kupillinen persiljaa sisältää enemmän beetakaroteenia (A-vitamiinia) kuin iso porkkana, lähes kaksi kertaa enemmän C-vitamiinia kuin appelsiini ja enemmän kalsiumia kuin kupillinen maitoa. Lisäksi siinä on suhteessa enemmän rautaa kuin maksassa ja se on hyvä B1- ja B2-vitamiinien lähde." Rohdoksena "persilja on tehokas diureetti eli se poistaa kehosta ylimääräistä nestettä", sanotaan lehdessä. Siitä voi olla apua myös joihinkin maksa-, perna-, vatsa- ja virtsavaivoihin. Sen syönti tuoreena "on parhaita keinoja raikastaa hengitystä – ja varmasti myös kaikkein halvin keino". Artikkelissa varoitetaan kuitenkin, että "joissakin tilanteissa, kuten raskauden aikana – se voi olla vaarallista sisältämänsä estrogeenin vuoksi".

"Omena päivässä pitää lääkärin loitolla"

Kypsä omena sisältää B₁-, B₂-, B₆-, C-, ja E-vitamiinia. Se sisältää lisäksi joitakin mineraaleja, esimerkiksi kalsiumia, magnesiumia ja kaliumia, sekä pektiiniä ja kuituja. 85 prosenttia

percent of the apple is water. Furthermore, apples have properties that are said to be beneficial for cleansing the digestive system. These same properties aid in curing both constipation and diarrhea.

Do Not Underrate The Carrot

The ancient Greeks and Romans used carrots as medicine but not as a vegetable. Their value in supplying vitamin A is well known. In fact, one average-size carrot will give you all of that vitamin you need for one day. A deficiency of vitamin A causes blindness and weakens our immune system. Carrots contain significant amounts of vitamins B² and C as well as iron, phosphorus, chlorine and calcium. For weight watchers it is a comfort to know that a medium-size carrot has twenty-one calories only.

Banana —Delicious And Nutritious

Bananas are rich in potassium. "Numerous studies indicate that this nutrient can help strengthen your bones and lower your risk of high blood pressure and stroke," states *Health* magazine in an article about bananas. "Bananas," the magazine adds, "contain birth-defect-fighting

omenasta on vettä. Lisäksi omenoilla sanotaan olevan ominaisuuksia, joiden ansiosta niillä on ruoansulatuselimistöä puhdistava vaikutus. Nämä samat ominaisuudet auttavat sekä ummetuksen että ripulin hoidossa.

Älä väheksy porkkanaa

Muinaiset kreikkalaiset ja roomalaiset käyttivät porkkanaa lääkkeenä mutta eivät kasviksena. Se on tunnetusti hyvä A-vitamiinilähde. Yhdestä keskikokoisesta porkkanasta saat itse asiassa koko päivän tarpeesi tuota vitamiinia. A-vitaminnin puute aiheuttaa sokeutta ja heikentää puolustusjärjestelmää. Porkkanoissa on huomattavat määrät B₂- ja C-vitamiinia samoin kuin rautaa, fosforia, klooria ja kalsiumia. Painoan tarkkailevien on lohduttavaa tietää, että keskikokoisessa porkkanassa on vain 21 kaloria.

Banaani on herkullista ja ravitsevaa

Banaaneissa on runsaasti kaliumia. "Useissa tutkimuksissa on käynyt ilmi, että tämä ravintoaine voi lujittaa luustoa ja pienentää verenpainetaudin ja aivohalvauksen riskiä", kertoo *Health*-lehti eräässä banaania käsittelevässä kirjoituksessa. Lehti lisää: "Banaaneissa on synnynnäisiä vikoja ehkäisevää folaattia, erästä B-

folate, a B vitamin crucial for anyone who is pregnant or of childbearing age." Bananas contain other vital minerals, such as magnesium. The fruit is 22 percent carbohydrate, which provides quick energy because bananas are so easy to digest. Bananas are a good source of vitamins A, B, and C. Also, they appear to suppress the appetite, since one never seems inclined to eat too many at once.

Worksheet

Complete the following sentences.
CLUE: Read the 5 articles about some popular fruits vegetables.

- 1 In times passed, _____ was used as medicine, not as food. Nowadays, they are famous for they are famous for their vitamin _____, which helps prevent _____.
- 2 _____ helps prevent cancer, because it is rich in _____, an antioxidant.
- 3 It has been said that "an _____ a day keeps the doctor away.", because it contains vitamins and minerals as well as pectin and _____.
- 4 _____ is rich in _____, a nutrient that reduces the risk of high _____ and _____. It is also good food for _____ women, because it contains folate, a _____ vitamin.
- 5 _____ is an effective breathe freshener. However, its estrogenic components can be dangerous for _____.

Answers on page 16.

vitamiinia, jota raskaana tai lastensaanti-iässä olevan naisen on tärkeää saada." Banaanissa on muitakin tärkeitä kivennäisaineita, kuten magnesiumia, Banaanista on 22 prosenttia hiilihydraattia, josta saa nopeasti energiaa, koska banaani on helposti sulavaa ravintoa. Banaani on myös hyvä A-, B- ja C-vitamiinin lähde. Ne näyttävät lisäksi hillitsevän ruokahalua, sillä niitä ei tule koskaan syötyä yhdellä kertaa liikaa.

What Do You Think?

- Why is it wise to introduce the baby to new tastes?
- How much fresh fruits and vegetables should you eat daily?
- What are some economical ways to get fruits and vegetables?

Taste School - Describing fruits and vegetables

Taste and choose the word that is most descriptive. Combine.

Foods	Adjectives
I carrot sticks	juicy
grated carrot	crunchy
II carrot and currant	refreshing
carrot and pineapple	sour
carrot and raisins	tart
carrot and saurerkraut	sweet
III banana and avocado	tart
apple and celery	rich
beets and fennel	crunchy

5 EAT THE RIGHT AMOUNT

During the period of rapid growth, it is not uncommon for teens to feel very uncomfortable with their weight, and many become concerned about controlling their weight. Dieting and restricting food intake, however, can deprive the body of essential nutrients. It is, therefore, important to eat enough.

What is the right amount?

Each person's daily calorie, or energy, needs are different, depending on such factors as height, weight, age, and activity level. As an active teenager, you may easily burn 3,000 calories or more per day. Remember, though, that enough is enough. If you eat more calories than you need, the surplus is stored as body fat.

Did you know?

What is a calorie?

It is a standard measurement of heat energy. Thus, when you perspire, you use up calories, or heat energy. How is a dieter's calorie defined? "A calorie is the amount of heat that it takes to raise the temperature of one kilogram of water by exactly one degree centigrade." (*Balance Your Body, Balance Your Life*)

5 SYÖ OIKEA MÄÄRÄ

Kiihkeässä kasvuiässä ei ole epätavallista, että murrosikäiset ovat hyvin tyytymättömiä painoonsa, ja monet alkavat seurata painoan tarkasti. Laihdutuskuurien ja ruoan niukkuuden vuoksi keho voi kuitenkin jäädä vaille välttämättömiä ravintoaineita. Siksi onkin tärkeää syödä riittävästi.

Mikä on riittävästi?

Päivittäinen kalorien eli energian tarve vaihtelee yksilöittäin, ja se riippuu muun muassa pituudesta, painosta, iästä ja aktiivisuudesta. Aktiivisena nuorena saatat helposti kuluttaa 3000 kaloria tai enemmän päivässä. Muista kuitenkin, että liika on aina liikaa. Jos syöt enemmän kaloreita kuin tarvitset, ylijäämä varastoituu kehoon rasvana.

Tiestikö?

Mikä on kalori?

Kalori on lämpöenergian yksikkö.

Niinpä siis hikoillessaan ihminen kuluttaa kaloreita eli lämpöenergiaa.

Ravinto-opissa kalorilla tarkoitetaan kilokaloria, joka määritellään seuraavasti: "[Kilo]kalori on

lämpömäärä, joka tarvitaan yhden

vesikilon lämpötilan nostamiseen tasan

yhdellä celsiusasteella." (*Balance Your Body, Balance Your Life.*)

Could Less Be Enough?

In Western countries, more people are affected by obesity than by malnutrition. According to nutritionists, one of the best strategies to combat excess weight is to improve the diet and exercise levels of the entire family.

Tip

The people of the islands of Okinawa in Japan are famous for their longevity. What is their secret. The Okinawan diet tends to be low in calories and high in vegetables and fruits, natural fiber, and good fats. And the people have the habit of eating only until they are about 80 percent full. "You should stop at the first feeling of fullness you get," says Dr. Bradley Willcox, a co-investigator in a study concerning the Okinawan people. "There's about a 20-minute delay before the stomach tells the brain."

Is Your Diet Balanced?

In addition to food energy, your body constantly needs protein, fats, minerals and vitamins in optimum amounts to participate in body processes and to repair and renew body cells. When you eat wholesome foods, you can be pretty confident that you're getting necessary nutrients and not 'empty' calories.

Voisiko vähemmän olla parempi?

Länsimaissa lihavia on enemmän kuin aliravittuja. Ravitsemustieteilijöiden mukaan parhaita keinoja taistella ylipainoa vastaan on se, että koko perhe parantaa ruokavaliotaan ja liikkuu enemmän.

Vinkki.

Japaniin kuuluvan Okinawan saaren asukkaat ovat kuuluisia pitkäikäisyydestään. Mikä on heidän salaisuutensa? Okinawalaisten ruoka on vähäkalorista, ja he syövät paljon kasviksia, hedelmiä, kuituja ja hyviä rasvoja. Lisäksi sikäläisillä on tapana syödä itsensä vain 80-prosenttisesti kylläisiksi. Erään okinawalaista koskeneen tutkimuksen vetäjiin kuuluva tri Bradley Willcox sanoo: "Syöminen pitäisi lopettaa, kun tuntee olonsa ensi kerran kylläiseksi. -- Tieto kulkee mahasta aivoihin noin 20 minuutin viiveellä."

Onko ruokavaliosi tasapainoinen?

Ruoasta saatavan energian lisäksi elimistösi tarvitsee jatkuvasti sopivia määriä proteiineja, rasvoja, kivennäisaineita ja vitamiineja erilaisiin ruumiintoimintoihin sekä solujen korjaamiseen ja uusiutumiseen. Kun syöt täysipainoisia ruokaa, voit olla melko varma siitä, että saat

What Do You Think?

- Why may it be dangerous to restrict your food intake when a teenager?
- How can you avoid overeating?
- What does your body need in

addition to energy? Why

Food diary

Minerals have an importance in nutrition far beyond the extremely small amounts that are found in the body. See if you get a variety of them.

I eat dark leafy greens

- daily
- a few times a week
- once a week or less often

How many *different* fruits and vegetables you have eaten this week? _____

I eat whole grain cereals (such as whole-wheat or whole-rye bread)

- several servings a day
- daily
- once in a while. Mostly, I eat bleached wheat

How often do you eat seafood?

- almost daily
- at least once a week
- less often than once a week

Now, do some research on the minerals in foods. Next, provide the missing parts in the chart. Finally, name at least 3 foods, you think, you should eat more to get all the minerals your body needs. _____

tarpeelliset ravinteet etkä 'tyhjiä' kaloreita.

Worksheet

Mineral	Organ/function affected by	Some good sources
Calcium	bones, teeth	1
Phosphorus	cell, reproduction	2
Potassium	3	4
Sulfur	5	onion, cabbage
Sodium	6	7
Chlorine	acid in stomach	8
Magnesium	9	10
Iron	11	12
Manganese	normal metabolism	13
Copper	activates enzymes	14
Iodine	15	16
Zinc	sex organs, thyroid	17
Molybdenum	bone formation	dark leafy greens, legumes
Cobalt	blood formation	liver, legumes, wh
Fluorine	18	seafood, tea
Chromium	resistance to disease	raw sugar

Answers on page 25.

Taste School

Lettuce

Sweet Sour

Mild Tangy

Juicy Dry

Crisp Soft

Goes well with garlic pepper

lemon juice lemon peel

Grated White Cabbage

Sweet Sour

Mild Tangy

Juicy Dry

Crisp Soft

Goes well with garlic raisins

caraway seeds grated carrot

Spinach (frozen)

Sweet Sour

Mild Tangy

Juicy Dry

Crisp Soft

Goes well with boiled eggs nutmeg

garlic tomato

Seaweed (nori)

Tart Salty

Mild Tangy

Juicy Dry

Crisp Soft

Goes well with rice shrimps

tuna salmon

Answers to page 24

1 dairy products, cabbage, legumes, almonds, sesame seeds

2 all protein foods: meats, fish, nuts, legumes, dairy products, unrefined cereals

3 Found in cells. Plays leading role in utilization of proteins, carbohydrates; helps maintain normal heartbeat

4 all fruits and vegetables

5 skin, nails, hair

6 Maintains water balance, osmotic pressure in body fluids; aids in maintaining acid-base balance indispensable for kidney function.

7 A diet truly low in sodium would be hard to achieve

8 salt, meat, leafy vegetables, milk, tomatoes

9 Bones, soft tissues. Important to heart nerve tissue; vital to a host of enzyme functions

10 nut, legumes, fish, leafy vegetables, whole grains

11 In hemoglobin. Aids in bringing oxygen to cells aids certain cellular enzymes. (Women need more iron than do men)

12 liver, dark leafy greens, egg yolks, raisin, apricots, berries, onions, oysters, whole grains

13 whole grains, legumes, pineapple, banana, saltwater fish

14 liver, kidney, shellfish, legumes, nuts, raisins, unrefined cereals

15 Mostly in thyroid gland. Controls metabolism rate, aids in forming thyroid hormone prevents goiter, etc

16 seafood, mushrooms, iodized salt

17 animal protein, fish, whole grains

18 prevents tooth decay

Note: Listings are representative rather than comprehensive.

6 MEALTIMES HELP TO ESTABLISH HEALTHY ROUTINES

Does your family enjoy at least one meal a day together? Sadly, in today's hectic world, eating has become a haphazard, do-your-own-thing affair in many households. Do you often find yourself eating while watching television or while online? Eating in front of a TV or a computer screen promotes consumption and lessens awareness of feeling full. The constant nibbling may go on for hours, perhaps consisting of greasy chips, cookies or candy loaded with sugar, with uncounted empty calories.

Did you know?

A diet rich in sugar will increase the risk of cavities. What is particularly important, though, is to watch when and how often you snack.

According the family dental guide *How to Keep Your Family Smiling*, cavities can start every time you eat a sweet or starchy snack. So if you are going to snack, "it's better to eat the whole thing at once," thus exposing your teeth to acid just one time. Otherwise, nibbling on the same snack over a longer period of time results in a prolonged attack of acid.

6 RUOKA-AJAT AUTTAVAT LUOMAAN TERVEELLISIÄ RUTINEJA

Syödäänö teidän perheessä vähintään yksi ateria päivässä yhdessä?

Syömisestä on valitettavasti tässä nopeatempoisessa nykymaailmassa tullut monissa perheissä asia, jonka jokainen hoitaa yksin milloin ja miten huvittaa. Huomaatko, että sinun tulee usein syötyä televisiota katsellessa tai kun olet netissä? Television tai tietokoneen ääressä syö helposti liikaa eikä huomaa kylläisyyden tunnetta yhtä nopeasti kuin muuten. Jatkuva napostelu saattaa jatkua tuntikausia ja siihen saattaa kuulua rasvaisia sipsejä, keksejä ja karkkia, joissa on valtavasti sokeria ja lukemattomat määrät tyhjiä kaloreita.

Tiesitkö?

Runsas sokerin syöti lisää hampaiden reikiintymisen riskiä. Erityisen tärkeää on kuitenkin valvoa sitä, milloin ja kuinka usein syö välipaloja.

Erään perheiden hammashoitopajaan mukaan (*How to Keep Your Family Smiling*) reikien muodostuminen voi alkaa joka kerta, kun syö makeisen tai tärkkelyspitoisen välipalan. Jos siis aikoo syödä välipalan, "on parempi syödä kaikki yhtä kyytiä", niin että hampaat joutuvat happohyökkäykseen vain

kerran. Saman välipalan
mutusteleminen pitkän aikaa pidentää
happohyökkäystä.

Why eat meals together regularly as a family?

According to Dr. Matthew Gillman of the Harvard Medical School, “family dinners contain foods that are more healthful than children and adolescents would otherwise eat.” Children who eat family meals are more likely to eat the recommended servings of fruits and vegetables, to take in the vitamins and minerals that they need, and to consume less sugar and fat.

Researchers have also found that eating dinner as a family engenders conversations about healthy eating and instills better dietary habits in children—habits that they will carry with them when they eat away from home.

Tip

Do you feel at times that your family members busily go about their separate activities without having much real contact with one another. Doing things together in the kitchen are some activities that provide families with regular opportunities to communicate and keep in touch with one another. At the same time, children and

adolescents learn valuable skills and busy parents appreciate it when their children help out with household chores. So why not suggest to your parents that you combine work with

Miksi aterioita säännöllisesti perheenä?

Harvardin yliopiston lääketieteellisessä tiedekunnassa toimivan tri Matthew Gillmanin mukaan ”perheen yhteisellä päivällisellä syötävä ruoka on terveellisempää kuin se, mitä lapset ja nuoret muuten söisivät”. Perheen kanssa ruokailevat lapset syövät todennäköisemmin suositusten mukaisen määrän hedelmiä ja kasviksia, saavat tarvitsemansa vitamiinit ja kivennäisaineet sekä nauttivat vähemmän sokeria ja rasvaa.

Tutkijat ovat todenneet myös, että yhteisillä aterioilla syntyy keskusteluja terveellisestä syömisestä ja lapset omaksuvat paremmat ruokailutottumukset, joita he sitten noudattavat kodin ulkopuolellakin.

Vinkki

Tuntuuko sinusta joskus, että teidän perheessä kaikki hääriilevät kukin tahollaan omien puuhiensa parissa olematta paljonkaan todella tekemisissä toistensa kanssa. Puuhastelu yhdessä keittiöaskareiden parissa tarjoaa säännöllisesti tilaisuuksia jutella ja pitää yhteyttä

toisiinsa. Samalla lapset ja nuoret oppivat arvokkaita taitoja ja kiireiset vanhemmat arvostavat sitä, että heidän lapsensa auttavat kotitöissä Mikset siis ehdottaisi vanhemillesi, että yhdistäisitte työn ja hovin?

Taste School

Employ all the five senses.
MENU: meatballs, mashed potatoes, green salad, dressing of olive oil and lemon juice

Hearing

Sounds in the kitchen -
Combine a sound and its source.

- | | |
|------------|----------------|
| 1 clinking | A door |
| 2 popping | B dishwasher |
| 3 tapping | C doing dishes |
| 4 rumbling | D chopping |
| 5 cracking | E frying onion |
| 6 humming | F mixer |

Answers on page 16.

Smell

Describe the aroma of the dish.
meatballs

mild intense

which ingredients can you distinguish?

meat onion pepper starch

mashed potatoes

mild intense

which ingredients can you distinguish?

potato butter milk

green salad

mild intense

which ingredients can you distinguish?

lettuce olive oil lemon juice

Sight

How would you add more color to your meal?

meatballs _____

mashed potatoes _____

green salad _____

What is the role of the form?

Give a grade to both dishes.

1 meatballs __ meat loaf __

2 mashed potatoes __ boiled potatoes __

3 cucumber cubes __ cucumber slices __

Touch

meatballs

smooth granulated

chewy tender

mashed potatoes

smooth granulated

thick fluffy

green salad

crunchy soft

Taste

Circle your answer.

Meatballs:

milder/ more flavorful than they smell

more delicious/ not as delicious as they look

Mashed potatoes:

milder/more flavorful than it smells

more delicious/not as delicious as it looks

Green salad

milder/more flavorful than it smells

tastier/not as tasty as it looks

7 THE LURE OF FAD DIETS

Take a look at any list of the ten best-selling books and you'll usually find a diet guide listed. Next, we are going to take an honest look at some fad diet fact.

Diet Pills

Diet pills may curb your appetite for a while, but the body quickly adjusts to them, and your appetite returns. Or your metabolism slows down, and you gain weight anyway—not to mention the side effects some experience, such as dizziness, high blood pressure, anxiety attacks, and perhaps even addiction. Much the same can be said for pills that eliminate water or that speed up your metabolism.

Low-Carb Diets

Although dieters may lose weight on low-carbohydrate diets, there is little data available on the long-term effects of such diets. Some researchers worry that a protein-heavy diet might lead to liver and kidney troubles, osteoporosis, and other serious health problems.

Dr. David Katz of the Yale University

7 MUOTIDIETTIEN VIEHÄTYS

Käytpä läpi minkä tahansa kymmenen myydyimmän kirjan luettelon, näet tavallisesti niiden joukossa jonkin ruokavalio-oppaan. Seuraaksi on tarkoitus käsitellä puolueettomasti joitakin tosiseikkoja muotidietteistä.

Laihdutuslääkkeet

Laihdutustabletit saattavat jonkin aikaa hillitä ruokahaluasi, mutta elimistö tottuu niihin pian ja ruokahalusi palaa ennalleen. Tai sitten aineenvaihduntasi hidastuu ja alat joka tapauksessa lihoa. Lisäksi jotkut ovat kokeneet sellaisia sivuvaikutuksia kuin huimausta, korkeaa verenpainetta, paniikkihäiriöitä ja riippuvuutta. Samaa voidaan sanoa nestettä poistavista tai aineenvaihduntaa kiihdyttävistä pillereistä.

Karppaus

Vähähiilihydraattisia ruokavalioita noudattavien paino voi pudota, mutta niiden pitkäaikaisvaikutuksista ei juuri ole tietoa. Jotkut tutkijat pelkäävät, että runsaasti proteiinia sisältävät ruokavaliot voivat johtaa maksa- ja munuaisvaikeuksiin, osteoporoosiin ja muihin vakaviin terveysongelmiin. Yalen yliopiston kansanterveyden

School of Public Health points out that diets rich in fiber and complex carbohydrates, found in fruits, vegetables, beans and whole grains have been shown in a wide array of studies to be associated with longevity, lasting weight control, reduced risk of cancer, reduced risk of cardiovascular disease, reduced risk of diabetes, reduced risk of gastrointestinal disorders and overall health promotion.

Did You know?

Excesses with *any* substance, especially when it is often substituted for regular meals, is bound to bring serious health problems. The case of an Australian woman being diagnosed with cirrhosis of the liver. What, then, had so afflicted her liver? For some 25 years she had been chewing tea leaves instead of using them for making a beverage. She even chewed them instead of eating regular meals. It is believed that the tannin in tea leaves was what had done the damage. Trying to exist almost totally on tea leaves nearly cost her life. It is, indeed, wise to avoid extremes.

laitoksessa toimiva tri David Katz toteaa, että lukuisissa tutkimuksissa on käynyt ilmi, että runsaasti kuituja ja pitkäketjuisia hiilihydraatteja (saadaan hedelmistä, vihanneksista, pavuista ja kokojyväviljasta) sisältävät ruokavaliot ovat yhteydessä pitkäikäisyyteen, kestäväään painonhallintaan ja pienempään syöpäriskiin, pienempään sydän- ja verisuonitautien riskiin, pienempään diabeteksen riskiin, pienempään maha-suolikanavan häiriöiden riskiin ja yleiseen hyvinvointiin.

Tiesitkö?

Liiallisuus *minkä tahansa* aineitten käytössä, varsinkin kun se usein tapahtuu säännöllisten aterioiden kustannuksella, johtaa väistämättä terveysongelmiin. Tapaus, jossa australialaisella naisella todettiin maksakirroosi, valaisee tätä. Mikä sitten oli niin vaurioittanut hänen maksaansa? Hän oli noin 25 vuoden aikana hän oli pureskellut teelehtiä sen sijaan, että olisi valmistanut niistä juomaa. Hän jopa pureskeli lehtiä säännöllisten aterioiden syömisen sijasta. Uskotaan, että teelehtien sisältämä tanniini aiheutti vaurion. Yritys tulla toimeen lähes yksinomaan teelehdillä oli maksaa hänelle hänen henkensä. On todellakin viisasta välttää äärimmäisyyksiä.

Starvation diets

A drastic calorie reduction of diets producing fast weight losses slows body metabolism. Fat cells can receive a false message and misinterpret it as a crisis; a crash diet may send fat cells the same message as would famine or starvation. Instead of fat breaking down, it is actually conserved, curtailing the release of calories to a trickle. But the fat cells have no way of knowing the difference. This metabolic decline is why dieters often stop losing weight after a few weeks of severe dieting.

Beware Of The Eating Disorder

Remember that an eating disorder, can develop innocently. A young girl might embark on a seemingly harmless diet, perhaps to lose just a few pounds. When she reaches her goal, however, she is not content. So she decides to lose just a few more pounds. Then just a few more. And a few more. The pattern is set.

There's no need to resort to a fad diet. The key to good nutrition that helps you keep in shape is a varied diet that includes every kind of nutrient.

Nälkäkuurit

Jyrkkä kalorien vähentäminen ruokavaliosta, mikä saa aikaan nopean painonpudotuksen, hidastaa kehon aineenvaihduntaa. Rasvasolut voivat ottaa vastaan virheellisen viestin ja tulkita sen väärin merkiksi puutostilasta; raju dieetti voi ehkä lähettää rasvasolulle samanlaisen viestin kuin nälkiintyminen. Sen sijaan että rasva sulaisi pois, se itse asiassa säilyykin ja rajoittaa kalorien kulumisen säästöliekille. Mutta rasvasolut eivät pysty mitenkään huomaamaan eroa.. Tämä aineenvaihdunnan hidastuminen on syynä siihen, että laihduttajien painonpudotus usein pysähtyy muutaman viikon ankaran dieetin jälkeen.

Varo syömishäiriötä

Muista, että syömishäiriö voi kehittyä huomaamattomasti. Nuori tyttö voi aloittaa näennäisen vaarattoman laihdutuskuurin pudottaakseen kenties vain muutaman kilon. Mutta kun hän pääsee tavoitteeseensa, hän ei olekaan tyytyväinen. Niinpä hän päättää laihduttaa vielä pari kiloa. Sitten vielä pari. Ja pari lisää. Kierre on valmis.

Ei ole tarpeen ryhtyä mihinkään muotidieetteihin. Avain hyvään ravitsemukseen, joka auttaa

What do you think?

- What are some pros and cons of some fad diets?
- Why is it wise to avoid extremes?
- How would you explain the dangers of the eating disorder to your younger sister?

Worksheet

Fad Diet Foods:

Diet of grapefruit and hard-boiled eggs

Protein:

Deficiency		Optimal amount		Excess
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Complex carbohydrates:

Deficiency		Optimal amount		Excess
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fiber:

Deficiency		Optimal amount		Excess
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Unsaturated Fats:

Deficiency		Optimal amount		Excess
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Cholesterol

Safe amount		Excess
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Vitamins and minerals

in safe amounts
 excess of _____
 deficiency of _____

sinua pysymään kunnossa, on vaihteleva ruoka, joka sisältää kaikkia ravintoaineita.

Diet of milk and bananas

Protein:

Deficiency		Optimal amount		Excess
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Complex carbohydrates:

Deficiency		Optimal amount		Excess
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fiber:

Deficiency		Optimal amount		Excess
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Unsaturated Fats:

Deficiency		Optimal amount		Excess
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Cholesterol

Safe amount		Excess
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Vitamins and minerals

in safe amounts
 excess of _____
 deficiency of _____

Low-carb diet of steak, sausages, bacon, cheese, high-fat yogurt

Protein:

Deficiency		Optimal amount		Excess
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Complex carbohydrates:

Deficiency	Optimal amount	Excess
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fiber:

Deficiency	Optimal amount	Excess
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Unsaturated Fats:

Deficiency	Optimal amount	Excess
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Cholesterol
Safe amount

<input type="checkbox"/>	<input type="checkbox"/>	Excess
		<input type="checkbox"/>

Vitamins and minerals

in safe amounts

excess of _____

deficiency of _____

Red Grape fruit

Guess before tasting.

mild tangy

sweet sour

juicy not juicy

Check after tasting.

mild tangy

sweet sour

juicy not juicy

Lemon

Guess before tasting.

mild tangy

sweet sour

juicy not juicy

Check after tasting.

mild tangy

sweet sour

juicy not juicy

Taste School

Citrus fruits:

White grape fruit

Guess before tasting.

mild tangy

sweet sour

juicy not juicy

Check after tasting.

mild tangy

sweet sour

juicy not juicy

8 WEIGHT WATCHER'S DIET

Overweight comes from overeating. In order to lose weight one's intake of energy must be smaller than the output. This goal can be achieved by eating less food, by avoiding high-calorie items such as sweets and by exercising more. However, counting calories is not the simple solution to losing weight as many think. Calories are not equal. The source of those calories also counts.

Did you know?

Eat 100 calories in carbohydrates and you may store 77 of them as body fat—23 are burned in digesting the carbohydrates, but consume 100 calories in a pat of butter and 97 are stored as fat—only three are consumed for digesting. The reason: Dietary fat is already chemically close to body fat, so it is stored as such much more easily.

8 PAINONTARKKAILIJAN RUOKAVALIO

Ylipainoa tulee ylensyömisestä. Painonpudostuksessa energiansaannin täytyy olla pienempi kuin energiankulutuksen. Tähän tavoitteeseen voi päästä syömällä vähemmän, välttämällä runsaskalorisia ravintoaineita ja liikkumalla enemmän. Kaloreiden laskeminen ei kuitenkaan ole monien kuvittelema yksinkertainen laihdutusratkaisu. Kaikki kalorit eivät ole samanarvoisia. Myös kaloreiden lähde on merkityksellinen.

Tiesitkö?

Jos syöt 100 kaloria hiilihydraatteina, saatat varastoida niistä 77 kaloria ruumiiseesi rasvana – 23 kaloria palaa sulatettaessa näitä hiilihydraatteja. Mutta jos syöt 100 kaloria voinkareessa, 97 kaloria varastoituu rasvaksi ja vain 3 kaloria kuluu ruoansulatukseen. Syy tähän on se, että ravintorasva on jo valmiiksi kemialliselta koostumukseltaan lähellä elimistön rasvaa, niinpä se sellaisenaan varastoituu paljon helpommin

Are Low-fat Products The Solution?

Consumer taste tests reveal that the fillers used to replace fat in many low-fat products do not have the same creamy texture as real fat, reports Canada's *Globe and Mail*, and may lead people to eat more or add toppings and extra ingredients to compensate. The ingredients added to replace fat, such as sugar, salt, and artificial flavorings, often are not nutritionally useful, according to Dr. David Jenkins, a professor of nutrition science and physiology at the University of Toronto. Dr. Jenkins advises: "If people decide one of the ways they can reduce fat is by eating low-fat food, that's fine, as long as the foods are nutritionally healthy." He suggests that vegetables, fruits, and cereal grains, as well as low-fat nuts and soy products, are good alternative choices.

Drink water

Drinking water helps you to lose weight. First of all, water has no calories, is fat-free and cholesterol-

Ovatko vähärasvaiset tuotteet ratkaisu?

Kuluttajille tehdyissä makutesteissä on käynyt ilmi, että monissa vähärasvaisissa tuotteissa käytetyt rasvan korvikkeet eivät ole yhtä täyteläisen tuntuisia kuin aito rasva, kertoo Kanadassa ilmestynvä *Globe and Mail*, ja seurauksena voi olla, että ihmiset syövät kyseisiä tuotteita enemmän tai panevat niihin lisukkeita ja ylimääräisiä mausteita niiden mauttomuuden vuoksi. Rasvan korvaamiseksi lisättävillä aineksilla, esimerkiksi sokerilla, suolalla ja keinotekoisilla aromiaineilla, ei useinkaan ole ravintoarvoa, kertoo tri David Jenkins, ravitsemustieteen ja fysiologian professori Toronton yliopistosta. Jenkinsin antama neuvo kuuluu: "Jos ihmiset päättävät vähentää rasvan käyttöä esimerkiksi syömällä vähärasvaista ruokaa, niin siinä ei ole mitään väärää, kunhan vain se, mitä he syövät, on ravintoarvoltaan korkealaatuista." Hänen mukaansa vihannekset, hedelmät ja viljatuotteet sekä vähän rasvaa sisältävät pähkinät ja soijatuotteet ovat hyviä vaihtoehtoja.

Juo vettä

Vedenjuonti auttaa laihtuksessa. Vedessä ei ensinnäkään ole kaloreita, free, and is low in sodium. Second, it

is an appetite suppressant. Third, water helps the body to metabolize stored fat.

Tip

Eat slowly. It takes about 20 minutes for the stomach to signal the brain that it is full. The French, who are famous for their love of food and still not being obese, take a lot longer to enjoy their food. A study reports: "The average French person spends nearly 100 minutes daily just eating". So slow down. Why hurry? Enjoy your meal by noticing what you are eating. Eating slowly will help you listen to the body's signals that say, "I'm full. I don't need any more."

Establish healthy habits

Don't skip breakfast. If you do, the resulting hunger may actually cause you to eat more than you would otherwise. Remember also that hunger and a feeling of deprivation get the best of you. So don't let weight watching take the control of your

rasvaa eikä kolesterolia, ja natriumiakin siinä on vain nimeksi. Toiseksi se hillitsee ruokahalua. Kolmanneksi vesi auttaa kehoa kuluttamaan varastoitunutta rasvaa.

Vinkki

Syö hitaasti. Kuluu noin 20 minuuttia ennen kuin vatsa lähettää aivoihin viestin siitä, että se on täynnä. Ranskalaiset, jotka ovat kuuluisia siitä, että he rakastavat ruokaa, mutta eivät silti ole lihavia, käyttävät enemmän aikaa ruoasta nauttimiseen. Erään tutkimusraportin mukaan ranskalainen käyttää syömiseen päivittäin keskimäärin lähes tunti 40 minuuttia. Syö siis rauhallisesti – mihin sinulla on kiire? Nauti ateriasta ja kiinnitä huomiota siihen, mitä olet syömässä. Hitaasti syöminen auttaa kuuntelemaan kehoasi, kun se ilmoittaa, että olo on kylläinen.

Luo terveellisiä tapoja

Älä jätä aamiaista väliin. Nälkä saa sinut syömään myöhemmin enemmän kuin olisit muuten syönyt. Muista myös, että nälän ja heikkouden tunne vievät parhaan puhtisi. Älä siis anna painontarkkailun alkaa hallita

thinking. Find healthy alternatives to eating. Go for a walk or exercise.

Doing something fun may help you mind off your appetite.

Taste School

Tasting yogurt

You have two cups of natural yogurt. Find out, which is low-fat or fat-free and which is full-cream by examining them.

Examine the texture by stirring the samples with a spoon. Is it thick or thin? Does it stick to the spoon or is it elastic? Which properties do you attribute to low-fat product?

Sample 1

thick thin

stiff elastic

Sample 2

thick thin

stiff elastic

Next, taste the two samples.

Sample 1

Tasteless Rich

Mild Sour

Milky Creamy

Sample 2

Tasteless Rich

Mild Sour

Milky Creamy

ajatteluasi. Keksi syömiselle terveellisiä vaihtoehtoja. Mene kävelyllä tai kuntoile. Jonkin mukavan asian tekeminen voi auttaa sinua unohtamaan mielitekosi.

How many spoonfuls can you eat before feeling like not wanting more?

Sample 1 _____

Sample 2 _____

Then, add some extra ingredients little by little. Which one needs more extra ingredients, such as sugar or honey in order to taste good? Try and taste.

Sample ___ needs more honey/sugar

Sample ___ needs more banana slices

Sample ___ needs more nuts

Finally, give grades (A= highest, B, C, D, F =fail) to each.

Sample 1 _____

Sample 2 _____

What do you think?

- Why are not all calories equal?
- Why are not low-fat products always weight-watcher-friendly?
- Why does drinking water help you lose weight?
- Why should you slow down when eating?

9 WHY DO SOME CHOOSE TO BE VEGETARIANS?

For some people, such as Hindus, a vegetarian diet involves their religious beliefs. In Western countries, however, factors other than religious influence people's eating choices. Then, why do so many prefer a meatless diet?

Concern For Animals

Teenagers are said to be one of the fastest growing segment of vegetarians. Concern for animals is one reason for that. Kids love animals, and as they start learning about what happens to them before they are killed for food the compassion they feel is reinforced.

Concern For Environment

Many environmentally conscious individuals also make the connection between their diet and the tremendous demand made on natural resources in raising animals for food. It takes, for example, about 390 gallons of water to produce just one pound (3,300 liters to produce just one kilogram) of beef and 375 gallons per pound (3,100 liters per kilogram) of chicken. For some, this then becomes a reason to avoid meat.

9. MIKSI JOTKUT RYHTYVÄT KASVISSYÖJIKSI?

Joillekin ihmisille kuten hiduille kasvisruokavalio on osa heidän uskonnollista vakaumustaan. Länsimaissa ruoan valintaan vaikuttavat kuitenkin muut kuin uskonnolliset seikat.

Huoli eläimistä

Teini-ikäisten sanotaan olevan yksi nopeimmin kasvava kasvissyöjien ryhmä. Eräs syy tähän on eläimiin kohdistuva huoli. Nuoret pitävät kovasti eläimistä, ja kun he saavat tietää, mitä eläimille tapahtuu ennen kuin ne tapetaan ravinnoksi, se vain vahvistaa heidän tuntemaansa myötätuntoa.

Huoli ympäristöstä

Monet ympäristötietoiset ihmiset tajuavat myös ruokavalionsa yhteyden siihen, miten valtavasti luonnonvaroja kuluu eläinten kasvattamiseen ravinnoksi. Esimerkiksi yhden naudanlihakilon tuottamiseen kuluu 3300 litraa vettä ja yhteen kiloon kananlihaa 3100 litraa. Tästä tulee näin ollen joillekuille syy välttää lihaa.

Food Fears

Some people's strong stand for vegetarianism is based on their views concerning the health risks of meat consumption, such as heart disease and cancer. Thus, not surprisingly, vegetarian diets are becoming increasingly popular. A dietitian in *FDA* (Food and Drug Administration) *Consumer* says: "Data are strong that vegetarians are at lesser risk for obesity, --constipation, lung cancer, and alcoholism," And, contrary to what some may believe, with careful, proper planning, even meatless diets "can meet Recommended Dietary Allowances for nutrients," according to the 1995 dietary guidelines.

Although most plant products lack one or more of the essential amino acids, this deficiency can often be corrected by combining them with other vegetables or protein foods that supply the lack

Tip

Greater use of soybeans as a food is a practical way to add more protein to the diet. Soybean flour can be added to many foods, or you can cook the soybeans yourself.

Ruokaan liittyvät pelot

Joidenkin vahva kannanotto kasvisruokavalion puolesta perustuu lihan syömiseen liittyviin terveysriskeihin, esimerkiksi sydäntauti- ja syöpäriskiin. Ei ole siksi yllättävää, että vegetarismi saa yhä enemmän suosiota. Eräs ravitsemusterapeutti sanoo *FDA Consumer* -lehdessä: Tosiasiat puhuvat voimakkaasti sen puolesta, että kasvissyöjillä on tavallista pienempi riski lihoa, -- kärsiä ummetuksesta, sairastua keuhkosityöpään ja sortua alkoholismiin". Päinvastoin kuin jotkut ehkä uskovat, huolellisella, oikealla suunnittelulla lihatonkin ruokavalio "voi täyttää vuoden 1995 ravitsemussuosituksset". Vaikka useimmista kasvikunnan tuotteista puuttuu yksi tai useampia välttämättömiä aminohappoja, tämä puute voidaan usein korjata syömällä niitä muiden kasvien tai valkuaisainepitoisten ruokien kera, jotka sisältävät puuttuvia aineita.

Vinkki

Kätevä tapa lisätä proteiineja ravintoon on käyttää enemmän soijapapuja ruoanvalmistuksessa. Soijajauhoa voidaan sekoittaa moniin ruokiin tai voit itse keittää soijapapuja.

Did you know?

The natives of the Caucasus region are a frequently cited example of longevity. In her book *How to Live to Be 100*, Sula Benet, who lived among the Caucasians, noted two factors in the Caucasian diet 1) No overeating . 2) An extremely high intake of natural vitamins in fresh vegetables.

Taste School

Soy flour (plain)

Smell:

Mild Intense

Flavor:

Sweet Bitter

Mild Intense

Creamy Watery

Texture:

Granulated Powdered

Looks milder/ more intense than it looks. Circle your answer.

Soy milk (made from soy flour and water) compared with soy flour.

Smell:

Milder More intense

Taste:

Sweeter More bitter

Milder More intense

Creamier More watery

Tiesitkö?

Kaukasuksen alueen alkuperäisväestö on kuuluisa pitkäikäisyydestään.

Heidän parissaan elänyt Sula Benet kertoo kirjassaan *How to Live to Be 100* kaksi tekijää kaukasialaisten ruokavaliossa: 1) He eivät syö liikaa. 2) He saavat erittäin paljon luonnollisia vitamiineja tuoreiden vihannesten muodossa.

The soy milk solution is

homogeneous segmented

Soy beans

Smell:

Mild Intense

Flavor:

Sweet Bitter

Mild Intense

Creamy Watery

Texture:

Chewy Soft

Starchy Fibrous

What Do You Think?

- Why are teenagers one of the fastest growing segment of vegetarians?
- Why are vegetarian diets becoming increasingly popular?
- Why is it important to plan a vegetarian diet properly?

10 COPING WITH A FOOD ALLERGY

Do you know someone who has celiac disease? Or is someone in your family, perhaps, lactose intolerant? Then you are quite familiar with the two of these special diets.

People With Celiac Disease Must Avoid Wheat Barley And Rye

The problem is with the gliadin fraction of gluten, which is present in wheat, barley, and rye. Gluten is harmless to most people, but in those with celiac disease, it can destroy the lining of the small intestine, reducing its ability to absorb nutrients. The treatment is simple and clear: a strict, gluten-free diet.

Did You Know?

The small intestine of the celiac patient regards gluten as poison, and it reacts accordingly. So, never to persuade a person with celiac disease to eat something with gluten in it, saying "A little bit can't do that much harm.", because it certainly can.

10 SELVIITYMINEN RUOKA-AINEALLERGIAN KANSSA

Tunnetko jonkun keliakikon? Tai onko kenties jollain perheenjäsenelläsi laktoosi-intoleranssi? Siinä tapauksessa tunnetkin jo aika hyvin nämä kaksi erityisruokavaliota.

Keliakikon on vältettävä vehnää, ohraa ja ruista

Ongelmana on gliadiinia sisältävä gluteeni, jota on vehnässä, ohrassa ja rukiissa. Useimmille ihmisille gluteenista ei ole vahinkoa, mutta keliakiapotilailla se voi tuhota ohutsuolen suolinukan, mikä heikentää ohutsuolen kykyä imeä ravintoaineita. Hoitomuoto on yksinkertainen ja selvä: tiukka, gluteeniton ruokavalio.

Tiesitkö?

Keliakikon ohutsuoli reagoi gluteeniin kuin myrkkyyn. Älä siis koskaan yritä suostutella keliakikkoa syömään jotakin gluteenipitoista sanomalla, ettei "pienestä määrästä mitään haittaa ole", koska siitä kyllä voi olla.

Tip

It is not difficult to comply with the dietary needs of a celiac patient. Celiac patients can eat buckwheat, corn, rice, soybean, millet, and potato products. There are also a variety of gluten-free flour mixtures that are acceptable.

Defining Lactose Intolerance

The term "lactose intolerance" refers to the body's inability to digest lactose, the predominant sugar in milk. To be absorbed into the bloodstream, lactose must be broken down into smaller units. For this to take place, an enzyme called lactase is needed. The problem is that after infancy the body produces less lactase. Having a deficiency of lactase, many adults become lactose intolerant.

Did You Know?

Lactose intolerance affects more Asians than any other group. Those of northern European descent are least affected.

The degree of lactose tolerance varies from one person to the next. Some can drink a small glass of milk without experiencing any adverse effects. For others, even this modest amount will

Vinkki

Keliaakikon ruokavalioon ei ole vaikea mukautua. Keliaakikot voivat syödä tuotteita, joissa on tattaria, maissia, riisiä, soijapapuja, hirssiä ja perunaa. On myös erilaisia gluteenittomia jauhosekoituksia, joita saa syödä.

Mikä on laktoosi-intoleranssi?

"Laktoosi-intoleranssi" tarkoittaa sitä, että elimistö ei kykene sulattamaan laktoosia, tärkeintä maidon sokeria. Jotta laktoosi imeytyisi vereen, sen täytyy pilkkoutua pienempiin osiin. Tähän tarvitaan laktaasi-nimistä entsyymiä. Ongelmana on se, että varhaislapsuuden jälkeen elimistön laktaasintuotanto vähenee. Laktaasinpuutos tekee monista aikuisista laktoosi-intoleranteja.

Tiesitkö?

Eniten laktoosi-intoleranssia esiintyy aasialaisilla ja vähiten pohjoiseurooppalaista syntyperää olevilla ihmisillä.

Laktoosin sieto vaihtelee eri ihmisillä. Joku voi juoda pienen lasillisen maitoa, eikä hänelle tule oireita. Toisille näinkin pieni määrä aiheuttaa oireita, joihin kuuluu pahoinvointi,

bring on symptoms including nausea, cramps, bloating, and diarrhea.

Tip

If you suffer from lactose intolerance the following suggestions can help you cope with your problem.

- Consume small amounts of milk and dairy products, along with other foods, to determine your degree of tolerance.
- Eat yogurt and aged cheeses, which are usually more easily digested.
- Make use of any available products that are lactose free.

Taste School

Examine the four samples of sauce made from gluten-free thickening agents.

Corn starch

Texture:

Thick Thin

Sticky Elastic

Taste:

Mild Intense

Potato starch

Texture:

Thick Thin

Sticky Elastic

Taste:

Mild Intense

Peanut butter (African thickener)

Texture:

Thick Thin

vatsanväänteet, turvotus ja ripuli.

Vinkki

Jos sinulla on laktoosi-intoleranssi seuraavat ohjeet voivat auttaa sinua selviytymään ongelmasi kanssa.

- Syö pieniä määriä maitoa ja maitotuotteita muiden ruoka-aineiden ohella saadaksesi selville, kuinka paljon elimistösi sietää laktoosia.
- Syö jogurttia ja kypsytettyjä juustoja, jotka sulavat tavallisesti helpommin.
- Käytä sellaisia saatavissa olevia laktoosittomia tuotteita.

Sticky Elastic

Taste:

Mild Intense

Tapioca (fine starch of cassava root)

Texture:

Thick Thin

Sticky Elastic

Taste:

Mild Intense

What Do You Think?

- What could your family serve if one of your guests had celiac disease?
- What practical suggestions could help you cope with lactose-intolerance?

11 READ THE LABEL

In some countries food safety has become a major concern. New technologies like food irradiation and genetic engineering of food crops have caused a lot of anxiety. Research has caused increased pressure for stricter food labeling laws.

Food Labels — For Whom?

Some health conscious people put much time and effort into making the best possible choice of product by inspecting the list of ingredients and examining new products, and then they compare what they buy with what others buy. People with special diets such as those with celiac disease must read food labels carefully. People with lactose intolerance should check the nutrition label on prepared foods, such as cakes, cereals, and salad dressings, because they may also contain lactose. Those who are trying to lose weight should check the calorie count on the label. Diabetics can watch their sugar intake and those suffering from high blood pressure their salt intake by checking the labels.

11 LUE TUOTESELOSTEET

Joissakin maissa ruoan turvallisuudesta on tullut suuri huolenaihe. Uudet tekniikat, kuten ruoka-aineiden säteilytys ja ravintokasvien geenimanipulaatio, ovat herättäneet paljon levottomuutta. Tutkimustyö on lisännyt paineita tiukempien ruoan tuoteselosteita koskevien lakien laatimiseksi.

Ketä varten tuoteselosteet ovat?

Jotkut terveystietoiset ihmiset näkevät paljon vaivaa löytääkseen parhaat mahdolliset tuotteet lukemalla tuoteselosteita ja tutustumalla uusiin tuotteisiin, ja sitten he vertailevat ostoksiaan toisten ostoksiin. Ne, joilla on erityisruokavalio, kuten keliakiapotilailla, on luettava tuoteselosteet tarkkaan. Laktoosi-intoleranttien pitäisi lukea einesten, kuten leipomatuotteiden, murojen ja salaattikastikkeiden tuotetuoteselosteet, sillä niissä voivat sisältää laktoosia. Painoan pudottavien tulisi tarkista energiamäärä tuoteselosteesta. Diabeetikot voivat valvoa sokerinsaantiaan ja verenpaineautia sairastavat saamansa suolan määrää tarkistamalla tuoteselosteet.

What Does The Label Tell?

The Food label gives you the nutritional facts of the product including calorie count, total fat, total carbohydrate and the amount and percentage of protein, dietary fiber, cholesterol, sodium, vitamins and minerals.

Nutrition Facts

Serving Size 245g

Amount per Serving

Calories 83 Calories from Fat 2
% Daily Value*

Total fat 0g 0%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 5mg 2%

Sodium 103mg 4%

Total Carbohydrate 12mg 4%

Dietary Fiber 0g 0%

Sugars 12g

Protein 8g

Vitamin A 10% Vitamin C 0%

Calcium 31% **Iron** 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The list of ingredients tells you what the product actually contains, including additives. The main ingredients are written at the top of the list. Reading the labels may surprise you. You might be surprised to find out that a package of processed herring, has more sugar per serving than a package of ice cream. As you read the labels, notice also the "best before" or "use by" date warnings.

Mitä tuoteseloste kertoo?

Tuoteseloste antaa sinulle tiedot tuotteen ravintosisällöstä mukaan lukien kaloreiden määrä, rasvan ja hiilihydraattien kokonaismäärä, proteiinin, ravintokuidun, kolesterolin, natriumin, vitamiinien ja kivennäisaineiden määrän ja (joiltakin osin) prosentuaalisen osuuden.

Ravintosisältö	100g
Energiaa	140kJ/33kcal
Proteiinia	3,3g
Hiilihydraatteja	4,9g
josta sokereita	4,9g
josta laktoosia	4,9g
Rasvaa	0g
josta tyydyttyneitä rasvahappoja	0g
Ravintokuitua	0g
Natriumia	0,04g
Kalsiumia	120mg (15%*)
B2-vitamiinia	0,2mg (12,5%*)
B12-vitamiinia	0,4µg (40%*)
D-vitamiinia	0,5µg (10%*)

päivän saantisuosituksesta

Tuoteseloste kertoo myös, mitä tuote itse asiassa sisältää lisäaineet mukaan lukien. Pääainesosat kirjoitetaan listan alkupäähän. Tuoteselosteiden lukeminen saattaa yllättää sinut. Saatat yllättyä havaitessasi, että sillisiäilyke sisältää enemmän sokeria annosta (sataa grammaa) kohti kuin jäätelöpakkaus. Kun luet tuoteselosteita, huomioi myös "parasta ennen" ja "viimeinen käyttöpäivä".

Did You Know?

Food manufacturers, in order to disguise the high percentage of sugar list sugar under many different names. Do not stop, however, when you see the word "sugar" or "sucrose" on the food labels. Other names of sugar to watch for are fructose, glucose, glucose-fructose syrup, maltose, corn syrup, maltodextrose, etc.

Worksheet

Find the sugar percentages of the Finnish substitutes for these products.

SUGAR PERCENTAGES

Jell-O	83%
Sara Lee Chocolate Cake	36%
Hershey's Milk Chocolate	51%
Coca Cola	9%
Quaker 100% Natural Cereal	24%
Kellogg's Sugar Frosted Flakes	39%
Wishbone French Dressing	23%
Heinz Tomato Ketchup	29%

Credit line: *Consumer Reports*

Taste School

A spoonful of sugar— needed or not? Compare the processed product and the its home made substitute and analyze and grade (from A to F)

Ekströms strawberry pudding

Taste:

sugary sour

natural artificial

Texture

smooth lumpy

Grade ____

Tiesitkö?

Peittääkseen tuotteittensa korkean sokeripitoisuuden elintarviketeollisuus käyttää tuoteselosteissaan sokerista monia erilaisia nimiä. Jos näet elintarvikkeitten tuoteselosteissa sanan "sokeri" tai "sakkaroosi", se ei vielä kerro koko totuutta. Muita sokerista käytettyjä nimiä ovat fruktoosi (hedelmäsokeri), glukoosi, glukoosi-fruktoosisiirappi, maltoosi, tärkkelyssiirappi, maltodekstroosi, jne.

SOKERIPITOISUUKSIA PROSENTTEINA

Ekströms-kiisseli	__%
Fazerin suklaakääretorttu	__%
Fazerin Sininen -suklaa	__%
Coca cola	9%
Kellogg's-mysli	__%
Kellogg's-maissihiutalet	__%
Saarioisten ranskal.salaattikastike	__%
Heinz-ketsuppi	29%

Home made strawberry pudding (no added sugar)

Taste:

sugary sour

natural artificial

Texture

smooth lumpy

Grade ____

Fazer chocolate cake

Taste:

sugary sour

natural artificial

mild rich

Texture

stiff fluffy

Grade ___

Fazer Milk Chocolate

Taste:

sugary sour

natural artificial

mild rich

Grade ___

Saarioisten French Dressing

Taste:

sugary sour

natural artificial

mild rich

Grade: ___

Conclusions:

- I gave higher grades to foods that were rich in added sugar
- I gave higher grades to foods that are rich in natural flavor other than sugar.

Action Plan

To eliminate the habit of using too much sugar I am going to _____

Home made chocolate cake

Taste:

sugary sour

natural artificial

mild rich

Texture

stiff fluffy

Grade ___

Home made Chocolate paste (of cocoa powder, cream, no added sugar)

Taste:

sugary sour

natural artificial

mild rich

Grade ___

Home made French Dressing

Taste:

sugary sour

natural artificial

mild rich

Grade ___

What Do You Think?

- Who can benefit from reading the food labels?
- What are some facts you are going to check in the label before buying the product?
- How can you control your intake of sugar?

12 UNDERSTANDING ADDITIVES

Chemicals that are added to foods are called "additives." There are literally hundreds of them in use today. Many of these additives are synthetic —man-made chemicals formulated in the laboratory.

Reading the food labels reveals that a large number of foods contain at least one of the following additives: colors, emulsifier, antioxidant, preservative, flavoring agent, flavor enhancer, moistener, shielding gas, thickener, artificial sweetening agent, anticaking agent, leavening agent, maturing agents etc.

Did You Know?

You cannot avoid additives even if you were eating just fresh fruits, vegetables or meat (unless you grow them yourself). Almost all of these products, in one way or another, have been exposed to chemicals, such as pesticides and fungicides, long before you buy them.

Why additives?

With the coming of large cities it became more and more necessary not only to ship food products long distances but to store them in

12 MITÄ OVAT LISÄAINEET?

Elintarvikkeisiin lisättäviä kemikaaleja kutsutaan lisäaineiksi. Nykyään niitä on käytössä kirjaimellisesti sadoittain. Monet näistä lisäaineista ovat synteettisiä eli laboratoriossa valmistettuja keinotekoisia kemikaaleja.

Tuoteselosteidem lukeminen paljastaa, että suuri osa ruokatarvikkeista sisältää ainakin yhtä seuraavista lisäaineista: väriaineita, emulgointiainetta, hapettumisen estoainetta, säilöntäainetta, makuainetta, arominvahvennetta, kosteudensäilyttää, suojakaasua, sakeuttamisainetta, keinotekoista makeutusainetta, paakkuuntumisenestoainetta, nostatusainetta, kypsytysainetta, jne.

Tiesitkö?

Et voi välttyä lisäaineilta, vaikka söisit pelkkiä tuoreita hedelmiä, vihaneksia (ellet kasvata niitä itse). Lähes kaikkiin näistä tuotteista on tavalla tai toisella joutunut kemikaaleja kauan ennen kuin ostat niitä.

Miksi lisäaineita?

Suurten kaupunkien syntyessä tuli yhä välttämättömämmäksi ei vain kuljettaa ruokatarvikkeita pitkiä matkoja vaan warehouses and on shelves for long

periods of time. Something had to be done to keep these foods from spoiling. Hence, chemicals were added to stop the growth of organisms that normally spoil food.

Another reason is that consumers want things that look good, feel good and taste good regardless of food value. So manufacturers put into foods chemicals that produce these effect. Additives are often used to intensify or standardize flavor and color, as well as to lengthen shelf life. In fact, one reference work notes that "many modern products, such as low-calorie, snack, and ready-to-eat convenience foods, would not be possible without food additives."

Are they safe?

There are those who say that these chemicals are safe in the amounts used, although they admit that in much larger doses they can be harmful, even kill. On the other hand, there are those who maintain that if a chemical is a poison in large amounts, it is still a poison in small amounts—arsenic is arsenic, they say, no matter how thin

myös säilyttää niitä varastoissa ja hyllyillä pitkiä aikoja. Jotakin piti tehdä elintarvikkeiden pilaantumisen estämiseksi. Tämän vuoksi lisättiin elintarvikkeisiin kemikaaleja, jotka estivät niitä tavallisesti pilaavien eliöiden lisääntymisen.

Toinen syy on se, että kuluttajat haluavat ruokatavaroita, jotka näyttävät, tuntuvat ja maistuvat hyvältä huolimatta niiden ravintoarvosta. Siksi valmistajat panevat elintarvikkeisiin kemikaaleja, jotka vaikuttavat siten. Lisäaineilla monesti vahvistetaan tai yhdenmukaistetaan makua ja väriä sekä parannetaan säilyvyyttä. Erään hakuteoksen mukaan "monet nykyajan valmisteet, kuten vähäkaloriset tuotteet, pikkupurtavat ja valmisruoat, eivät olisi mahdollisia ilman lisäaineita".

Ovatko ne turvallisia?

Jotkut sanovat, etteivät nämä kemikaalit ole vahingollisia sellaisissa määrin kuin niitä käytetään, vaikka he myöntävätkin, että paljon suurempina annoksina ne voivat olla vahingollisia, jopa tappaa. Toisaalta taas jotkut väittävät, että jos kemikaali on myrkkyyä suurina annoksina, niin se on yhä myrkkyyä pieninäkin annoksina—

you spread it. They also argue that since few, if any, of these additives are of any nutritional value, why take the risk of using them.

Tip

Check labels on all foods that are packaged, canned or bottled, and choose those with as few additives as possible.

Worksheet

Below, you see the list of the ingredients of Quaker Oatmeal Chocolate Chip Cookies. Next to it, list the ingredients of home made oatmeal cookies. You will find recipes online and in cookbooks.

Quaker Oatmeal Chocolate Chip Cookies

Ingredients: whole grain rolled oats, high fructose corn syrup, whole wheat flour, semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, dextrose, milk fat, soylechitin, natural flavors, vanillin [an artificial flavor]), sugar, corn syrup, partially hydrogenated soybean and cottonseed oils with tbhq and citric acid added to preserve freshness, modified wheat starch, water, maltodextrin, glycerin, dried apple puree, contains 2% or less of calcium carbonate, dried whole eggs, salt, modified food starch, corn flour, malic acid, sodium alginate, reduced iron, niacinamide*, pyrioxine hydrochloride*, thiamin mononitrate*, potassium sorbate (a preservative), sodium phosphate, riboflavin*, vitamin A palmitate*, cyanoconalamin*
*one of the B vitamins

arsenikki on arsenikkia, siitä riippumatta, miten ohuelti sitä levitetään, he sanovat. He esittävät myös, että koska vain muutamilla, jos millään näistä lisäaineista on jotain ravintoarvoa, niin miksi antautua vaaraan ja käyttää niitä?

Vinkki

Tarkista kaikkien pakattujen, purkitettujen tai pullotettujen ruokatavaroiden etiketit ja valitse sellaisia, joissa on mahdollisimman vähän lisäaineita

Home Made Oatmeal Chocolate Chip Cookies

Ingredients:

What Do You Think?

- Why are so many foods filled with additives?
- In your opinion, are additives safe or can they be harmful?
- How can you reasonably avoid additives?

Taste School

Examine processed food products and their home made substitutes.

Processed Oatmeal Cookies

Smell:

mild intense

Looks:

delicious humble

Taste:

Flavor:

sweet salty

natural artificial

mild rich

high-fat low-fat

Texture:

crunchy soft

stores well perishable

crumbly not crumbly

stiff fluffy

fine grainy

What is the source of the following qualities in the cookies. See the example

color _____

smoothness emulsifier

flavor _____

sweetness _____

moisture _____

leavening process _____

preservative _____

Home Made Oatmeal Cookies

Smell:

mild intense

Looks:

delicious humble

Taste:

Flavor:

sweet salty

natural artificial

mild rich

high-fat low-fat

Texture:

crunchy soft

stores well perishable

crumbly not crumbly

stiff fluffy

fine grainy

egg

13 LEARN TO MANAGE YOUR MONEY

Do you often find yourself wondering, where all your money went? Perhaps, you tend to buy on impulse just because the item you want is on sale. Do you not agree, that the best time for you to learn to manage money is while you're still living at home, before facing the real financial world.

Have you ever asked your parents to explain what's involved in maintaining your household? For instance, do you know how much it costs to provide light, heat, and water each month or how much it costs to run a car, pay the rent or mortgage or buy food? For instance, an average Finnish household spends 13% of total income on food. Ask your parents if you can see some of the household bills, for example, grocery bills, and listen closely as they explain how they budget for them.

Learn to do the grocery shopping

Would you like to plan and prepare an entire meal for your family, If your parents permit you to do so, ask how much precisely the family budget can bear. Next, you may employ your cookbook and start planning. Make a

13 OPETTELE HALLITSEMAAN RAHANKÄYTTÖÄSI

Huomaatko usein ihmetteleväsi, mihin kaikki rahasi hupenivat? Sinulla on kenties tapana tehdä heräteosoksia vain siksi, että tavara, jonka haluat on tarjouksessa. Etkö olekin samaa mieltä siitä ,että paras aika opetella rahankäyttöä on silloin, kun asuu kotona, ennen kuin joutuu kohtaamaan todellisen talouselämän

Oletko koskaan tullut kysyneeksi vanhemmiltasi, mitä kaikkea perheen taloudenpitoon sisältyy? Tiedätkö esimerkiksi, kuinka suuri sähkö- ja vesilasku teillä on tai kuinka paljon rahaa menee lämmitykseen, autoon, vuokraan, lainanlyhennyksiin tai ruokaan? Esimerkiksi keskiverto suomalaisperheeltä kuluu 13% tuloista ruokaan. Pyydä vanhempiasi näyttämään sinulle muutamia laskuja, esimerkiksi ruokalaskuja, ja kuuntele tarkasti, kun he selittävät, miten he laativat budjetin.

Opi tekemään ruokaostoksia

Haluaisitko suunnitella ja valmistaa kokonaisen aterian perheellesi? Jos vanhempasi antavat luvan, kysy heiltä kuinka paljon tarkalleen perheen

list of what to buy before you go shopping. The first thing the wise shopper will do, before leaving home, is to check the pantry shelves and make a list of items that are running low or are lacking. To prevent impulse buying, bring only the amount of money you need, and limit your purchases to items on the list.

Keep A Record

Having done the grocery shopping, do you think you have your money under control or did you, once again, spend more than anticipated? If you still need practice, try keeping a record for at least one month. Record the amount of money you receive and the date you receive it. Describe each item you buy and the amount it costs. At the end of the month, add up the amount received and the amount spent.

Tip

Try making a budget. Look at the chart on page 52. First, list all income you expect to receive in a month. Next, in the first column, list how you plan to spend your money. As the month progresses, write in the second column the amount you actually spend on each of the planned expenses, including all unplanned spending.

budjetti sallii sinun käyttää. Tee ostoslista ennen ostoksille lähtöä. Ensimmäinen asia, jonka viisas ostaja tekee ennen kotoa lähtöään on ruokakomeron hyllyjen läpi läyminen ja luettelon tekeminen tarvikkeista, jotka ovat loppumassa tai, jotka puuttuvat. Heräteostosten välttämiseksi, ota vain sen verran rahaa mukaan kuin tarvitset ja osta vain listassa olevat tuotteet.

Pidä kirjaa

Tehtyäsi ruokaostokset, tuntuuko sinusta, että hallitset rahankäyttösi, vai käytitkö jälleen kerran enemmän kuin aioit? Jos tarvitset vielä harjoitusta, kokeile menojen kirjaamista paperille. Kirjoita vähintään kuukauden ajan muistiin, minkä verran ja minä päivänä saat rahaa sekä mitä ostat ja mihin hintaan. Laske kuukauden lopussa yhteen tulot ja menot.

Vinkki

Kokeile budjetin laatimista. Katso sivun 52 taulukkoa. Kirjoita ensiksi kaikki tulot, jotka odotat saavasi seuraavan kuukauden aikana. Kirjoita seuraavaksi ensimmäiseen sarakkeeseen, miten aiot käyttää rahasi. Kirjaa toiseen sarakkeeseen todelliset menot sitä mukaa kuin

Budget for _____ (month)

Income:

Allowance _____

Part-time job _____

Other _____

Budget For
expenses

Actual amount
spent

_____ Food _____

_____ Clothes _____

_____ Phone _____

_____ Entertainment _____

_____ Savings _____

_____ Other _____

_____ Total _____

Taste School

Potatoes are economical food for a family meal.

Baked potatoes

pleasant surprise daily bread
 not exactly what I expected but OK
Grade _____

Home made French-fries (baked in the oven)

pleasant surprise daily bread
 not exactly what I expected but OK
Grade _____

toisessa sarakkeessa hahmoteltu suunnitelma toteutuu kuukauden varrella. Merkitse siihen myös kaikki suunnittelemattomat menot.

What Do You Think?

- Why should you learn to manage money while you're still living at home?
- What should you remember to do before you go shopping?
- Why is making a budget useful?

Scalloped Potato

pleasant surprise daily bread
 not exactly what I expected but OK
Grade _____

Pan-fried potato pastries

pleasant surprise daily bread
 not exactly what I expected but OK
Grade _____

14 LEARN THE ART OF SHOPPING

When you buy food, what factors usually affect your choice? Is it fancy packaging, or perhaps, price, ease of preparation, persuasive claims in advertisements, or just the way the food looks and tastes?

One of the most important elements in being a good shopper is knowing the value of things. No item, regardless of cost, is a bargain if you really do not need it. So, do not feel compelled to buy items you may not need simply because they are at discount.

Discount food is not a real bargain either, if it is of poor quality. Scrutinize the food and its packaging before buying it. If the food doesn't look fresh, don't buy it. Meat cuts and fish fillets should have firm flesh, and be bright and shiny, without a strong and unpleasant odor. Fruits or vegetables should be fresh without any mold or bruises. Furthermore, cans and jars should be undamaged, not leaking, bulging.

14 OPI TEKEMÄÄN HYVIÄ OSTOKSIA

Kun ostat ruokaa, millaiset seikat tavallisesti vaikuttavat valintaasi? Onko se heino pakkaus, tai kenties hinta, helppokäyttöisyys, mainostajien suostuttelupuheet vaiko pelkästään se, minkä näköistä jokin ruoka on ja miltä se maistuu?

Hyvien ostosten tekemiseen liittyviä tärkeimpiä seikkoja on se, että tuntee tavaroitten todellisen arvon. Mikään tavara, olipa se minkä hintainen tahansa, ei ole edullinen, jos et todella tarvitse sitä. Älä siis tunne pakottavaa tarvetta ostaa tuotteita, joita et ehkä lainkaan tarvitse vain siksi, että ne sattuvat olemaan tarjouksessa.

Tarjouksessa oleva ruoka ei ole oikeasti edullista myöskään silloin jos se on huonolaatuista. Tutki ruoka ja sen pakkaus tarkoin. Jos ruoka ei näytä tuoreelta, älä osta sitä. Lihapalojen ja kalafileiden liha tulee olla kiinteää ja kiiltävää eikä siinä saa olla voimakasta ja epämiellyttävää hajua. Hedelmien ja vihannesten tulee olla tuoreita eikä niissä saa olla hometta ja tummuneita kohtia. Lisäksi, koko- ja puolisäilykkeiden tulee olla vaurioitumattomia, ei vuotavia eikä pullistuneita.

Tip

Never shop for food when you are hungry. You will invariably buy things that you would not ordinarily buy.

Beware Of Marketing Gimmicks

There is no salesman at the grocery store to recommend one product to you over another. Packaging itself must do the selling. Clever packaging is one device used to attract you, make you pick up the product and buy it .

Sometimes, an item is promoted but really not at a savings. Knowing the items and their usual prices will help you to avoid marketing gimmicks.

Did You Know?

One way customers may be influenced to buy is by where the food is positioned in the store. Necessities, such as dairy products, meats, and vegetables, are usually stocked far from checkout counters whereas unnecessary toys and candy are right at the checkout counters conveniently placed where children can grab them and persuade their moms to buy them.

Vinkki

Älä koskaan mene ruokaostoksille nälkäisenä. Nälkäisenä ostat poikkeuksetta sellaisia tuotteita, joita et muuten ostaisi

Varo mainostempuja

Ruokakaupassa ei ole myyjiä, jotka suosittelisivat sinulle jotakin tavaraa toisen asemesta. Pakkauksen täytyy myydä itse itsensä. Nerokkaasti suunnitellut pakkaukset ovat yksi keino saada sinut huomaamaan tuote, poimimaan sen ja ostamaan sen.

Joskus jotakin tuotetta saatetaan mainostaa, vaikka se ei todellisuudessa olekaan halvempi kuin tavallisesti. Tuotteitten ja niiden tavallisten hintojen tietäminen estää sinua lankeamasta mainostempujen ansaan.

Tiesitkö?

Ruokatarvikkeitten sijoittelu liikkeessä saattaa olla yksi myyntiä edistävä keino. Sellaiset välttämättömät ruokatarvikkeet kuin maitotuotteet, liha ja vihannekset, on tavallisesti varastoitu kauas kassoista kun taas kassan luona on tarpeettomia leluja ja karkkia, jotka on asetettu sopivasti paikkoihin, joista lasten on helppo

Making a shopping list and sticking to it is a must for keeping within a budget. Unless you do, each time you enter the store, you will come out with more than you had planned to buy.

Taste School

Detecting fresh. Pretend you are doing the grocery shopping at the store. You have three samples of meat, three samples of fruit and three samples of bread to scrutinize. Pick up the one you would buy. Explain what affected your choice.

Meat:

Smell

not important important

Sight

color

not important important

undamaged package

not important important

Touch

firmness

not important important

Fruit

Smell

not important important

Sight

color

not important important

no bruises or cuts

not important important

Touch

firmness

not important important

ottaa ne käsiinsä ja suostutella äitinsä ostamaan ne.

Ostoslistan tekeminen ja siinä pitäytyminen on yksi välttämättömyys, jotta voisi pysyä talousarvion puitteissa. Muuten ostat joka kerta kauppaan mennessäsi enemmän tavaraa kuin olit suunnitellut.

What Do You Think?

- Why are necessities usually placed far from checkout counters?
- Why are packages usually in bright colors?
- How can you resist impulse buying?

Bread:

Smell

not important important

Sight

undamaged package

not important important

best before date

not important important

Touch

softness

not important important

Next, by tasting the three samples of bread and fruit grade them all (A-F)

Bread

Fruit

Sample 1 _____

Sample 1 _____

Sample 2 _____

Sample 2 _____

Sample 3 _____

Sample 3 _____

15 HOW TO CUT YOUR FOOD BILL?

If your family wants to save on your food bills, a practical way is to buy most foods in their simplest form. This means, of course, a little more effort, but is worth the money they save. It pays to be more concerned about the food value than about convenience.

When shopping, you have to decide which brand to buy. Popular brands are usually higher priced to cover advertising and packaging. If your family wants to economize, why not try store brands, such as X-tra, Rainbow, Pirkka, Euroshopper, where they are available. You will probably pay less. You may also find them to be of just as good quality as those that are promoted on billboards or by TV.

Did you know?

In some cases the identical product is retailed under different labels.

When Bigger Is Better

When you are getting some food items

15 MITEN SÄÄSTÄÄ RUOKAKUSTANNUKSISSA?

Jos perheesi haluaa säästää ruokalaskuissa, eräs käytännöllinen tapa on ostaa useimmat ruoat yksinkertaisimmassa muodossaan. Tämä vaatii tietysti enemmän vaivannäköä, mutta on vaivan arvoista. Kannattaa olla enemmän kiinnostunut ruoan ravintoarvosta kuin mukavuudesta.

Ostoksia tehdessä täytyy ratkaista, minkä merkkisen tuotteen ostaa. Suositut merkkitarvikkeet ovat tavallisesti kalliimpia, jotta niiden hinta kattaisi mainos- ja pakkauskulut. Jos perheesi haluaa säästää, miksi ette kokeilisi mainostamattomia kauppaketjun omia merkkejä, kuten X-traa, Rainbow:ta, Pirkkaa tai Euroshopperia, kun niitä on saatavissa. Ne maksavat luultavasti vähemmän. Saatatte myös havaita niiden olevan aivan yhtä hyvälaatuisia kuin tuotteet, joita mainostaulut ja TV mainostavat.

Tiesitkö?

Toisinaan eri tuotemerkit myyvät aivan samaa valmistetta.

Kun isompi on parempi

Kun käyt ostamassa äidillesi joitain for your mom, do you often pick up the small package because the price is

less? In that case, you are probably paying more per measure than for the larger size. Volume usually means economy. So, generally it is in your interest to buy the largest size you have space for. Check the weight marked on the package, though. Packaging can be deceptive. One container may look bigger, but contain less, than another.

Buy In Season

Knowing when to buy can at times be more important than where to buy. For instance, strawberries may look very good, even in wintertime, but they will be considerably cheaper when you buy them in season and freeze or preserve them, which is true of all fruits and vegetables.

Tip

Some families buy day-old bread and other baked goods and freeze them for later use. Or is it, perhaps, more economical for your family to make your own bread and pastries?

ruokatarvikkeita, otatko usein pienen pakkauksen, koska hinta on alhaisempi? Siinä tapauksessa maksat luultavasti enemmän kiloa kohti kuin maksaisit ostamalla isomman pakkauksen. Suuri pakkaus on tavallisesti säästöä. Yleensä on siis edullista ostaa suurin koko, jolle löytyy tilaa. Tarkista kuitenkin pakkaukseen merkitty paino. Pakkausten ulkonäkö voi pettää. Jokin pakkaus saattaa näyttää isommalta mutta siinä saattaa olla vähemmän sisällä kuin jossakin toisessa pakkauksessa.

Osta sesonkiaikaan

Toisinaan voi olla tärkeämpää tietää, milloin ostaa kuin mistä ostaa. Esimerkiksi, mansikat saattavat näyttää hyviltä myös talvella, mutta ne tulevat huomattavan paljon halvemmiksi, kun niitä ostaa sesonkiaikaan ja pakastaa tai säilöö, mikä pätee kaikkiin hedelmiin ja vihanneksiin.

Vinkki

Jotkut perheet ostavat edellisen päivän leipää ja muita leivonnaisia ja pakastavat ne myöhempää käyttöä varten. Vai tuleeko teidän perheen ehkä edullisemmaksi leipoa leivät ja leivonnaiset itse.

Do Not Waste Food

Overeating is wasting of food. Getting used to plain but nutritious foods will help you not to overeat. It is also economical to eat all leftovers instead of throwing them away. Find ways of using them. When cutting raw vegetables for the table, for example, the less attractive cuttings can be saved in a plastic bag and used later for stew, soup or salad. Leftover mashed potatoes can be added to piecrust the next day

Taste School

Comparing labels. You have two sample's of foods. Can you tell the difference? Grade.

Organic Plain Yogurt, brand

Texture ___

Taste ___

Nutritional Value ___

Oatmeal, brand

Texture ___

Taste ___

Nutritional Value ___

Älä haaskaa ruokaa

Ylensyönti on ruoan tuhlausta. Totutteleminen yksinkertaisiin mutta ravitseviin ruokiin auttaa sinua olemaan syömättä liikaa. On myös taloudellista syödä tähteet eikä heittää niitä menemään. Keksi tapoja hyödyntää niitä. Kun esimerkiksi leikkaat vihanneksia tarjolle pöytään, vähemmän kauniit palat voi laittaa muovipussiin ja käyttää ne myöhemmin pataruokaan, keittoon tai salaattiin. Perunamuusin tähteet voi käyttää piirakkataikinaan seuraavana päivänä.

Organic Plain Yogurt, private-label

Texture ___

Taste ___

Nutritional Value ___

Oatmeal, private-label

Texture ___

Taste ___

Nutritional Value ___

What Do You Think?

- Why Are popular brands usually more expensive?
- In what case would it be more economical not to buy the smaller size?
- How could you make better use of leftovers?

16 STORE FOODS PROPERLY

A remarkable number of diseases can be passed along in food. Some of the ways food can be contaminated are using contaminated raw foodstuffs or inadequate storage.

Tip

Bring home groceries as soon as possible. Perishable food items should be refrigerated within two hours. During transport, if possible, use a cooler packed with ice bags.

Store At The Proper Temperature

Protein rich foods containing a lot of water, such as milk and dairy products spoil easily. Also raw fish and meat are highly perishable. Chopped fruits and vegetables spoil more easily than whole fruits and vegetables. That is why salad bars make a perfect breeding ground for micro-organisms.

The refrigerator can inhibit the growth of dangerous bacteria. The temperature of the refrigerator should be no higher than 40 degrees Fahrenheit (4°C) and that of the freezer should be below 0 degrees

16 SÄILYTÄ RUOKIA OIKEALLA TAVALLA

Ruoka-aineiden välityksellä voi levitä huomattava määrä tauteja. Eräitä tapoja, joilla ruoka voi saastua on saastuneiden aineiden käyttö ruoanlaitossa ja vääränlainen säilytystapa.

Vinkki

Tuo ruokaostokset kotiin mahdollisimman pian. Helposti pilaantuvat ruoat tulisi laittaa jääkaappiin kahden tunnin sisällä. Jos mahdollista, käytä kuljetuksen aikana kylmälaukulla varustettua kylmälaukkua.

Säilytä oikeassa lämpötilassa

Proteiinipitoiset ruoat, joissa on runsaasti vettä pilaantuvat herkästi. Myös raaka kala ja liha on helposti pilaantuvaa. Pilkotut hedelmät ja vihannekset pilaantuvat herkemmin kuin kokonaiset kasvikset. Siitä syystä salaattipöydät ovat erinomainen kasvualusta mikrobeille.

Jääkaappi voi estää vaarallisten bakteerien kasvun, Jääkaapin lämpötilan ei tulisi olla yli 4 astetta, ja jääkaapin lämpötilan tulisi pysyä alle 18 pakkasasteen. Vaikka lihaa ja kanaa

Fahrenheit (-18°C). While meat and poultry can be stored in the freezer for months, they can begin to spoil in the refrigerator in just days. Frozen foods should be cooked straight out of the freezer.

Did You Know?

Not all parts of the refrigerator are equally cold. The coldest area of the refrigerator is the lowest elevation.

Before refrigerating

Use adequate containers. Apportion hot foods into small containers so that they will cool quickly. Allow room for circulation around the containers so that the temperature in your refrigerator or freezer does not rise. All containers should be covered to prevent cross-contamination. If you want to store the food in the freezer, remember that, the faster you freeze the food the better its qualities are preserved.

When Serving Bigger Quantities

Keep cold foods cold and hot foods hot. Cold foods should be kept below 40 degrees Fahrenheit (4° C.) and hot foods above 140 degrees Fahrenheit (60° C.).

voi säilyttää pakastimessa useita kuukausia, jääkaapissa ne voivat alkaa pilaantua muutamassa päivässä. Pakastetut ruoat pitäisi valmistaa heti pakastimesta ottamisen jälkeen.

Tiesitkö?

Jääkaapin kaikki osat eivät ole yhtä kylmiä. Kylmin alue on alimmalla hyllyllä.

Ennen jäähdytystä

Käytä sopivia astioita. Jaa lämmin ruoka pieniin astioihin, niin että se jäähtyy nopeasti. Jätä astioiden ympärille tilaa, niin että ilma pääsee kiertämään. Siten jääkaapin tai pakastimen lämpötila ei nouse. Kaikki astiat ja rasiat pitää peittää, jotta bakteerit eivät pääse leviämään ruoasta toiseen. Jos haluat pitää ruokaa pakastimessa, muista, että mitä nopeammin pakastat ruoan sitä paremmin se säilyttää ominaisuutensa.

Kun tarjoilet suuria määriä

Pidä kylmät ruoat kylminä ja lämpimät kuumina. Kylmät ruoat tulisi säilyttää alle 4 asteessa ja lämpimät yli 60 asteessa.

Preparation of food several hours before consumption encourages bacterial growth. Hot foods that are cooked for later use, should be immediately refrigerated and should remain that way until they are served. Before eating, the food can be thoroughly reheated. When serving food buffet-style, for example at a wedding reception, it is better to restock serving dishes from a refrigerator or an oven than place it all on the table at once and let it sit for a long time.

If in Doubt, Throw It Out

Small moldy areas of hard fruits and vegetables, such as apples and onions, may be safely cut out. Moldy soft cheese and yogurt, however, along with moldy bread, meat, leftovers, spreads and preserves should be discarded. Often the visible mold has rootlike threads that penetrate the food. Do not use foods past the "use by" date.

What Do You Think?

- When traveling abroad, why should you be careful with salad bars and buffets?
- Why is covering foods before refrigerating recommended?
- Why is it not always enough just to remove the moldy part of the food?

Ruokien valmistaminen etukäteen useita tunteja ennen tarjoilua edistää bakteerien kasvua. Lämpimät ruoat, jotka valmistetaan myöhempää käyttöä varten pitäisi jäähdyttää välittömästi ja pitää kylmänä kunnes ne tarjoillaan. Ennen syömistä ruoka voidaan lämmittää uudelleen. Kun ruoka tarjoillaan seisovasta pöydästä, esimerkiksi häissä, on parempi täyttää tarjoiluastioita jääkaapista tai uunista käsin kuin laittaa kaikki kerralla tarjolle ja antaa ruoan seistä pitkään.

Jos epäilet —heitä pois

Pienet homehtuneet osat kovissa hedelmissä ja vihanneksissa kuten omenoissa ja sipuleissa voi leikata pois. Homeiset pehmeät juusot, jogurtit samoin kuin leivät, lihat, tähteet, levitteet ja säilykkeet tulee kuitenkin heittää pois.

Näkyvällä homeella on usein juurien kaltaisia rihmoja, jotka tunkeutuvat ruoan sisään.

Answers to page 64

room temperature 70F

refrigerator 40F

freezer 0F

Worksheet

Combine the temperatures with the right words.

- | | |
|----|------------------|
| 0 | refrigerator |
| 40 | room temperature |
| 70 | freezer |

Answers on page 63.

Can you think differently? To make these numbers living, feel the temperatures they represent. As you think of number 0, feel the coldness of a freezer and as you think of number 40, think of the coolness of a refrigerator and so on...

Taste School

How to serve and keep these foods?

Chopped vegetables

- | | |
|--|---|
| Serve: | Keep in: |
| <input type="checkbox"/> cold | <input type="checkbox"/> the freezer |
| <input type="checkbox"/> cool | <input type="checkbox"/> the refrigerator |
| <input type="checkbox"/> room temperature | <input type="checkbox"/> the pantry |
| <input type="checkbox"/> warm | |
| <input type="checkbox"/> hot | |
| Keeps well <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> Spoils easily |

Mayonnaise dip

- | | |
|--|---|
| Serve: | Keep in: |
| <input type="checkbox"/> cold | <input type="checkbox"/> the freezer |
| <input type="checkbox"/> cool | <input type="checkbox"/> the refrigerator |
| <input type="checkbox"/> room temperature | <input type="checkbox"/> the pantry |
| <input type="checkbox"/> warm | |
| <input type="checkbox"/> hot | |
| Keeps well <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> Spoils easily |

Spinach soup

- | | |
|--|---|
| Serve: | Keep in: |
| <input type="checkbox"/> cold | <input type="checkbox"/> the freezer |
| <input type="checkbox"/> cool | <input type="checkbox"/> the refrigerator |
| <input type="checkbox"/> room temperature | <input type="checkbox"/> the pantry |
| <input type="checkbox"/> warm | |
| <input type="checkbox"/> hot | |
| Keeps well <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> Spoils easily |

After flavor school, play a game. One person picks up a food and others tell him/her how to store it and he/she follows the instruction.

E.g. Student A picks up leftover soup. Others tell him/her to put it in a small container, cover it and put it in the refrigerator.

17 KEEP THE KITCHEN CLEAN

In order to be healthy, food must be clean and cooked properly. Dirty hands spread diseases easily, and just one food handler with unwashed hands can make dozens of people sick. So be sure to wash your hands before handling food. Wash also fruit and vegetables in lukewarm water to get rid of insects and pesticide residue.

Food preparation surfaces should always be kept clean. Wash any utensils, cutting boards, and countertops with hot soapy water after use. Especially, after cutting raw meat, fish or poultry, scrub the board well with hot soapy water. If the board is deeply scarred or has fat on it, take extra care to get it completely clean. You can also sanitize a board with disinfectant.

Did You Know?

As unlikely as it may seem, the toilet seat in your home may be more sanitary than the cutting board in your kitchen. Researchers took samples

17 PIDÄ KEITTIÖ PUHTAANA

Ollakseen terveellistä ruoan täytyy olla puhdasta ja oikein kypsennettyä. Likaiset kädet levittävät helposti sairauksia, ja vain yksi ruokaa käsittelevä ihminen, joka ei ole pessyt käsiään, voi aiheuttaa kymmenien ihmisten sairastumisen. Muista siis pestä kädet ennen kuin kosket ruokaan. Pese myös hedemät ja vihannekset haalealla vedellä hyönteisten ja torjunta-ainejäämien poistamiseksi.

Ne tasot, joilla valmistetaan ruokaa, tulee aina pitää puhtaina. Pese kaikki työvälineet, leikkuulaudat ja työskentelytasot kuumalla pesuainevedellä käytön jälkeen. Varsinkin raa'an lihan, kalan tai kanan leikkaamisen jälkeen leikkuulauta on harjattava kunnolla puhtaaksi kuumassa saippuavedessä. Jos laudassa on syviä naarmuja tai rasvaa, ole erityisen huolellinen, jotta se tulee täysin puhtaaksi.

Tiesitkö?

Niin epätodennäköiseltä kuin se voikin kuulostaa, WC-istuin saattaa olla kodissa hygieenisempi kuin keittiövarusteisiin kuuluva leikkuulauta. Tutkijat keräsivät

from 14 sites in homes, including tap handles, sink surfaces, cutting boards, dishcloths, and toilet seats. They found a million times as many bacteria in the fluid drained from dishcloths as on toilet seats, says *New Scientist* magazine. Even cutting boards hosted three times as many bacteria. To improve hygiene, researchers recommend soaking dishcloths weekly in bleach solution or changing them.

Cook foods thoroughly and keep foods separate

If the internal heat of food exceeds 160 degrees Fahrenheit (70°C), even briefly, almost all bacteria, viruses, and parasites will be killed. Poultry should be cooked even more than that, to 165 degrees Fahrenheit (75°C) because of salmonella bacteria. Avoid eating poultry that is still pink.

Since raw meat usually contains germs, you should not allow it to touch food that you have cooked. After preparing raw meat, clean utensils and any kitchen surfaces that it has touched.

kodeissa näytteitä 14 eri paikasta, esimerkiksi vesihanojen kahvoista, pesualtainten pinnoista, leikkuulaudoista, tiskiräteistä ja WC-istuimista. He löysivät miljoona kertaa enemmän bakteereja tiskiräteistä valutetusta nesteestä kuin WC-istuimista, kertoo tiedelehti *New Scientist*. Leikkuulaudoissakin oli kolme kertaa enemmän bakteereja. Hygienian parantamiseksi tutkijat suosittelevat tiskirätin liotusta kloridiliuoksessa kerran viikossa tai rätin vaihtamista.

Kypsennä ruoka kunnolla ja pidä tuotteet erillään toisistaan

Jos ruoka kuumenee sisältä yli 70 asteeseen lyhyeksikin aikaa, lähes kaikki bakteerit, virukset ja loiset kuolevat. Siipikarjan liha tulisi kuumentaa vähintään 75 asteeseen. Älä syö siipikarjan lihaa joka on sisältä punertavaa.

Raa'assa lihassa on yleensä taudinaiheuttajia, joten se on pidettävä erillään kypsennetystä ruoasta. Kun olet laittanut raa'asta lihasta ruokaa, pese ne välineet ja keittiön tasot, jotka ovat joutuneet kosketuksiin lihan kanssa.

Thorough Cleaning Every So Often

The kitchen too requires careful cleaning. Although you wash the dishes and clean the stove and countertops daily and mop the floor weekly, it is necessary to do a more thorough cleaning. At least once a month, wash behind the appliances and under the sink. Every six months, empty and thoroughly clean the refrigerator.

Cleaning the pantry or cupboards frequently will keep harmful insects from taking up residence there. Yearly, empty and thoroughly clean shelves, cupboards, and drawers. Dispose of unnecessary items. Move appliances so you can clean the surface or floor underneath

Tip

Keeping your kitchen in order makes it easier to work in. "A place for everything and everything in its place", is a good rule of thumb.

Perusteellista siivousta silloin tällöin

Keittiökin vaatii huolellista siivousta. Vaikka astiat tiskataan ja hella ja tiskipöytä pyyhitään päivittäin, ja lattia pestään viikottain, keittiö kaipaa perusteellisempaa siivousta. Ainakin kerran kuussa, pyyhi laitteiden takana ja tiskialtaan alta. Tyhjennä ja putsaa jääkaappi perusteellisesti puolen vuoden välein.

Kun ruokakomero ja astiakaapit siivotaan säännöllisesti, tuholaiset eivät asetu niihin asumaan. Tyhjennä ja puhdista perusteellisesti hyllyt, kaapit ja laatikot. Heitä pois tarpeettomat tavarat. Siirrä laitteita, niin että voit puhdistaa niiden alla olevat pinnat.

Vinkki

Keittiön pitäminen järjestyksessä tekee siellä työskentelyn helpommaksi. "Paikka kaikelle ja kaikki paikalleen", on hyvä nyrkkisääntö

What Do You Think?

- Why is good personal hygiene important in the kitchen?
- What could result from careless and irresponsible attitude in the kitchen?
- How could you cooperate with your family to keep your home clean?

Worksheet

Look at the following three scenarios. What do you think could happen next?

• You forget to wash your hands after using the toilet. Next, you make a phone call to your friend. Later on, when you are cooking, you get a text message... _____

• South African grapes are sprayed with sulfur dioxide before shipping to inhibit browning. You buy a pound of them in your local store for a snack. As you don't have water available, you tell yourself a little bit will not do any harm...

• You are preparing meat soup. First, you chop the meat on the cutting board and. Next, you chop some carrots, celery and onions for the soup, but notice you have cut too much vegetables. You decide to use the surplus for the salad... _____

Taste School

You have a plate of chicken salad in front of you. Imagine the following scenarios as you go on eating. What happens to your appetite and how you feel about the food?

Appearance

Delicious Not delicious

Imagine, the food was served on a dirty dish, how would you feel about it?

wouldn't be bothered feel wouldn't like eating

Imagine, the person who prepared it forgot to wash his/her hands after using the toilet. How would you now feel about the food?

still not bothered a little bit disgusted, but would eat it anyways I just lost my appetite

Imagine, the vegetables of the salad were cut on an unwashed cutting board. Your reaction?

"Who cares?" "Disgusting"

Now, how do you feel about the chicken in your salad?

"That looks OK." "I wonder if it's cooked properly" "It's all pink"

Remember, this was just a "what-if" game. You can enjoy your salad with no doubt. It's been properly prepared. Bon appetit!

18 A LESSON ON KITCHEN SAFETY

Accidents do happen, but is anything you can do to avoid having one?

Safety experts contend that over 80-90 % of all accidents could have been prevented. Accidents usually occur because of a lack of information, carelessness or unsafe conditions. So, when you know the safe way to do things and apply that knowledge, you are not heading for accidents

Did you know?

Studies show that "Mr. Walking Disaster" consistently displays certain traits. Firstly, He is usually lacking a degree of emotional control. Secondly, the accident-prone person is often ignorant of the exact details of the equipment that he is handling. Thirdly, he is careless of safety rules, tending to feel that "what will be, will be."

Protect Your Fingers

When using an electric mixer, a blender or a food processors, make

18 KEITTIÖTURVALLISUUDEN OPPITUNTI

Onnettomuuksia toki sattuu, mutta voitko tehdä itse mitään välttyäksesi niiltä?. Turvallisuusasiantuntijat väittävät, että yli 80-90 % prosenttia kaikista onnettomuuksista olisi voitu välttää. Onnettomuuksia sattuu tavallisesti tiedon puutteen, huolimattomuuden ja vaarallisten olosuhteiden vuoksi, kun tunnet, turvalliset työskentelytavat ja sovellat tietoasi käytäntöön, et ole niin onnettomuusaltis,

Tiesitkö?

Tutkimukset osoittavat, että "Kävelevä Katastrofi" ilmentää johdonmukaisesti tiettyjä luonteenpiirteitä. Ensiksikin, hänen on vaikea hallita tunteitaan. Toiseksi, tapaturma-altis henkilö ei yleensä ole tietoinen käyttämiensä laitteiden tarkoista yksityiskohdista. Kolmanneksi hän ei piittaa turvallisuusohjeista vaan on taipuvainen ajattelemaan, että "jotain tapahtuu, jos on tapahtuakseen."

Varo sormiasi

Kun käytät sähkövatkainta, tehosekoitinta tai monitoimikonetta

sure that the appliance is turned off and unplugged before you put your fingers or any utensil into the bowl. Also, be careful with sharp knives. Use a cutting board. To keep vegetables from rolling around while you are trying to cut them, slice them in half first and place the flat side down on the cutting board.

Tip

Whenever you have children in the house, keep dangerous household utensils, such as knives, scissors, and dangerous appliances out of their reach. When you are using such utensils and temporarily put them aside, place them away from the edge of the table or counter. Household chemicals, such as detergents and medicines, should be stored out of the child's reach in a lockable cupboard.

Guard Against Burns

You can prevent accidents by always turning off stove-top and oven dials when not in use. and keeping all items other than cookware away from burners. Remember to check your smoke detectors regularly.

To prevent burns, position the ,

kun talossa on lapsia, vaaralliset keihuolehdi siitä, että laitteesta on virta katkaistu ja että pistotulppa on irrotettu pistorasiasta, ennen kuin laitat sormesi tai mitään välinettä kulhoon. Ole varovainen myös terävien veisten kanssa. Käytä leikkuulautaa. Jotta vihannekset eivät pyörisi ympäriinsä, kun yrität leikata niitä, halkaise ne ensin ja käännä suora sivu alaspäin leikkuulautaa vasten.

Vinkki

Aina ttiövälineet, kuten veitset, sakset ja vaaralliset keittölaitteet tulee säilyttää lasten ulottumattomissa. Kun käytät tällaisia välineitä ja lasket ne hetkeksi pois kädesi, pane ne kauas pöydän reunasta. Kodin kemikaalit, kuten pesuaineet ja lääkkeet tulee säilyttää niitä lukittavassa kaapissa, poissa lasten ulottuvilta.

Varo palovammoja

•Voit ehkäistä onnettomuuksia kun kytket aina virran pois keittolevyistä ja uunista, kun niitä ei käytetä. ja pidät keittoastioita lukuun ottamatta kaikki tavarat poissa keittolevyiltä. Muistakaa tarkastakaa palovarottimet säännöllisesti.

Palovammojen ehkäisemiseksi

handles of pans toward the center of the stove, where they cannot easily be bumped and cause spills on someone. If you get a minor burn, apply cold water on the injury for at least 20 minutes. Deeper skin injuries must always be treated by a doctor.

Tip

Don't pick up a hot item unless you already know where you are going to set it down. Make sure others in the kitchen know when you are carrying a hot item, especially if you are going to walk behind them.

What Do You Think?

- What traits have you found common in accident-prone persons?
- Why is kitchen safety especially important for families with small children?
- Relate a personal experience about an accident that happened in the kitchen.

Palovammojen ehkäisemiseksi käännä pannujen varret lieden keskiosaa kohden, missä niitä ei tule kovinkaan helposti tönäistyä eikä kaadettua. Jos saat lievän palovamman, pidä palanutta kohtaa kylmässä vedessä ainakin 20 minuutin ajan. Syvemmät ihovauriot tulee aina hoidattaa lääkrillä.

Vinkki

Älä tartu kuumaan esineeseen, jollet jo tiedä, mihin aiot laittaa sen. Huolehdi siitä, että toiset keittiössä työskentelevät tietävät, milloin kannat jotakin kuumaa, varsinkin jos kävelet heidän takaansa.

Taste School

Making words live. In the kitchen, find the items listed. Do not just rush from one item to the next, but take the time to feel and see the item, not just have a quick look at it, as you. To remember the name of the item, link it to some unusual feature of its appearance, to the sound it makes, to the smell or the taste of the food you can make with it or to anything that will call the name to mind. See the next page. You can write down the links that help you remember.

Blender

appearance _____ sound _____

taste _____ smell _____

feeling _____

Mixer

appearance _____ sound _____

taste _____ smell _____

feeling _____

Oven

appearance _____ sound _____

taste _____ smell _____

feeling _____

Burner

appearance _____ sound _____

taste _____ smell _____

feeling _____

Cutting board

appearance _____ sound _____

taste _____ smell _____

feeling _____

Roast pan

appearance _____ sound _____

taste _____ smell _____

feeling _____

Baking dish

appearance _____ sound _____

taste _____ smell _____

feeling _____

Pot

appearance _____ sound _____

taste _____ smell _____

feeling _____

Pan

appearance _____ sound _____

taste _____ smell _____

feeling _____

Toaster

appearance _____ sound _____

taste _____ smell _____

feeling _____

Coffee maker

appearance _____ sound _____

taste _____ smell _____

feeling _____

Microwave oven

appearance _____ sound _____

taste _____ smell _____

feeling _____

Smoke detector

appearance _____ sound _____

taste _____ smell _____

feeling _____

Dish washer

appearance _____ sound _____

taste _____ smell _____

feeling _____

19 AVOID ADOPTING A THROWAWAY MENTALITY

Just think of how convenient it is to go to the store and pick up groceries that are already packaged and then bring them home in paper or plastic bags supplied at the store. What a contrast with a few decades ago when people went to small neighborhood stores, where flour and sugar were scooped and weighed, and meat and cheese were cut to order.

Today, the number and variety of throwaway conveniences, including food packaging, are endless.

Tip

When making purchases, consider the life span of the product. Many products today are designed to be thrown away.

Living In A Wasteful Society

People in developed lands throw away mountains of trash. Many people waste paper towels for washing the counters and instead of using a dishcloth . . . Most families substitute paper

19 ÄLÄ OMAKSU KERTAKÄYTTÖAJTELUA

Kuinka helppoa onkaan mennä kauppaan, valita valmiiksi pakattuja ruokatavaroita ja tuoda ne kotiin kaupan paperi- tai muovipussissa. . . Mikä vastakohta se onkaan verrattuna muutaman vuosikymmenen takaisin aikoihin, jolloin ihmiset kävivät lähiseudun pienissä myymälöissä, missö jauhot ja sokeri mitattiin kauhalla ja punnittiin ja liha- ja juustopalat leikattiin pyydetyn suuruiseksi.

Nykyään on tarjolla lukematon määrä erilaisia kertakäyttötavaroita, elintarvikepakkaukset mukaan luettuna..

Vinkki

Ota huomioon tuotteen elinkaari ostoksia tehdessäsi. Monet nykypäivän tuotteista, on suunniteltu pois heitettäväksi.

Eläminen tuhlailevassa yhteiskunnassa.

Teollisuusmaissa syntyy röykkiöittäin roskaa. Monet ihmiset tuhlaavat talouspaperia tasojen pyyhkimiseen sen sijaan, että käyttäisivät tiskirättiä. Useimmat perheet käyttävät aterioilla

napkins for cloth ones at mealtime. People buy more food than they need and then dispose of what they do not use. Many people are still throwing away cans and cartons that could be recycled.

Recycling Is Mandatory

Many waste products can be recycled and re-used. In many places, recycling is mandatory. It is required by law in Finland, that consumers separate their refuse into different categories.

Garbage is sorted into paper, cardboard, metal, glass, and organic wastes. Recycling is important, because it saves huge amounts of energy.

Avoid Being Wasteful

Rather than searching for ways to dispose of refuse, other authorities are placing more emphasis upon preventing waste in the first place.

Every fifth person on earth goes to bed at night hungry. Knowing this should make us appreciate food and to avoid wasting it. So, put only as much on your plate as you can eat. Doing so reduces garbage and waste.

paperisia lautasliinoja kankaisten sijaan. Ihmiset ostavat enemmän ruokaa kuin syövät ja heittävät menemään sen, mitä eivät syö. Monet heittävät yhä menemään säilykepurkit ja tölkit, jotka voitaisiin kierrättää.

Kierrätys on pakollista

Monenlaiset jätteet voidaan kierrättää ja käyttää uudelleen. Monissa paikoissa kierrätys on pakollista. Suomessa laki vaatiikin, että kuluttajat lajittelevat jätteensä. Jätteet lajitellaan erikseen paperi-, pahvi-, metalli-, lasi- ja biojätteisiin. Kierrätys on tärkeää, sillä se säästää valtavasti energiaa.

Karta tuhlausta

Jotkut asiantuntijat eivät pyri niinkään löytämään keinoja jätteiden hävittämiseen vaan korostavat sitä, että jätteiden syntyminen pitäisi alun alkaenkin ehkäistä.

Joka viides maapallon asukas menee nukkumaan nälkäisenä. Tämän tiedon pitäisi saada arvostamaan ruokaa ja välttämään sen tuhlausta. Ota siis lautaselle ruokaa vain sen verran kuin pystyt syömään. Näin syntyy vähemmän jätettä ja menee vähemmän haaskuun.

Did you know?

"In nature . . . there is no such thing as waste." Fresh fruit comes in its own 'natural packaging.' This packaging can often be eaten. Some can be used in other ways. For instance, orange and lemon skins can be used for marmalade. Peelings and other natural packaging "wastes" decay over a period of time and so are returned to the soil as natural fertilizers.

Just consider the catalog of practical uses of the coco palm. In Kenya, the hard and durable coco nut shell is used for cups, spoons, and ladles. The larger shells are used for soup bowls.. The palm-tree wood, which is hard and tough is used for various building components. Plaited palm fronds serve nicely as walls, fences, and doors. The coco nut husk yields a beautiful golden fiber, which can be used for making floor mats, brushes, brooms, and even stuffing for mattresses. *The Coconut Palm—A Monograph* notes: "It perhaps yields more products of use to mankind than any other tree."

Tiesitkö?

Luonto ei tuota jätettä. Tuoreet hedelmät, valmistuvat omissa luonnon pakkauksissaan.. Usein tämä pakkaus voidaan syödä. Joitain voidaan käyttää muilla tavoilla. Esimerkiksi appelsiinin ja sitruunan kuoret voi käyttää marmelaadiin..Pois heitettyt kuoret ja muut luonnolliset "pakkausjätteet" hajoavat ajan mittaan ja palaavat siten maaperään luonnollisina lannoitteina.

Ajattehan miten lukuisilla tavoilla kookospalmua voidaan käyttää. Keniassa kookospähkinän kovaa ja kestävää kuorta , käytetään kuppeina, lusikoina ja kauhoina.. Suurista kookospähkinöitä käytetään keittokulhoja. Palmun puuainesta, joka on kovaa ja sitkeää käytetään rakennukseen. Punotuista palmunlehdistä saa hyviä seiniä, aitoja ja ovia. Kuoresta saadaan kaunista kullankeltaista kuitua, josta voidaan tehdä mattoja, harjoja, luutia ja jopa patjojen täytettä..*The Coconut Palm—A Monograph* kirja toteaa: " Siitä saadaan todennäköisesti enemmän kulutushyödykkeitä ihmiskunnan käyttöön kuin mistään muusta puusta."

Taste School

The effective use of leftovers.
Taste and visualize a new dish.

leftover meat _____
a few slices of dry toast _____
milk, past "best before" date _____
half a can of chopped tomatoes _____
egg whites _____
boiled potatoes _____

Worksheet

You want to avoid waste. Which of the products would you buy? Circle.

A plastic container of yogurt/ a carton of yogurt

Apple juice / fresh apples

Olive oil / Canned olives

Ketchup / Canned tomato purée

Frozen vegetables/ Fresh vegetables

See if you know how to sort garbage.

Paper _____

Cardboard _____

Carton _____

Glass _____

Metal _____

Organic _____

Hazardous

waste _____

What Do You Think?

- Do you prefer repairing old to replacing it with new, or vice versa?
- What does a wasteful attitude reveals about the person?
- What are some practical ways your family could take to reduce garbage and waste?

20. BREAD—COMMERCIAL OR HOMEMADE

In the Middle East, even today bread is the food of greatest importance in a household.

Today, in industrialized countries most bread is commercially made. A piece of commercially made white bread may look good, feel soft, and even taste good., but usually it is made from bleached white flour, which has most of the nutrition taken out in processing. Chemicals are added to make it look nice, feel nice, taste nice and to preserve it. Often a small amounts of whole grain flour and seeds are added to improve its nutritional value, and then, it is sold as multi-grain bread.

The book *The Poisons in Your Food*, remarks in connection with bread that the average loaf of commercial white bread sold today is primarily the product of chemical ingenuity. It is subjected to a bombardment of chemicals, stripped of virtually all nutrients, given emulsifier and preservatives to keep it soft and look fresh. "Bread and most other commercial baked goods are more closely allied with the test tube than with nature."

20 OMATEKOINEN VAI KAUPAN LEIPÄ?

Lähi-Idässä, vielä nykyäänkin leipä on perheen tärkeintä ruokaa.

Teollisuusmaissa suurin osa leivästä on teollisesti valmistettua. Pala teollisesti valmistettua valkoista leipää voi näyttää hyvältä, tuntua pehmeältä ja jopa maistua hyvältä, mutta tavallisesti se on kuitenkin tehty valkaistusta vehnäjauhoista, joista on käsittelyssä poistettu suurin osa ravintoaineista. Leipään lisätään kemikaaleja, jotta se näyttäisi kauniilta, tuntuisi ja maistuisi hyvältä ja jotta se säilyisi. Usein siihen lisätään pieni määrä kokojyväviljaa tai siemeniä parantamaan sen ravintoarvoa ja sitten se myydään monivijaleipänä.

Kirjassa *The Poisons in Your Food* huomautetaan leivästä, että kaupoissa nykyään myytävä tavallinen valkoinen leipä on etupäässä kemiallisen nerokkuuden, tuote. Se alistetaan kemikaalien pommitukselle, siitä riistetään käytännöllisesti katsoen kaikki ravintoaineet, sille annetaan emulgointi- ja säilöntäainetta, jotta se pysyisi pehmeänä ja näyttäisi tuoreelta. "Leipä ja suurin osa kaupoissa myytävistä muista leipomotuotteista on läheisemmin yhteydessä koeputkeen

Of course, not all commercial bread is made of bleached white flour. By checking the labels on breads, you will find the best whole-grain products with as few additives as possible.

Did you know?

There are reduced prices on the day-old bread in many stores. These items are often quite good if you heat them before eating, in a toaster, for example.

Tip

Is it more economical for your family to make your own bread? All you need is flour, yeast, sugar, salt, milk or water, and a little vegetable oil or melted butter.

What Do You Think?

- Why are so many additives added to commercial bread?
- What's wrong with eating bread made from bleached white flour?
- How can you make sure the bread you and your family eat is wholesome?

kuin luontoon.”

Kaikki kaupan leivät eivät tietenkään ole valkaistusta vehnäjauhosta valmistettuja. Tarkistamalla leipien etiketit löydät parhaat täysjyvätuotteet, joissa on mahdollisimman vähän lisäaineita

Tiesitkö?

Edellisen päivän leivät myydään monissa liikkeissä alennettuun hintaan. Ne ovat usein aivan hyviä, kun lämmität ne ennen tarjoilemista, vaikkapa leivänpaahtimessa.

Vinkki

Olisiko teidän perheessä taloudellisempaa leipoa leipä itse? Tarvitset vain jauhoja, hiivaa, sokeria, suolaa, maitoa tai vettä ja vähän öljyä tai sulatettua voita.

Taste School

Baking bread. As you go along with the recipe, link the task you are doing to the words you want to memorize by telling yourself aloud what you are doing. The following list will help you.

You added yeast into warm water. What did you do to the yeast?
 melted it dissolved it soaked it

You added flour into the dough. What happened? The dough...
 thickened doubled decreased in size

Your dough is too stiff. So you...

add flour add water

You set the dough aside in a warm place. What happened? The dough

increased in size doubles itself
 decreased in size

Next, you stir it down and started adding flour to make it...

workable flat bigger

What happened to the dough as you kept kneading it?

doubled in size shrank tightened

Having knead the dough enough it started turning...

smooth and elastic wet and sticky
decrease in size increase in size
enough of kneading >

The sound off the baked bread was...

popping cracking hollow

Next, compare the homemade bread with commercial bread

Smell

mild intense

sweet yeasty

Taste

delicious tasteless

sweet salty

wholesome not nutritious

fresh old

commercial homemade

Texture

Crust

soft crunchy

smooth rough

Inside

soft crunchy

stiff fluffy

Smell

mild intense

sweet yeasty

Taste

delicious tasteless

sweet salty

wholesome unheathy

fresh old

commercial homemade

Texture

Crust

soft crunchy

smooth rough

Inside

soft crunchy

stiff fluffy

21 DAIRY PRODUCTS ARE HIGH IN FOOD VALUE

Many medical authorities recommend milk for adults as well as for children.. They regard milk as man's richest food source of calcium. It is their view that an adequate amount of milk is particularly important for children while they are growing.

Milk contains protein, fat, carbohydrates, minerals and some vitamins and is, therefore, a nourishing food. There are, however, several elements necessary for growth that are lacking in milk, such as copper, iron, iodine and manganese.

How Is Milk Processed?

Dairies try to protect their customers by pasteurizing the milk. This is a process in which the milk is heated to 143 (62° c) degrees Fahrenheit and held there for thirty minutes. The heat kills most of the bacteria, However, in order to kill all of the bacteria and spores, the milk would have to be sterilized., which requires much higher temperatures. Many people dislike the sugary flavor of sterilized milk.

Some persons have objections to pasteurized milk because the heat

21 MAITOTUOTTEILLA ON HYVÄ RAVINTOARVO

Monet lääketieteen asiantuntijat suosittelevat maitoa niin aikuisille kuin lapsille. He pitävät maitoa ihmisen runsaimpana kalsiumin lähteenä. Heidän mielestään riittävä maidon nauttiminen on erittäin tärkeätä kasvuikäisille lapsille.

Maito sisältää proteiineja, rasvaa, hiilihydraatteja, kivennäisaineita ja joitakin vitamiineja ja on sen vuoksi ravitsevaa ruokaa. Maidosta puuttuu kuitenkin useita kasvulle välttämättömiä alkuaineita, kuten kuparia, rautaa, jodia ja mangaania

Miten maito käsitellään?

Meijerit yrittävät suojella asiakkaitaan pastöroimalla maidon. Pastöroiminen on menetelmä, jossa maito lämmitetään +62°:een ja pidetään siinä puoli tuntia. Lämpö tappaa suurimman osan bakteereista Jotta maidosta kuitenkin tapettaisiin kaikki bakteerit ja itiöt, se olisi steriloitava, ja se vaatii paljon korkeampia lämpötiloja. Monet ihmiset eivät pidä steriloidun maidon sokerisesta mausta.

Jotkut vastustavat maidon

used in pasteurizing it decreases the amount of vitamin C and vitamin B₁ in the milk and destroys the useful lactic acid bacteria. As much as 15 percent of the vitamin-B₁ content is destroyed by the heat. Raw milk, on the other hand, may have the vitamins, but it also has a greater potential for carrying dangerous bacteria.

Yogurt Is Good for You

Yogurt is extremely popular. As the commercial product is usually made with skimmed or reduced milk, it is especially popular among people who are watching their weight. Yogurt is curdled milk and therefore digests from two to three times as quickly as ordinary milk. Moreover, yogurt has valuable bacteria, which is the reason why many believe that it aids people with intestinal problems

Still another factor in its favor is that yogurt often replaces such foods as pies, cakes, puddings and pastries, which are rich in refined carbohydrates.

pastöroimista, koska pastöroimiseen käytettävä lämpö vähentää maidon C- ja B₁-vitamiinipitoisuutta ja tuhoaa hyödyllisiä maitohappobakteereita. Lämpö tuhoaa jopa 15 prosenttia B₁-vitamiinipitoisuudesta. Käsittelemätön maito voi sisältää vitamiineja, mutta toisaalta on suurempi mahdollisuus, että siinä on vaarallisia bakteereja. .

Jogurtti on terveellistä

Jogurtti on erittäin suosittua. Koska kaupallinen jogurtti on tavallisesti valmistettu rasvattomasta tai kevytmaidosta, se on suosittua painoan tarkkailevien keskuudessa. Jogurtti on juoksetettua maitoa, ja elimistö sulattaa sen siksi kaksi tai kolme kertaa niin nopeasti kuin tavallisen maidon. Lisäksi jogurtti sisältää hyödyllisiä maitohappobakteereja minkä vuoksi monet uskovat sen parantavan suolistovaivoja.

Vielä yksi hyvä puoli on se, että jogurtti korvaa usein sellaiset ruoat kuin piirakat, kakut, vanukkaat ja leivonnaiset, joissa on paljon puhdistettuja hiilihydraatteja

Tip

To cut down on calories, you can also use yogurt to replace oily salad dressings or mayonnaise or in the place of whipped cream on fresh fruits.

From Neutral Milk To A Variety Of Aroma

Have you ever wondered how such a variety of colors, aromas, and flavors of cheese can come from such a relatively neutral-tasting product as milk? Cheese has to undergo a ripening process. The curd is drained according to the type of cheese desired, and bacteria are added to break down the casein (milk protein), fats, and lactose. This produces a variety of substances that help to develop the characteristic flavors and aromas of some cheeses. Choice of bacteria, appropriate curing time, and the temperature and humidity of the storerooms are all very important in developing such special varieties.

Vinkki

Kalorien vähentämiseksi voit myös käyttää jogurttia öljystä valmistettujen salaattinkastikkeitten tai majoneesin tilalla tai tuoreitten hedelmien kanssa kermavaahdon sijasta.

Miedonmakuisesta maidosta makujen kirjoksi

Oletko joskus miettinyt, miten niin monet erilaiset värit, aromit ja maut voivat olla peräisin maidosta, joka itsessään ei maistu mitenkään erikoiselta? Juuston täytyy saada kypsyä. Haluttu juustolaatu määrää sen, miten tarkkaan juustomassasta puserretaan hera pois. Massaan lisätään bakteereja, jotka hajottavat kaseiinin(maidon proteiinin), rasvan ja maitosokerin. Näin syntyy erilaisia aineita, jotka antavat eräille juustolaaduille niille tyypillisen tuoksun ja maun. Bakteerien valinta, sopiva kypsytysaika ja säilytystilojen lämpötila ja kosteus vaikuttavat kaikki juuston erityispiirteisiin

What Do You Think?

- Why does milk have to undergo pasteurizing process and why do some object it?
- Why is yogurt said to be good for your digestion?
- Why are dairy products unlike cereal products rich in refined carbohydrates good for you?

Taste School

reduced milk, regular

sweet neutral

soluble insoluble

creamy light

Grade__

reduced milk , sterilized

sweet neutral

soluble insoluble

creamy light

Grade__

reduced milk, organic

sweet neutral

soluble insoluble

creamy light

Grade__

skim milk, regular

sweet neutral

soluble insoluble

creamy light

Grade__

full cream milk

sweet neutral

soluble insoluble

creamy light

Grade__

Turkish yogurt

sweet sour

creamy light

thick thin

Grade__

Bulgarian yogurt

sweet sour

creamy light

thick thin

Grade__

Fat-free yogurt

sweet sour

creamy light

thick thin

Grade__

Brunost (Norwegian delicacy)

neutral tangy

soft hard

rich light

Grade__

Cheddar (British)

neutral tangy

soft hard

rich light

Grade__

22. PROCESSED MEATS ARE TREATED WITH CHEMICALS

Since the 1950's, small doses of antibiotics have been added to the feed of poultry, pigs, and cattle in some places. The purpose is to lower the risk of disease, especially where animals are kept together in close quarters.

In some countries, including Finland, hormones are also added to animal feed to speed up animal growth. Hormones and antibiotics are said to protect animals against infection and to make intensive farming more profitable, with benefit to the consumer in the form of lower prices, while the prices of chemical-free organic meat are high.

Also, their bodies contain pesticides picked up from feed that has been chemically sprayed in addition to being chemically fertilized. Many meat products, especially cold cuts, are further treated chemically in the process of curing, flavoring, coloring and preserving.

Is Chemically Treated Meat Harmful To Health?

Researchers have been unable to agree on the safety of such meat. Many

22 LIHAJALOSTEET KÄSITELLÄN LISÄAINEILLA

Siipikarjan, sikojen ja nautakarjan rehuun on joissakin paikoin lisätty 1950-luvulta lähtien pieniä määriä antibiootteja. Tarkoituksena on pienentää sairastumisriskiä, varsinkin siellä missä eläimiä pidetään yhdessä ahtaissa tiloissa.

Joissakin maissa rehuun lisätään myös hormoneja eläinten kasvun vauhdittamiseksi. Hormonien ja antibioottien väitetään suojelevan eläimiä tartunnoilta ja tekevän tehomaataloudesta kannattavampaa, mikä laskee kuluttajahintoja, kun taas luomuliha, johon ei ole käytetty kemikaaleja on kallista.

Niiden elimistössä on myös tuholaismyrkköjä, joita ne ovat saaneet kemikaaleilla suihkutetusta ja kemiallisilla lannoitteilla kasvatetusta rehusta. Monet lihatuotteet, erityisesti leikkeleet, käsitellään edelleen kemiallisesti, kun ne suolataan, maustetaan, värjätään ja säilötään.

Onko kemikaaleilla käsitelty liha terveydelle haitallista?

Tutkijat eivät ole päässeet yksimielisyyteen tällaisten eläinten

experts believe that meat from chemically-treated animals is not harmful to health, provided that the substances are administered in accordance with the guidelines. There are, however, those who believe that: if a large amount of a chemical is poisonous and harmful, then, a little bit each day must be harmful too, but just take longer to have its effect.

Tip

By obtaining fresh, unprocessed meat and cooking your own you will avoid many of the additives used in cold cuts and processed meat products. Be careful, though. Some meats that are sold as "natural" are actually cured meat containing stabilizers to give it a more tender texture..

Did you know?

The slaughterhouse waste is used in the manufacture of by-products including the products of pet food industry or pharmaceutical industry. Beef bones and horns as well as pigskin are used in the production of gelatin products, Other by-products are

lihan turvallisuudesta. Monet asiantuntijat uskovat, että kemikaaleja saaneiden eläinten liha ei ole vahingollista terveydelle, mikäli aineet annetaan ohjeiden mukaisesti. On kuitenkin niitä, jotka uskovat, että jos suuri määrä jotain kemikaalia on myrkyllistä ja vahingollista, niin pienikin määrä joka päivä on myös vahingollista, vaikka kestää kauemmin, ennen kuin vaikutus ilmenee?

Vinkki

Hankkimalla tuoretta, käsittelemätöntä lihaa ja valmistamalla sen itse, välttyt niiltä monilta lisäaineilta, joita käytetään leikkeleissä ja muissa jalostetuissa lihatuotteissa. Ole kuitenkin tarkkana. Jotkut "maustamattomana" myydyt lihat ovat itse asiassa raakalihavalmisteita, joissa on lihan mureutta parantavaa stabilointiaineita.

Tiesitkö?

Teurasjäte käytetään erilaisiin sivutuotteisiin kuten eläinruokateollisuuden ja lääketeollisuuden tuotteiden valmistamiseen. Naudan luita ja siannahkaa käytetään liivatetta sisältäviin tuotteisiin. Muita

cosmetic products. Insulin used in the treatment of diabetes can be found in the pancreas, and a drug used during operations to prevent blood coagulation as well as in the treatment of frostbite and burns, is derived from the animal's lungs.

Taste School

Taste the processed meat products and homemade meats served in class. Also, read the labels of the processed meats and find out what additives they contain.

ham (cold cut)

natural spicy

no salt too much salt

tough tender

kebab (processed)

natural spicy

no salt too much salt

tough tender

chicken nuggets

natural spicy

no salt too much salt

tough tender

sivutuotteita ovat kosmeettiset aineet. Diabeteksen hoidossa käytettävää insuliinia saadaan naudan haimasta, ja lääkettä, jota käytetään leikkauksissa veren hyytymisen estämiseksi sekä paleltumien ja palovammojen hoidossa, saadaan eläimen keuhkoista.

What Do You Think?

- Why are chemicals used in meat industry?
- How can you avoid 'reduce the intake of chemicals in meats?
- Where else can you find products of animal origin?

cooked tongue slices

natural .spicy

no salt too much salt

tough tender

kebab (home made)

natural spicy

no salt too much salt

tough tender

homemade breaded chicken filets

natural spicy

no salt too much salt

tough tender

23 FOOD FREEZING SAVES YOU TIME AND MONEY

We seem to be living in a world that just cannot wait for anything. Everything must be instantaneous. Along with instant coffee and fast food, many feel that cooking must be instant also. That is why frozen foods have become so popular. When you look at the variety of frozen-foods at the store, among other things, you find pre-seasoned and premixed vegetables, ready-to-eat meals and baked goods.

Commercial frozen foods along with other processed foods rely heavily on additives, as can be noted by checking the food labels on such foods. In addition to that, they are usually high in saturated fats or "bad fats".

Food Freezing Can Save Your Family Time And Money

Why not try food freezing yourselves? By doing so, you can eat convenience food without additives. Meals can be cooked in double or triple quantities to save both time and energy, and leftovers can be frozen and reused. When properly prepared, frozen food can maintain its flavor, color, texture

23 RUOAN PAKASTAMINEN SÄÄSTÄÄ AIKAA JA RAHAA

Näytämme elävän maailmassa, jossa ei mitenkään voi odottaa mitään. Kaiken täytyy tapahtua pikapikaa. Pikakahvin ja pikaruoan lisäksi monien mielestä myös ruoanlaiton täytyy tapahtua pikaisesti. Tästä syystä pakasteista on tullut niin suosittuja. Kun katsot kaupan pakasteruokien valikoimaa löydät niiden joukosta muun muassa valmiiksi maustettuja vihanneskoituuksia, valmisruokia ja leivonnaisia.

Kaupan pakasteruoissa kuten muissakin valmisruoissa on runsaasti lisäaineita, kuten voi todeta lukemalla niiden tuoteselosteet. Lisäksi niissä on usein runsaasti tyydyttyntä eli niin sanottua huonoa rasvaa.

Ruoan pakastaminen voi säästää perheeltäsi rahaa ja aikaa

Miksi ette kokeilisi pakastaa ruokaa itse. Siten tekemällä voitte syödä puolivalmisteita ilman lisäaineita. Ruokaa voidaan kerralla valmistaa kaksin- tai kolminkertainen määrä, jolloin säästyy sekä aikaa että energiaa, ja tähteenä jäänyt ruoka voidaan pakastaa ja käyttää uudelleen. Kunnollisesti valmistettu pakastettu

and nutritional value for long periods of time. Also, homemade baked goods can be made in quantities and be frozen, ready for any unexpected guests

Tip

Seasonal vegetables are inexpensive while they last. Freezing makes them available the year round.

Did You Know?

On the average a 25-gallon (100-liter) freezer costs about 35 euros a year to operate.* So to net any savings, you would have to save more than that on specials. If you buy everything that you put into a freezer at normal prices, it is unlikely that you will save. However, take advantage of special in-season sales, savings may result

Basic Principles Of Food Freezing

Put the quick freeze setting on an hour or two before you do your freezing and leave it on until the food is frozen solid. .Smaller and thinner packages freeze faster than large ones. So proper

*A 25-gallon freezer consumes 0,8 kilowatt hours a day. The annual cost is: 0,8 kilowatt hours/day x 0,12 euros/ kilowatt hour x 365 days = 35,04euros.

ruoka voi säilyttää makunsa, värinsä, koostumuksensa ja ravintoarvonsa pitkään. Myös kotitekoisia leivonnaisia voi leipoa suuria määriä ja pakastaa yllätysvieraiden varalle.

Vinkki

Vihannekset ovat sesonkiajan edullisia. Pakastamisen avulla voit saada niitä ympäri vuoden.

Tiesitkö?

Keskiverto 100 litran pakastin maksaa noin 35 euroa vuodessa.* Niinpä säästäaksesi sinun olisi täytynyt säästää yli tuon summan erikoistarjouksista. Jos ostat normaalihintaisena kaiken, minkä panet pakastimeen, niin on epätodennäköistä, että säästät. Mutta jos käytät hyväksesi myyntisesonkien erikoistarjouksia, voi säästäminen onnistua.

Pakastamisen peruseriaatteita

Säädä pakastin pakastusasentoon tuntia tai paria ennen kuin aiot pakastaa ja anna sen olla siinä asennossa, kunnes ruoka on jäätynyt

*100 litran pakastin kuluttaa 0,8 kilowattituntia vuorokaudessa. Vuotuinen hinta on 0,8 kilowattituntia/ vrk x 0,12 euroa/kilowattituntia x 365 = 35,04 euroa.

packaging is important. Labeling each package with content and date will eliminate much confusion later on.

What Do You Think?

- What are some pros and cons of commercial frozen foods?
- What can you do to make sure your food freezing is really saving your family money?

Taste School

Compare homemade frozen and fresh foods with their commercial substitutes. Give grades to each.

Cinnamon rolls, commercial

Texture ___

Taste ___

Cinnamon rolls, freshly baked

Texture ___

Taste ___

Frozen vegetables, homemade

Texture ___

Taste ___

Spinach soup, commercial

Texture ___

Taste ___

kovaksi. Mitä nopeammin ruoka jäätyy sen paremmin se säilyttää ominaisuutensa. Pienemmät ja ohuemmat pakkaukset jäätyvät nopeammin kuin suuret.

Asianmukainen pakkaaminen on siis tärkeää. Paljon sekaannusta myöhemmässä vaiheessa voidaan välttää sillä, että kukin pakkaus varustetaan nimilapulla, johon on merkitty sen sisältö ja pakkauspäivä.

Cinnamon rolls, homemade

Texture ___

Taste ___

Frozen vegetables, commercial

Texture ___

Taste ___

Fresh vegetables

Texture ___

Taste ___

Spinach soup, homemade, frozen

Texture ___

Taste ___

Spinach soup, homemade, unfrozen

Texture ___

Taste ___

24 CANNED FOODS KEEP FOR A LONG TIME

There are some foods that are highly perishable and are difficult to export, except when canned or made into preserves. There are foods such as tuna, pineapple and mango you have tasted, perhaps, canned only.

Canned foods keep for months and even years without fear of spoilage. They can also be conveniently shipped anywhere in the world, and be stacked, and stored.

Did You Know?

A can opener be a source of food poisoning. It is easy to forget that this device needs to be cleaned just as much as any other. Food from canned food accumulates on the cutting edge and becomes a fine culture for bacteria.

Food Storage By Home Preserving

Home canning is an inexpensive way to store food. In Finland, mushrooms and vegetables such as cucumbers are traditionally preserved in salt. Salt suppresses the growth of most of the harmful microorganisms by forcing the bacteria to use so much energy getting

24 SÄILYKKEET SÄILYVÄT VUOSIA

Jotkin ruoka-aineet ovat erittäinhelposti pilaantuvia ja niiden vienti on vaikeaa muutoin kuin säilykkeinä. On ruokia, kuten tonnikala, ananas ja mango, joita olet syönyt ehkä ainoastaan säilykkeinä.

Säilykkeet säilyvät kuukausia ja jopa vuosia ilman pilaantumisen pelkoa. Ne voidaan myös kätevästi kuljettaa minne tahansa ympäri maailman, pinota ja varastoida.

Tiesitkö?

Purkinavaaja voi olla aiheuttaa ruokamyrkytyksen.. On helppo unohtaa, että se kaipaa puhdistusta aivan yhtä lailla kuin mikä tahansa muukin laite. Säilykkeistä kerääntyy ruoka-aineita leikkausterään, ja siitä tulee erinomainen bakteeriviljelmä.

Ruoan varastointia kotisäilönnällä

Kotisäilykkeiden valmistaminen on edullinen tapa varastoida ruokaa. Suomessa sienet ja vihannekset, kuten kurkut, perinteisesti suolataan. Suola ehkäisee haitallisten mikrobien kasvua pakottamalla bakteerit käyttämään niin paljon

rid of sodium that they have no energy left to eat and reproduce. Along with freezing, berries and apples are made into jams, juices and sauces.

People around the world have their own favorite preserves. The Swedes are famous for their preserved fish, surströmming, the Japanese pickle raw mackerel in vinegar and salt; the Germans have their sauerkraut, the British and Americans have their baked beans, the Koreans have their kimchi etc.

Tip

Kimchi is pickled vegetables, traditionally Chinese cabbage. The vegetables are preserved in salt and fermented as sauerkraut and they are seasoned with garlic and red pepper. To Koreans, kimchi and rice go together much as bread and butter in other cultures.

What Do You Think?

- Why are canned foods so popular world wide?
- What are some methods of home preserving and how do they prevent spoilage?
- What are some spices particular to Finnish preserves?

energiaa päästäkseen eroon natriumista, ettei niiden energia enää riitä syömiseen ja lisääntymiseen. Pakastamisen ohella marjat ja omenat tehdään yleensä hilloksi, mehuksi tai soseeksi.

Eri puolien maailmaa ihmisillä on omat säilykesuosikkinsa. Ruotsalaiset ovat kuuluisia kalasäilykkeestään hapansilakasta. Japanilaiset säilövät raakaa makrillia viinietikkaan ja suolaan. Saksalaisilla on hapankaalinsa. Briteillä ja Amerikkalaisilla on säilötyt ruskeat pavut ja korealaisilla on kimchinsä.

Vinkki

Kimchi on liemeen säilöttyjä vihanneksia, perinteisesti kiinankaalia. Vihannekset säilötään suolaan ja hapatetaan kuten hapankaali ja maustetaan valkosipulilla ja chilillä. Korealaisille kimchi ja riisi ovat sellainen yhdistelmä kuin joissain muissa kulttureissa leipä ja voi.

Taste School

pickled gherkins (cucumbers)

sweet sour
sweet salty
crisp soft
juicy dry

baked beans

sweet sour
sweet salty
chewy soft
mild spicy

canned peaches

sweet sour
natural artificial
crisp soft
juicy dry

canned mushrooms, commercial

mild intense
neutral salty
tough soft
juicy dry

herring preserve, commercial

sweet sour
neutral salty
chewy soft
juicy dry

strawberry jam

sweet sour
rich mild
thick thin
granulated fine

apple sauce

sweet sour
rich neutral
thick thin
granulated fine

fresh cucumbers

sweet sour
sweet salty
crisp soft
juicy dry

cooked dried beans

sweet sour
sweet salty
chewy soft
mild spicy

fresh peaches

sweet sour
natural artificial
crisp soft
juicy dry

pickled mushrooms, homemade

mild intense
neutral salty
tough soft
juicy dry

herring preserve, homemade

sweet sour
neutral salty
chewy soft
juicy dry

strawberry jelly

sweet sour
rich mild
thick thin
granulated fine

apple marmalade

sweet sour
rich neutral
crisp soft
granulated fine

25 DO SOFT DRINKS QUENCH YOUR THIRST?

What do you drink when you are thirsty? The English and Jamaicans prefer warm drinks; Americans like them cold. However, High water content is more important than temperature in quenching thirst. The sweeter the drink, the more slowly is it absorbed, because fluid is needed to digest the sugar. Similarly, the more alcohol and caffeine the drink, the greater its dehydrating effects.

Ironically, the popular sugar-sweetened carbonated soft drinks, with their high sugar content can actually leave you thirstier, setting off a thirst cycle that supports soft-drink consumption.

Some health-conscious people believe that artificially sweetened diet sodas are a better choice. Others, however, view them even worse than regular sodas, because of the several health risks that may be associated with the sweetener called aspartame that is substituted for sugar.

Health experts say people should drink at least two quarts (2 liters) of water every day.

25 SAMMUTTAVATKO VIRVOITUSJUOMAT JANOSI?

Mitä sinä juot janoosi? Englantilaiset ja jamaikalaiset suosivat lämpimiä juomia; amerikkalaiset haluavat juomansa kylminä. Suuri vesipitoisuus on kuitenkin tärkeämpi kuin lämpötila janon sammuttamisessa. Mitä makeampi juoma on, sitä sitä hitaammin se imeytyy, koska sokerin hajottamiseen tarvitaan nestettä. Samoin mitä enemmän alkoholi- tai kofeiinipitoisempi juoma, sitä suurempi on sen kuivattava vaikutus.

Ironista kyllä, suosittu sokerilla makeutetut, hiilihappopitoiset virvoitusjuomat voivat korkeilla sokeripitoisuuksillaan tehdä sinut pikemminkin janoisemmaksi ja käynnistää janon kierteen, joka tukee virvoitusjuomien kulutusta.

Jotkut terveystietoiset ihmiset uskovat, että keinotekoisesti makeutetut kevytlimsat ovat parempi vaihtoehto. Toiset kuitenkin pitävät niitä vielä huonompana vaihtoehtona kuin tavallisia limsoja useiden terveysriskien takia kanssa, jotka saattavat olla yhteydessä sokerin sijasta käytettävään makeutusaineeseen, aspartaamiin.

Terveyden asiantuntijoiden

Did You Know?

“If a person relies on thirst, he will not drink enough,” says Dr. Mark Davis, an exercise physiology professor.

Many people stay in a slightly dehydrated state, as the thirst sensation occurs after body fluids have already got low.

The Healthy Beverage That Cheers the British

According to many Chinese, the drinking of tea with or after a meal is an aid to faster digestion of food.

Recently, researchers have also claimed that green tea can actually be an anticarcinogen.

The Finnish National Drink

After tea, coffee is the world’s favorite drink. The Finns call it their national drink, although its origins are found as far as in the highlands of Ethiopia, the home of the wild coffee plant. Coffee is made by roasting the seeds of the coffee tree. Today, Brazil is the world’s largest coffee producer.

mukaan

ihmisten pitäisi juoda vähintään kaksi litraa vettä päivässä.

Tiesitkö?

”Jos ihminen luottaa vain janoonsa, hän ei juo tarpeeksi”, sanoo tri Mark Davis, liikuntafysiologian professori. Monilla ihmisillä on lievä nestehukka, sillä janontunne syntyy vasta sitten, kun ruumiin nesteet ovat jo käyneet vähiin.

Brittien terveellinen piristysjuoma

Monien kiinalaisten mielestä teen juominen aterialla tai sen jälkeen edistää ruoansulatusta. Tämän uskotaan ehkäisevän jossain määrin painonnousua. Siinäpä erinomainen hyöty, jos niin on! Tutkijat ovat lisäksi viime aikoina esittäneet, että vihreä tee pienentäisi syövän riskiä.

Suomalainen kansallisjuoma

Kahvin jälkeen tee on maailman suosituin juoma. Suomalaiset kutsuvat sitä kansallisjuomakseen, vaikka se on lähtöisin niinkin kaukaa kuin Etiopian ylängöillä, mistä luonnonvarainen kahvipapu on kotoisin. Kahvia valmistetaan paahtamalla kahvipensaan siemeniä eli papuja. Nykyään, Brasilia on suurin kahvin tuottaja.

Tip

Some fruit juices sold commercially may be largely free from additives. Be careful, though, not to confuse fruit juices with "fruit drinks", not genuine fruit juices, because of the added sugar and water in them. Or you may want to squeeze your own juice as do the people in the tropics.

What Do You Think?

- How do the sugar, alcohol and caffeine content affect the drinks thirst quenching quality?
- In order to drink enough, why should you not rely on thirst?
- Why can the names of some beverages be misleading?

Taste School

Take a sip of each beverage and grade it by its thirst quenching quality.

Coca cola, regular
Grade ___

Diet Coca Cola
Grade ___

Cold water
Grade ___

Lukewarm water
Grade ___

Vinkki

Jotkut kaupoissa myytävät hedelmämehut voivat olla jokseenkin lisäaineettomia. Varo kuitenkin sekoittamasta tuoremehuja hedelmäjuomiin, jotka eivät ole aitoja hedelmämehuja niihin lisätyn sokerin ja veden takia. Tai ehkä haluat tehdä itsepuristettua mehua, kuten tropiikin ihmiset.

Black tea with sugar
Grade ___

Green tea without sugar
Grade ___

Black Coffee
Grade ___

Coffee with milk and sugar
Grade ___

Fruit juice
Grade ___

Fruit Drink
Grade ___

26 CONDIMENTS IMPART A PARTICULAR FLAVOR

As discussed in chapter 11, sugar is a popular condiment. It is a prominent ingredient even in foods that you don't expect to taste sweet in the first place. There is also honey, the delicious and nutritious substitute for sugar you could possibly use more often; Honey is sweeter than table sugar, so you need only half to three quarters as much honey as you would sugar.

Can you imagine barbecue without catsup? For a change, why not try some Mexican salsa, another tomato based condiment, with freshly chopped tomato, onion, green chilies, and coriander, mixed together with a little lime juice.

If you feel that a sausage always needs mustard, you might enjoy another hot condiment popular in some countries, horseradish sauce or its Asian substitute, wasabi. Horseradish goes well with beef.

Use Salt Sparingly

Many people make the use of salt a habit. In addition to the dangers of taking in too much salt, the salt habit denies you the pleasure of the many subtle individual flavors that various

26 MAUSTEET ANTAVAT ERITYISEN MAKUSÄVÄYKSEN

Sokeri on suosittu mauste, kuten luvussa 11 todettiin. Se on tärkeä ainesosa jopa sellaisissa ruoka-aineissa, joiden ei edes odota maistuvan makealle. On kuitenkin myös hunaja, herkullinen ja ravitseva sokerin korvike, jota voisit mahdollisesti käyttää enemmän. Hunaja on makeampaa kuin sokeri, joten tarvitset sitä vain puolet tai kolme neljäsosaa sokerin määrästä.

Voitko kuvitella grilliruokaa ilman ketsuppia? Mikset kokeilisi vaihteekis meksikolaista salsaa, erästä toista tomaattipohjaista maustetta, joka tehdään vasta pilkokuistatomaateista, sipuleista, vihreistä chilipaprikoista, ja korianterista ja joukkoon sekoitetaan hieman limen mehua.

Jos koet, että makkara vaatii aina sinappia, saattaisit pitää erästä toisesta vahvasta mausteesta, piparjuurikastikkeesta tai sen aasialaisesta versiosta, wasabista. Piparjuuri sopii hyvin naudanlihaan.

Käytä suolaa säästeliäästi

Monet totuttautuvat liialliseen suolankäyttöön. Suolan liialliseen käyttöön liittyvien vaarojen lisäksi

foods have, especially vegetables. So, there are good reasons for using salt sparingly.

The Spicy Aromas Of The East

An Indian cook makes a great use of different spices, because without them boiled rice, the staple food of India as well as the watery tropical vegetables such as eggplants and gourds would be rather tasteless.

Black pepper, the king of spices, enhances food flavors and helps neutralize the gassy effects of the vegetable diet. There are also chili, cardamom, cinnamon, ginger, clove, cumin, coriander, turmeric ("Indian saffron"), aniseeds, garlic and onions, a great variety to choose from or mix.

Did you Know?

The most expensive spice in the world is saffron. The secret of its value is the laborious work required in the process. Saffron's somewhat bitter taste is used all over the world to improve the flavor of poultry, rice, and seafood, while Scandinavians enjoy the taste of saffron-flavored baked goods.

rundas suolan käyttö estää maistamasta erilaisten ruokien, varsinkaan vihannesten, monivivahteisia, herkkiä makuja. On siis hyviä syitä käyttää suolaa säästeliäästi.

Itämaisten mausteiden voimakkaat aromit

Intialainen kokki hyödyntää suuresti mausteita ruoanlaitossaan., sillä muuten intialaisten pääasiallinen ravinto, keitetty riisi sekä vetiset trooppiset kasvit kuten munakoisot ja kurpitsat eivät oikein maistuisi miltään. Mustapippuri, mausteiden kuningas, parantaa ruoan makua ja naurtalo kasvisruokavalion aiheuttamisa ilmavaivoja. On myös chili, kaardemumma, kaneli, inkivääri, neilikka, kumina, korianteri, kurkuma ("Intian sahrami"), anikseksensiemenet, valkosipuli ja sipuli, laaja valikoima, josta voi poimia mieluisen tai yhdistellä.

Tiesitkö?

Maailman kallein mauste on sahrami. Sen arvon salaisuus piilee vaivalloisessa työssä, jota valmistuksessa tarvitaan. Sahramin hieman karvasta makua käytetään kaikkialla maailmassa kanan, riisin ja

Tip

After cooking vegetables, fish, meat, or chicken, it is wise to save the juice or the broth for use in soups or gravy. By doing so, you will not need the commercially prepared mixes, such as powdered soups, meat helpers, or other dehydrated broths that give taste but also contain high quantities of salt and additives.

What Do You Think?

- What are the most prominent condiments in your family's menu?
- How can you add taste to soups and gravy without commercially prepared mixes?
- Which condiments could you use more effectively to give variety and flavor in your family meals?

Taste School

- 1) Work in pairs. One shuts his/her eyes and the other makes him/her smell different condiments.
- 2) Work in pairs. You will get three small dishes of food, unseasoned. How could you add flavor to them. Find out in a seasoning guide (online or cookbook) the suitable condiments.

kalaruokien mausteena, ja Pohjoismaissa sillä maustetaan leivonnaisia.

Vinkki

Kun keität kasviksia, lihaa, kalaa tai kanaa, säästää niiden keitinliemet keittoihin ja kastikkeisiin. Näin et tarvitse kaupan valmiskeittoja, -kastikkeista ja muita kuivattuja liemivalmisteista, joissa on makua mutta myös suuria määriä suolaa ja muita lisäaineita.

Worksheet

List the ingredients that go well with the following spices. Use a seasoning guide, if needed.

- allspice _____
- black pepper _____
- white pepper _____
- chili _____
- cumin _____
- cinnamon _____
- ginger _____
- coriander _____
- mustard _____
- horseradish _____
- clove _____
- nutmeg _____
- paprika _____
- curry _____
- turmeric _____

27 A GROWING DEMAND FOR ORGANIC FOODS

There is a growing demand for organic foods. Buyers of organic products range from health-conscious teenagers to concerned mothers and to aging baby boomers. According to one definition, organic food is "food grown under a production system that, in addition to the avoidance of synthetic chemicals, also promotes soil health, biodiversity, low stress treatment of animals and sound environmental practices" (*Canadian Geographic*).

The prices of organic foods are higher, because they are produced in smaller quantities. There is also a higher rate of spoilage when preservatives are not used. However, people who are concerned about chemical additives in foods are willing to pay more for foods without them.

Intensive Farming Is More Profitable

Intensive farming is generally specialized in the mass production of just a few or a single crop through intensive mechanization and, use of man-made pesticides and fertilizers. In addition to

27 LUOMUELINTARVIKKEIDEN KYSYNTÄ KASVAA

Luomuelintarvikkeiden kysyntä kasvaa. Luomutuotteiden ostajien kirjo koostuu terveystietoisista nuorista huolestuneista äideistä aina ikääntyviin suuriin ikäluokkiin kuuluviin. Erään määritelmän mukaan luomuruoka on "sellaisen tuotantojärjestelmän puitteissa kasvatettua ruokaa, jossa paitsi vältetään kemikaaleja myös pyritään parantamaan maaperän laatua, lajien monimuotoisuutta sekä vähentämään kotieläinten stressiä ja noudattamaan ympäristöä säästäviä menetelmiä" (*Canadian Geographic*).

Luomuruokien hinnat ovat kalliimpia, koska sitä tuotetaan pienempiä määriä. Myös pilaantuminen tapahtuu nopeammin silloin, kun ei käytetä säilöntäaineita. Kuitenkin ihmiset, jotka ovat huolissaan elintarvikkeiden lisäaineista ovat halukkaita maksamaan enemmän sellaisista tuotteista, joissa niitä ei ole.

Tehotuotanto on taloudellisesti kannattavampaa

Tehotuotanto on yleensä erikoistunut yhden tai muutaman viljelykasvin massatuotantoon. käyttämällä tehokkaasti koneita ja

the residues that such chemicals can leave in food, the nutritional content the residues that such chemicals may decline when produce is picked before it is ripe. To make sure that crops arrive at their destination in a good condition, they may also be gassed, waxed or irradiated.

Did you know?

Irradiation is a practice of exposing foodstuffs to low levels of radiation in order to kill most bacteria, insects, and parasites. Radiation also increases the shelf life of the product.

What Is Genetically Manipulated Food?

The science behind genetically manipulated (GM) food is called food biotechnology. It is using of modern genetics to improve plants, animals, and microorganisms for food production. Unlike conventional breeding, modern biotechnology enables the transfer of genes between completely unrelated organisms. For example, there are strawberries and tomatoes that have been modified with a gene taken from a fish, making them less sensitive to low temperatures. Such GM crops as soybeans, maize,

tehdasvalmisteisia torjunta-aineita ja lannoitteita. Kemikaalijäämien lisäksi elintarvikkeiden ravintosisältö saattaa heiketä. Jotta tuotteet saapuisivat perille hyvässä kunnossa, ne saatetaan lisäksi käsitellä kaasulla tai vahalla tai säteilyttää.

Tiesitkö?

Säteilytys on ruokatarvikkeiden altistamisen pienille säteilyannoksille, jonka tarkoituksena on tuhota useimmat bakteerit, hyönteiset ja loiset. Säteilytys myös parantaa tuotteen säilyvyyttä.

Mitä on geenimanipuloitu ruoka?

Muuntogeenisen ruoan taustalla oleva tieteenhaara on nimeltään biotekniikka. Kyseessä on modernin perinnöllisyystieteen käyttäminen kasvien, eläinten ja mikro-organismien kehittämisessä elintarviketeollisuutta varten. Toisin kuin perinteinen jalostus, bioteknologia mahdollistaa geenien siirron sellaisten eliöiden välillä, jotka eivät ole mitään sukua toisilleen. Esimerkiksi mansikoita ja tomaatteja on muunneltu kalasta peräisin olevalla geenillä, joka on parantanut niiden kylmänsietoa. Muuntogeenistä soijapapua, maissia,

rapeseed, and potatoes are cultivated in Argentina, Brazil, Canada, China, Mexico, and the United States. The proponents of biotechnology view genetic engineering as a promising tool in the effort to provide more food to a global population and reduce starvation. Critics of GM food point to ethical questions and to potential dangers to the environment. and people.

Tip

Your palate cannot distinguish a product containing genetically manipulated organisms (GMO) from the natural one, but the label, instead, will tell you if of the product contains more than 0,9% genetically manipulated organisms.

What Do You Think?

- Why are many willing to pay more for organic food?
- What are some differences between organic and conventional farming?
- What are views on organic food and GMO food?

rapsia ja perunaa viljellään Brasiliassa, Kanadassa, Kiinassa, Meksikossa ja Yhdysvalloissa. Bioteknologian puolestapuhujat pitävät geenimanipulaatiota lupaavana välineenä pyrkimyksissä tuottaa enemmän ruokaa maailman väestölle ja vähentää nälänhätää. GM-ruoan arvostelijat viittaavat eettisiin kysymyksiin ja ympäristölle tai ihmisille mahdollisesti koistuviin vaaroihin

Vinkki

Makuaistisi ei pysty erottamaan geenimanipuloitua tuotetta manipuloimattomast, mutta etiketissä kerrotaan, jos tuote sisältää enemmän kuin 0,9% geenimanipuloituja aineksia.

Taste School

Prepare a simple dish from the organic ingredients your teacher has bought for the class.

Worksheet

Compare prices.

Regular milk _____ Organic milk _____
Regular flour _____ Organic flour _____
Regular sugar _____ Organic sugar _____
Regular apples _____ Organic apples _____

28 FOOD FROM FORESTS, LAKES AND SWAMPS

It is believed that they the Same people or the Lapps were Finland's original inhabitants

The Land Of Meat Eaters

Unable to cultivate the frozen ground and raise cereals or vegetables, the Lapps lived by hunting and fishing. The land offered numerous reindeer, bears, foxes, wolverines and wild birds. The lakes and rivers swarmed with trout, salmon, perch and pike

Later, the Lapp learned that the reindeer liked to live in flocks and could be gathered into herds and tamed. The tamed reindeer could secure The Lapp's supply of meat, milk and clothing. Reindeer milk is four times richer in butter fat than is cow's milk.

Preserving meat and fish has never been much of a problem close to the Arctic circle. Before the era of refrigerators the cold winters

28 RUOKAA METSISTÄ, JÄRVISTÄ JA SOILTA

Saamelaisten eli lappalaisten uskotaan olleen ensimmäisiä asukkaita.

Lihansyöjien maa

Koska saamelaiset eivät pystyneet vilelemään routaista maata eivätkä kasvattamaan viljaa tai vihanneksia, he harjoittivat metsästystä ja kalastusta. Maassa oli paljon poroja, karhuja, kettuja, ahmoja ja metsälintuja. Heidän järvensä ja jokensa kuhisivat taimenia, lohia, ahvenia ja haukia.

Myöhemmin saamelaiset huomasivat, että porot haluavat elää laumoissa ja ne voitiin koota yhteen ja kesyttää. Kesyn poron avulla lappalainen saattoi turvata liha-, maito- ja vaatetarpeensa. Poronmaito on neljä kertaa rasvapitoisempaa kuin lehmänmaito.

Lihan ja kalan säilöminen ei ole ollut juurikaan ongelma lähellä napapiiriä. Ennen kylmälaitteiden keksimistä kylmät talvet pitivät huolen

took care of deep-freezing.

Traditionally, the Lapps either sun dry or smoke the reindeer's strongly flavored meat, but it can also be conserved by salting .

Wild Berries From The Forest

Since early settlers in these northern regions lived mainly on meat and fish, wild berries became an important vitamin, mineral and fiber complement.

In the Nordic countries of Europe, the right of public access allows everyone to walk freely in nature, even when the land is privately owned and it permits us to pick wildflowers, mushrooms, and berries virtually everywhere they grow.

The three most common wild berries in Finland are bilberries, lingonberries and cloudberry. The bilberry is often turned into sauce, pudding, jam, or juice. It is also used in various pastries, such as bilberry pie. The bilberry is often confused with its relative of North American origin , the blueberry. The lingonberry is extremely popular in Finland.

ruoan jäädyttämistä.

Perinteisesti saamelaiset säilövät poron voimakkaanmakuisen lihan joko kuivaamalla sen auringossa tai savustamalla, mutta se voidaan myös säilöä suolaamalla.

Luonnonmarjoja metsistä

Pohjoisten seutujen varhaiset asukkaat söivät pääasiassa lihaa ja kalaa, joten luonnonvaraiset marjat olivat tärkeä lisä vitamiinien-, mineraalien- ja kuidunsaannissa.

Pohjoismaissa

jokamiehenoikeus sallii vapaan liikkumisen luonnossa myös yksityisomistuksessa olevassa metsässä ja se suo luvan poimia vapaasti luonnonvaraisia kukkia, sieniä ja marjoja.

Suomen kolme yleisintä luonnonvaraista marjaa ovat mustikka, puolukka ja lakka. Mustikasta tehdään usein keittoa, kiisseliä, hilloa tai mehua. Sitä käytetään myös erilaisissa leivonnaisissa, kuten mustikkapiirakassa. Mustikka sotketaan usein sen pohjoisamerikkalaista alkuperää olevaan sukulaiseen, pensasmustikkaan. Puolukka on

Lingonberries keep well, as they contain natural acids that act as preservatives. The cloudberry is highly esteemed, sometimes called the gold of the swamps. The cloudberry has between three and four times more vitamin C than an orange. Cloudberries are often turned into jam, and they also yield a fine liqueur.

Did you know?

We Finns have even honored the cloudberry by embossing cloudberry blossom on their our two-euro coin.

Wild Mushroom Picking

Mushroom picking was introduced to the Finns by the Russians, and today's Finland, mushrooms are valued for their proteins, vitamins, and minerals. Mushrooms need moisture and that is why they thrive in the swampy forests of Finland. Mushrooms spoil easily. Therefore, it is necessary to handle them right after they are picked. Traditionally, mushrooms are dried or sterilized and preserved in salt to make them available year-round.

valtavan suosittu marja Suomessa. Puolukat säilyvät hyvin, sillä ne sisältävät luontaisesti happoja, jotka toimivat säilöntäaineena. Lakkaa pidetään suuressa arvossa ja sitä kututaankin toisinaan soiden kullaksi. Lakassa on kolme tai neljä kertaa enemmän C-vitamiinia kuin appelsiinissa. Lakoista tehdään usein hilloa ja niistä saadaan myös hienoa likööriä.

Tiesitkö?

Me suomalaiset pidämme lakkaa niin suuressa arvossa, että olemme lyöneet hillankukan kuvan kahden euron kolikkoomme.

Metsäsienien poimintaa

Suomalaiset keksivät sienien poiminnan venäläisiltä, ja nykyään Suomessa arvostetaan sieniä niiden proteiinien, vitamiinien ja mineraalien vuoksi. Sienet tarvitsevat kosteutta ja siksi ne menestyvät hyvin Suomen soisissa metsissä. Sienet pilaantuvat heerkästi. Siksi on välttämätöntä käsitellä ne heti poimimisen jälkeen. Perinteisesti siene kuivataan tai ryöpätään ja säilötään suolasieniksi ympärivuotuista käyttöä varten.

Tip

If you are traveling abroad and want to take along a gift that is typical of Finland, homemade cloudberry jam might be a good choice.

Taste School

The call of nature. If possible, go in the woods for a picnic and make it a group activity called *imaginative game to the past*. As you taste the samples, talk about the ingredients used in them.

The ingredients needed:

- bilberry jam/juice
- lingonberry jam/juice
- cranberry juice (North American origin)
- cloudberry jam
- bread cheese
- reindeer meat
- Finnish wild mushroom preserve"

What Do You Think?

- Why is the traditional Finnish diet mainly meat and fish?
- What is so special about picking Finnish wild berries and mushrooms?
- What are some ingredients peculiar to Finland?
- How does your family make use of the right of public access?

Vinkki

Jos matkustat ulkomaille ja haluat viedä tuliaisiksi jotain tyyppillistä suomalaista niin kotitekoinen lakkahillo voisi olla hyvä vaihtoehto.

Worksheet

Combine.

- 1 The bilberry...
- 2 The cloudberry...
- 3 The lingonberry...
- 4 Wild mushrooms
- 5 Reindeer meat...
- 6 Bread cheese...

A ...should be picked early in the morning when they are fresh

B ...makes a squeaky sound in your mouth

C ...dyes your mouth and lips

D ...has a tangy flavor

E ..is called the cold of the swamps

F... is often served fried

Answers below

1C, 2E, 3D, 4A, 5F,6B

29 PLANTS THAT CHANGED THE OLD WORLD'S MENUS

The discovery of America revolutionized the world's eating habits. The Finnish potato, Swiss chocolate and Italian pizza all owe a debt to Inca and Aztec farmers.

Potatoes, chocolate and tomatoes were just three of the new products to arrive in Europe. Often, the new flavors, fruits, and vegetables took time to catch on, although from the outset Columbus and his men were enthusiastic about pineapples and sweet potatoes.

There was a rapid interchange of crops between the Old World and the New World, and many plants cultivated by the Incas and the Aztecs are now among the most important food crops of the world.

Worth Of The Humble Potato

When the Spanish arrived in Peru, the potato was the basis of the Inca economy. The potato also thrived in the Northern Hemisphere, and within

29 KASVEJA, JOTKA MUUTTIVAT VANHAN ,MAAILMAN MUOKAILUTOTTUMUKSIA

Amerikan löytyminen aiheutti ihmisten ruokavalioon suuria muutoksia.

Suomalainen peruna, sveitsiläinen suklaa, ja italialainen pizza ovat kaikki ovat kiitollisuuden velassa inka- ja atsteekkikansojen maanviljelijöille.

Peruna, kaakao ja tomaatti olivat vain kolme niistä uusista tuotteista, jotka tulivat Eurooppaan. Vaikka ananas ja bataatti olivat saaneet Kolumbuksen ja hänen miehensä haltioitumaan, niin kesti usein jonkin aikaa ennen kuin eurooppalaiset oppivat käyttämään uusia mausteita, hedelmiä ja vihanneksia.

Vanhassa maailmassa alettiin pian viljellä monia Uuden maailman ravintokasveja ja päin vastoin. Monet niistä kasveista, joita inkat ja atsteekit aikoinaan viljelivät, luetaan nykyään maailman tärkeimpiin ravintokasveihin.

Vaativattoman perunan arvo

Espanjalaisten saapuessa Peruun peruna oli inkojen talouden perusta. Peruna viihtyi hyvin myös pohjoisella

two centuries it had become the staple food of many European countries. Before the arrival of the potato, the plants cultivated by the Finns were mainly turnips and swedes. Some historians even attribute to this humble but nutritious tuber the rapid population increase that accompanied the European industrial revolution.

A New Kind Of A Carrot

Columbus encountered sweet potatoes on his first voyage. He described them as somewhat like "great carrots" with the "flavor of the chestnuts." Now, the sweet potato is a staple food of millions of people throughout a large portion of the earth. In Africa, sweet potato along with cassava and plantain is daily food for many. In the United States, people like sweet potato casserole flavored with cinnamon and nutmeg. Until the 21st century, the sweet potato was quite unknown to the Finns.

The Grain That Built A Hemisphere

It has been said that the Mayas, Aztecs and Incas of Central and South America owed their culture to the abundant yields of corn or maize.

pallonpuoliskolla, ja 200 vuodessa siitä oli tullut monessa Euroopan maassa perusruokaa. Ennen perunan tuloa, suomalaiset viljelivät pääasiassa naurista ja lanttua. Jotkut historioitsijat ovat jopa sitä mieltä, että Euroopassa teollisen vallankumouksen yhteydessä tapahtunut nopea väestönkasvu oli tämän vaatimattoman mutta ravitsevan mukulakasvin ansiota

Uudenlainen porkkana

Kolumbus tutustui bataatteihin ensimmäisellä matkallaan. Hän kuvaili niitä "suurien porkkanoiden" kaltaisiksi ja "kastanjan makuisiksi". Nykyään bataatti on miljoonien ihmisten tärkeimpiä ruoka-aineita suuressa osassa maailmaa. Afrikassa bataatti on maniokin ja jauhobanaanin ohella jokapäiväistä ruokaa monille. Yhdysvalloissa pidetään bataattilaatikosta, joka maustetaan kanelilla ja muskottipähkinällä. 2000-luvulle saakka bataatti oli varsin tuntematon suomalaisille.

" Vilja jonka voimalla rakennettiin puoli maailmaa"

On sanottu, että Keski- ja Etelä-Amerikassa asuneet mayat, atsteekit ja inkat saavat kiittää runsaita

Good harvests allowed them leisure time for weaving, pottery making and the building of highways, pyramids and cities. For this reason, corn has been called the "grain that built a hemisphere." Nowadays, corn is the second-largest cereal crop in the world, surpassed only by wheat. However, just under 20 % goes for human consumption and more than 60 percent of the corn harvest feeds livestock

The Triumph Of The Tomato

Both Aztecs and Maya cultivated the tomato. By the 16th century, the tomato was grown in Spain and Italy, where gazpacho, pasta, and pizza became cuisine favorites. Other Europeans, however, were not won over to its virtues till the 19th century. Today, the tomato is the favorite vegetable, of the Finns, or in fact, the favorite fruit.

Did You Know?

At first, in the Northern Europe, the tomato was thought to be poisonous and was grown as a decorative plant. Although the strongly aromatic leaves and stems really are toxic, the fruit itself proved to be completely

maissisatoja kulttuuriensa synnystä. Hyvien satojen ansiosta heille jäi aikaa kankaisten ja mattojen kutomiseen, saviastioiden valamiseen ja teiden, pyramidien ja kaupunkien rakentamiseen. Tästä syystä maissia on kutsuttu "viljaksi, jonka voimalla rakennettiin puoli maailmaa" Nykyään maissi on vehnän jälkeen maailman toiseksi tärkein viljakasvi. Silti vain vajaa 20 % päättyy ihmisten käyttöön ja yli 60% maissisadosta menee rehuksi.

Tomaatin voittokulku

Sekä atsteekit että mayat viljelivät tomaattia. 1500-luvulla tomaattia kasvatettiin jo Espanjassa ja Italiassa, missä gazpacho-keitosta, pastasta ja pitsasta tuli suosittuja ruokalajeja. Muut eurooppalaiset oppivat ymmärtämään tomaatin arvon vasta 1800-luvulla. Nykyisin, tomaatti on suomalaisten suosikkikasvis, tai pikemminkin -hedelmä.

Tiesitkö?

Alkuun Pohjois-Euroopassa tomaattia luultiin myrkylliseksi ja sitä kasvatettiin vain koristekasvina. Vaikka sen voimakkaan hajuiset lehdet ja varsi ovatkin myrkyllisiä, itse hedelmä on osoittautunut täysin

harmless.

“Brown Gold”

Chocolate was the favorite drink of the Aztec Emperor Montezuma. At a time, the cocoa beans, from which chocolate was extracted, were so highly esteemed that they were used as money. In the 19th century, when sugar and milk were added to improve the flavor, chocolate became an international best-seller, both as a drink and in solid form.

Tip

To get an idea of the original chocolate drink favored by the Aztec royalty, mix unsweetened cocoa powder with boiling water, and add a pinch of cayenne pepper.

turvalliseksi.

“Ruskeaa kultaa”

Kaakao oli atsteekkikeisari Montezuman, lempijuomaa. Aikoinaan kaakaopavut, joista valmistettiin kaakaomassaa, olivat niin arvokkaita, että ne kävivät rahasta. Kun 1800-luvulla kaakaomassaan alettiin lisätä sokeria ja maitoa maun parantamiseksi, kaakao alkoi saada suurta suosiota kaikkialla maailmassa sekä juomana että kiinteän suklaan muodossa.

Vinkki

Saadaksesi jonkinlaisen käsityksen atsteekkiylimystön suosimasta alkuperäisestä kaakaosta, sekoita makeuttamatonta kaakaojauhetta kiehuvaan veteen ja lisää ripaus cayennepippuria.

What Do You Think?

- How would traditional foods of many countries be different from what they are without the products of the New World?
- How have the products of the New World influenced the Finnish food culture?
- Without the potato, what do you think, would be the Finnish staple food today?

Taste School

Taste some of the world's famous foods made from plants of the New World and compare them with their Old World substitutes.

Spaghetti and tomato sauce

Baked potatoes

Pop corn

Fazer Milk Chocolate

Gazpacho

Spaghetti and eggplant paste

Fire-baked turnips

Roasted seeds

Carob bar

Gazpacho (without red pepper and tomato)

30 THE CEREALS OF OUR DAILY BREAD

Grains or cereals are the edible seeds of cultivated grasses such as wheat, corn and rice. All major civilizations have depended on some form of grass. For example, the Egyptians, Greeks, and Romans ate wheat and barley as staple foods; the Chinese, millet and rice; the Indus people, wheat, barley, and millet; the Maya, Aztecs, and Incas, corn.

As discussed in the previous chapter, corn is the second largest cereal crop in the world. The American Indians usually ground the kernels into flour or meal. Even today, the tortilla, the flat disk of corn is a basic element in the Mexican diet. Corn is used by millions of people around the world in the form of oil, starch, syrup and cornmeal in baking bread and biscuits. For many Westerners, corn on the cob is a barbecue favorite.

The First Cereals

Wheat is crop number one in the west. Wheat and barley are the oldest cereals in human history.

30 PÄIVITTÄINEN LEIVÄVILJAMME

Kaikki suuret kulttuurit ovat olleet riippuvaisia yhdestä tai useammasta heinäkasvista. Esimerkiksi egyptiläiset, kreikkalaiset ja roomalaiset söivät perusravintonaan vehnää ja ohraa, kiinalaiset hirssiä ja riisiä, Indus-kulttuurin kansat vehnää, ohraa ja hirssiä sekä mayat, atsteekit ja inkat maissia.

Kuten edellisessä kappaleessa kerrottiin, maissi on Tätä on maailman toiseksi tärkein viljakasvi. Amerikan intiaanit jauhoivat jyvät yleensä karkeaksi tai heinoksi jauhoksi. Nyhyäänkin tortilla, pyöreä maissilevy on meksikolaisen ruokavalion peruselementti. Maissia käyttävät miljoonat ihmiset ympäri maailman öljyn, tärkkelyksen, siirapin tai moudossa jauhona leivässä ja pikkuleivissä. Monille länsimaalaisille kokonaiset maissintähkät ovat suosikki grilliruoka.

Ensimmäiset viljat

Vehnä on länsimaalaisten ykkösvilja. Vehnä ja ohra ovat ihmishistorian vanhimpia viljoja.

Wheat flour as well as other cereal flours is generally eaten as baked or fried bread, as a porridge. Wheat is also used for pasta. In North Africa semolina or couscous is a staple food.

Did You know?

The Chinese and Italians have long disputed the invention of pasta. Some years ago, the remains of 4000 year old noodles, were found in China, which suggests an Asian origin for the staple dish. The noodles made from millet native to China.

The Staple Of More Than Half Of The Earth's Population

Archaeological finds and ancient records indicate that rice was cultivated in India and China as far back as the third millennium B.C.E. More people live on rice than on any other single food crop. Most of these people live in Asia, where, according to one source, over 600 million people obtain half their daily food calories from rice alone and where over 90 percent of the world's rice is produced and consumed. Rice has

Vehnäjauhoja, kuten muidenkin viljojen jauhoa syödään tavallisesti uunissa tai pannulla paistettuna leipänä, puurona Vehnää käytetään myös pastassa. Pohjois-Afrikassa durumvehnäryyni eli couscous on perusruokaa.

Tiesitkö?

Kiinalaiset ja italialaiset ovat pitkään kiistelleet siitä kummat ovat keksineet pastan. Joitakin vuosia sitten Kiinasta löydettiin 4000 vuotta vanhoja nuudeleita, mikä viittaisi tämän perusruokalajin aasialaiseen alkuperään. Nuudelit oli valmistettu Kiinassa kasvaneesta hirssistä.

Yli puolen maapallon asukkaiden perusruoka

Arkeologiset löydöt ja muinaiset asiakirjat osoittavat, että riisiä viljeltiin Intiassa ja Kiinassa niinkin kauan sitten kuin kolmannelle vuosituhannelle eKr. Riisillä elää enemmän ihmisiä kuin millään muulla yksittäisellä ravintokasvilla. Suurin osa näistä ihmisistä elää Aasiassa, missä erään tietolähteen mukaan yli 600 miljoonaa ihmistä saa puolet päivittäisestä kalorimäärästään yksistään riisistä ja missä tuotetaan ja

spread all over the world and is a staple food for millions. In Africa rice is eaten with cassava and peanut paste. Central Americans are famous for their rice and beans. Rice has established its place in the Finnish diet. Carelian pastries would not exist without rice.

Sugar Cane Is Also A Grass

Sugar is produced from two major world crops. Sugarcane is mainly grown in tropical areas and accounts for more than half of the world's sugar production. The rest is extracted from sugar beets, which are grown in colder climates, such as Eastern and Western Europe and North America. The sugars are chemically identical

The Great Variety Of Cereals

There are also several minor cereals that have an important role in the food tradition of many countries, especially when it comes to fried bread or pancakes. The Scots have their bannock, made from oatmeal. Russians have their blini, made from

kulutetaan yli 90 prosenttia maailman riisistä. Riisi on levinnyt kaikkialle maailmaan ja on miljoonien perusruokaa. Afrikassa riisiä syödään maniokin ja maapähkinätahnan kanssa. Keskiamerikkalaiset ovat kuuluisia riisistä ja pavuistaan. Riisi on vakiinnuttanut asemansa myös suomalaisessa ruokavaliossa. Karjalanpiirakoita ei olisi olemassa ilman riisiä.

Sokeriruoko on myös heinäkasvi

Sokeria saadaan kahdesta maailmanlaajuisesti merkittävästä viljelykasvista. Sokeriruokoa viljellään pääasiassa trooppisilla seuduilla, ja sen osuus maailman sokerin tuotannosta on yli puolet. Loput uutetaan sokerijuurikkaista, joita kasvatetaan viileämmillä alueilla, kuten Itä- ja Länsi-Euroopassa ja Pohjois-Amerikassa. Molemmista saadaan kemiallisesti samanlaista sokeria.

Suuri valikoima viljoja.

On myös pienempiä viljakasveja, joilla on tärkeä rooli monien maiden ruokaperinteessä, erityisesti pannulla paistettavien leipien eli pannukakkujen osalta. Skoteilla on kaurasta valmistettavat bannokinsa. Venäläisillä

buckwheat. Ethiopia's main staple food and national dish, injera is made of the unusual grain called teff. Bolivians have their quinoa tortillas. Mexicans use amaranth seeds ground into flour, which is used to make breads and cakes. There is a great variety of cereals indeed.

Tip

Next time you pass the cereal shelf at the grocery store, why not stop to have a look at the variety of cereals. Perhaps, you could talk to your parents about testing one of them sometime.

What Do You Think?

- Why are cereals a foundation of world's diets?
- Why should you not underrate maize and rice?
- What are the most prominent cereals in the Finnish teenagers' diets today?
- How do the cereals used by teenagers differ from those used by older generations?

on tattarista valmistettavat blininsä. Etiopian pääasiallinen ruoka ja kansallisruoka, injera tehdään tefnimisestä, harvinaisesta viljakasvista. Bolivialaisilla on kvinoatortillansa ja meksikolaiset jauhavat amarantinsiemenistä jauhoa leipiä ja kakkuja varten. On todellakin surin valikoima viljakasveja.

Vinkki

Seuraavan kerran, kun ohitat viljatuotehyllyn ruokakaupassa, mikset pysähtyisi katsomaan sitä suurta viljalajien valikoimaa. Ehkä voisit ehdottaa vanhemillesi, että kokeilisitte jotakin niistä.

Taste School

See the chart on page 10, in chapter 2. In class, savor the same cereals as you did during lesson 2 and see if you have acquired a taste for even some of the more bitter foods. How has your opinion of the cereals changed since your first encounter?

Buckwheat _____
Quinoa _____
Amaranth _____
Millet _____

31 A VARIETY OF TUBERS

Along with grasses, tubers, the edible roots of plants provide millions of people with starch rich in carbohydrates.

The Crop Of Harsh Climates

The national dishes of many European countries are made from potato. Ireland is the most famous potato-eating county. Soon after the product of the New World was introduced into Ireland it became very successful because Ireland's wet and mild climate suited its growth and the potato could be grown in very poor soil. By the mid-1800's, the average Irish male ate potatoes every day—and little else. Crop failures in the years 1845-50 caused the death of more than a million Irish people, who lived on potatoes. The tragedy is known as the Great Irish Famine.

Did You Know?

During the Great Irish Famine about a million people emigrated from Ireland. In the United States alone, over 40 million can claim Irish descent. U.S. President John F. Kennedy as well as Henry Ford, inventor of the Ford motor car, were directly descended

31 MONENLAISET MUKULAT

Heinäkasvien ohella mukulakasvit, kasvien syötävät juuret, varaavat miljoonille ihmisille runsashiilihydraattista tärkkelystä.

Ankaran ilmaston viljelykasvi

Monien Euroopan maiden kansallisruoat tehdään perunasta. Irlanti on kaikkein kuuluisin perunansyönnin maa. Pian sen jälkeen kun tämä Uuden maailman tuote tuotiin Irlantiin, se alkoi menestyä hyvin, sillä kostea ja leuto ilmasto suosi sen kasvua ja se viihtyi köyhässäkin maaperässä. 1800-luvun puoliväliin mennessä tavallinen irlantilaismies söi perunaa päivittäin – eikä juuri muuta. Vuosien 1845-50 katovuodet aiheuttivat kuoleman yli miljoonalle irlantilaiselle, jotka elivät perunan varassa. Murhenäytelmä tunnetaan Irlannin suurea nälänhätänä.

Tiestikö?

Irlannin suuren nälänhädän aikana noin miljoona irlantilaista lähti siirtolaisiksi. Yksistään Yhdysvalloissa irlantilaista syntyperää olevia on yli 40 miljoonaa. Yhdysvaltain presidentti John F. Kennedy ja Ford-auton keksijä Henry Ford olivat suoraan alenevassa

from Irish emigrants.

The New World Gift To Africa

Cassava, also called manioc or tapioca, is one of the largest food crops in the world. It is the staple food for millions of people.

Cassava is believed to be native to Brazil, where it was a staple food of the Indians. Later, Portuguese settlers found tapioca to be a good substitute for bread. Brazilians still have their special dish made of tapioca (cassava starch), a flatbread that looks more like a crepe and is often called a tapioca crepe.

The Portuguese brought cassava from South America to Africa, where it was highly appreciated. Throughout Africa a variety of cassava dishes are served. In Nigeria cassava is mixed with coconut milk, made into pudding or biscuits. In Côte d'Ivoire cassava is served up with meat and vegetables. In Ghana, cassava is combined with fish or egg sauce. In Tanzania, cassava is served in

polvessa niiden siirtolaisten jälkeläisiä,

Uuden maailman lahja Afrikalle

Maniokki, jota sanotaan myös kassavaksi tai tapiokaksi, on yksi maailman tärkeimmistä ravintokasveista. Se on pääasiallista ravintoa miljoonille ihmisille.

Maniokin uskotaan olevan kotoisin Brasiliasta, missä se oli intiaanien perusruokaa. Myöhemmin portugalilaiset uudisasukkaat huomasivat sen olevan hyvä leivänkorvike. Brasilialaisilla on yhä erityinen tapiokasta (maniokkitärkkelyksestä) valmistettava ruokalajinsa, litteä leipä, joka näyttää pikemminkin letulta, ja sitä kutsutaankin usein tapiokaletuksi.

Portugalilaiset toivat maniokkia Etelä-Amerikasta Afrikkaan, missä sitä arvostettiin kovasti. Eri puolilla Afrikkaa tarjoillaan vaihtelevia maniokkiruokia. Nigeriassa maniokki sekoitetaan kookosmaitoon ja valmistetaan vanukkaaksi tai pikkuleiviksi. Norsunluurannikolla maniokki tarjoillaan lihan ja vihannesten kanssa. Ghanassa maniokki sekoitetaan kalaan tai kananmunakastikkeeseen. Tansaniassa maniokki tarjoillaan

the form of a thick paste with soup. Even cassava leaves are edible. In countries like the Central African Republic, Sierra Leone, and Zaire, these leaves are a daily staple food for many families.

Did You Know?

As a Finn you might say you have never eaten cassava, but in fact, cassava starch (tapioca starch) is an important ingredient in many baby foods and thickening agents.

A World Of Tubers

Yams is another tuber, widely cultivated tropical and subtropical regions, especially in Africa. Taro, another starch rich root, is vastly used in Pacific island cuisines. Jicama, a tuber native to Mexico has traveled as far away as the Philippines and China and is used in Oriental cooking.

There are also crops such as beetroot and celery that do not need tropical climate to succeed. One of the most famous beet dishes, borscht (beet soup) is native to Russia.

paksuna tahnana keiton kanssa. Jopa maniokin lehdet ovat syötäviä.

Esimerkiksi Keski-Afrikan tasavallassa, Sierra Leonessa ja Zairessa nämä lehdet ovat monien perheiden pääasiallista päivittäistä ruokaa.

Tiesitkö?

Suomalaisena saattasit ehkä sanoa, ettet ole koskaan maistanut maniokkia, mutta itse asiassa maniokkitärkkelys (tapiokatärkkelys) on tärkeä ainesosa monissa vauvanruoissa ja sakeutusaineissa.

Mukulakasvien maailma

Jamssi on eräs toinen mukulakasvi, jota viljellään laajasti trooppisilla ja subtrooppisilla alueilla, erityisesti Afrikassa. Taaroa, erästä toista tärkkelyspitoista juurta käytetään laajalti Tyynenmeren keittiöissä. Jamssipapu, Meksikosta kotoisin oleva mukula on matkustanut niinkin kauan kuin Filippiineille ja Kiinaan ja sitä käytetään itämaisessä ruoanlaitossa.

On myös viljelyskasveja kuten punajuuri ja selleri, joka eivät tarvitse trooppista ilmastoa menestyäkseen.

Yksi maailman kuuluisimmista punajuuriruoista, borssi- eli punajuurikeitto on lähtöisin Venäjältä

What Do You Think?

- Why is it important not to be dependent on just one crop? Can you take an example from history?
- Give an example of a crop that are now more popular in the countries where they were exported than in their native countries
- You want to have your African immigrant friend over for dinner. What would you prepare to show you appreciate his/her culture and are interested in it?

Taste School

1) A taste of Africa. Combine cassava purée (boiled, mashed cassava) with other foods and name a Finnish dish that tastes similar.

coco milk

mild intense
light creamy
familiar exotic
Tastes like _____

meat and vegetables

mild intense
light creamy
familiar exotic
Tastes like _____

fish and egg sauce

mild intense
light creamy
familiar exotic
Tastes like _____

peanut paste

mild intense
light creamy
familiar exotic
Tastes like _____

2) Finnish tubers.

swede

raw
mild intense
sweet tangy
cooked
mild intense
sweet tangy

beet

raw
mild intense
sweet tangy
cooked
mild intense
sweet tangy

celery

raw
mild intense
sweet tangy
cooked
mild intense
sweet tangy

turnip

raw
mild intense
sweet tangy
cooked
mild intense
sweet tangy

parsnip

raw
mild intense
sweet tangy
..cooked
mild intense
sweet tangy

32 PEOPLE BY THE OCEAN HAVE A DIET RICH IN SEAFOOD

Fish are the main source of animal protein for a fifth of mankind. In tropical and subtropical regions of the Indian and Pacific oceans and in the Caribbean, locally caught fish are a major food source.

Since rice is not a complete food in itself, in Asia, people supplement their daily diet with protein foods including fish. A sight you may see in India is that of women catching fish with their bare hands. In some parts of the world seafood is raised in ponds. For example, shrimps, a seafood delicacy that many love are produced in shrimp farms in Latin America and Asia

Fish is also included in the traditional Mediterranean diet that has been noted for its health benefits. A diet high in seafood has been linked to a reduction in cardiovascular diseases. Salmon and trout particularly have a high content of a polyunsaturated fat known as omega-3.

32 MERENRANTOJEN ASUKKAIDEN RUOKAVALIOSSA ON RUNSAASTI MERENELÄVIÄ

Kala on pääasiallinen proteiinin lähde viidennekselle maailman ihmisistä. Intian- ja Tyynenvaltameren sekä Karibianmeren trooppisilla ja subtrooppisilla alueilla lähivesistä pyydetty kala on keskeinen osa ruokavaliota.

Koska riisi ei itsessään ole täysipainoista ravintoa, Aasiassa ihmiset täydettävät ruokavaliotaan proteiinipitoisilla ruoilla, joihin kuuluu kala. Intiassa voi nähdä naisten nappaavan kaloja paljain käsin. Joissakin paikoissa maailmaa mereneläviä kasvatetaan lammikoissa. Esimerkiksi katkarapuja, monien rakastamaa meren herkkua tuotetaan katkarapuviljelmillä Latinalaisessa Amerikassa ja Aasiassa.

Kala kuuluu myös perinteiseen Välimeren ruokavalioon, jonka on huomattu edistävän terveyttä. Runsaasti merenantimia sisältävä ruokavalio on todettu vähentävän sydän- ja verisuonitauteja. Lohi ja taimen sisältävät erityisen paljon omega-3-nimistä monitydyttämätöntä rasvaa.

Tip

If the only affordable fish at your local store are salmon and rainbow trout, why not try fishing yourself in summer and freezing part of your catch for later use.

Do You Like Exotic Foods?

When being abroad, you may have tasted seafood such as lobster, crab clam, oyster or octopus but there are probably seafoods you did not even know about. For example, in the island of Fiji a cooked sea cucumber with coconut cream is a local delicacy.

Seaweeds Are Health Food

.Since Japan is a country surrounded on all sides by the sea, one can understand the prominence of seafood in the Japanese diet. In Japan some 200,000 tons of marine algae is served annually as food on the dinner table. Seaweeds are richer in minerals than almost any other food. They also contain good protein that is easily digested and a lot of vitamins.

Vinkki

Jos ainoat kohtuuhintaiset kalat lähikaupassasi ovat lohi ja kirjolohi, mikset kokeilisi kalastaa itse kesällä ja pakastaa osan saalistasi myöhempää käyttöä varten.

Pidätkö eksoottisesta ruoasta?

Ulkomailla käydessäsi olet saattanut masitaa merenantimia kuten hummeria, rapuja, simpukkaa, ostereita tai mustekalaa, mutta on luultavasti merenantimia, joista et edes tiennyt. Esimerkiksi Fidzin saarella keitetty merimakkara kookoskerman kera on paikallinen herkku.

Levät ovat terveysruokaa

Koska Japani on maa, jota ympäröi meri joka suunnalta, voi ymmärtää, miksi merenantimet ovat niin tärkeitä japanilaisessa ruokavaliassa, Japanissa tajoillaan ruokapöydässä noin 200 000 tonnia levää vuodessa. Levissä on enemmän kivennäisaineita kuin missään muussa ruoassa. Niissä on myös hyvää helpostisulavaa proteiinia ja paljon vitamiineja.

Did You Know?

It is calculated that from 7 to 38 percent of the seaweed's dry weight is made up of the minerals required by human beings, including calcium, sodium, magnesium, potassium, phosphorus, iodine, iron, and zinc.

What Do You Think?

- Why does seafood have particularly important role in the Asian and Pacific cuisine?
- What are some of the most important seafood imported to Finland?
- Why is not "seaweed" a very fitting expression, considering "weed" is a word used for undesirable plants?

Taste School

Let's make sushi the Finnish way. Learn by trial and error. Write down your conclusions. Circle.

1 Nori (the seaweed) sticks best when...

dry moist wet

2 The raw salted salmon is best when cut...

thin in chunks

3 Rice is best when...

fluffy sticky

4 vegetables are best when

crisp chewy soft

Tiesitkö?

.On laskettu, että levän kuivapainosta 7–38 prosenttia on ihmiselle välttämättömiä kivennäisaineita, esimerkiksi kalsiumia, natriumia, magnesiumia, kaliumia, fosforia, jodia, rautaa ja sinkkiä

Seaweed

sweet salty

mild intense

tough soft

Salmon

raw properly cured

mild salty

fresh old

Rice

mild aromatic

Vegetables

bitter salty

crisp soft

33 RAISING ANIMALS FOR FOOD

In ancient times, all meat was the product of hunting. Later, the man learned that some animals could be domesticated. Today, most of the meat is produced by raising animals.

Barbecued Beef

Argentina as well as Brazil is a meat lover's paradise. There you can find South American cowboys, gauchos working with their horses, cattle and sheep on a ranch. The gaucho's main dish is the barbecue of mutton or beef. If you travel north to Mexico you might get hot peppers stuffed with several kinds of chopped meats, such as beef, veal, and pork.

Tip

In Brazil, tough meat is tenderized by wrapping it in a papaya leaf or rubbing it with papaya juice.

Buffalo Meat — As Good As Beef?

About 150 years ago, millions of American buffalos roamed the North American prairies, but they were hunted to near extinction. Today, buffalos are raised in Brazil. "We

33 ELÄINTEN KASVATUS RUOAKSI

Ennen muinoin kaikki liha saatiin metsästämyllä. Myöhemmin ihminen keksi, että joitakin eläimiä voitiin kesyttää. Nykyään suurin osa lihasta tuotetaan kasvattamalla eläimiä.

Grillihärkää

Argentiina samoin kuin Brasilia on lihanystävän paratiisi. Siellä on Etelä-Amerikan ratsastavia karjapaimenia, gauchoja karjatiiloilla hevosineen, nautakarjoihin ja lampaineen. Gaucho syö pääasiassa vartaassa paistettua lampaan tai naudan lihaa. Jos matkustata pohjoiseen Meksikoon saatat saada useilla eri lihalaaduilla, kuten härän-, vasikan- ja sianlihalla täytettyjä chilipaprikoita.

Vinkki

Braziliassa sitkeä liha mureutetaan käärimällä se papaijanlehteen tai hieromalla siihen papaijan mehua.

Puhvelinliha — yhtä hyvää kuin naudanliha?

Puhveleja liikkui miljoonittain Pohjois-Amerikan preerioilla noin 150 vuotta sitten, mutta ne metsästettiin lähes sukupuuttoon. Nykyään

can't keep up with the demand," says a rancher . In taste-preference tests in Australia, Venezuela, the United States, and other countries, buffalo steaks were preferred over those of cattle. In India, some 70 percent of all milk produced comes from buffalo,

Lamb —Not Just Easter Dish

Lamb is the preferred meat in the Middle East, where sheep originated. Lamb is also the favorite meat in North Africa and Greece. The Greeks usually season their lamb with lemon juice, olive oil and herbs and roast, skewer or broil it. Moussaka, one of the most popular baked dishes in Greece, contains layers of ground lamb and eggplant . Another famous Greek dish, stuffed grapevine leaves is also stuffed with ground lamb and rice. Lamb is mainly produced in Australia and New Zealand.

A Pig In The Back Yard

If you ask your Grandma or Grandpa, they might tell you that in their childhood, their family used keep pigs

puhveleita kasvatetaan Brasiliassa."Emme pysy kysynnän tasalla", sanoo eräs karjatilallinen. Makutesteissä, jotka tehtiin Australiassa, Venezuelassa, Yhdysvalloissa ja muissa maissa, kävi ilmi, että puhvelinlihapihveistä pidettiin enemmän kuin naudanlihapihveistä. Intiassa tuotettavasta maidosta noin 70 prosenttia saadaan puhveleista.

Lammas —ei vain pääsiäisruokaa

Lammas on suosituinta lihaa Lähi-Idässä, mistä se on kotoisin. Lammas on lempilihaa myös Pohjois-Afrikassa ja Kreikassa. Kreikkalaiset yleensä maustavat lampaan sitruunamehulla, oliiviöljyllä ja yrteillä ja paahtavat tai grillaavat sen vartaassa tai uunissa. Moussakassa, eräässä suosituimmista uuniruoista Kreikassa on kerroksittain lampaan jauhelihaa ja munakoisoa. Eräs toinen kuuluisa kreikkalainen ruoka, viininlehtikääryleet täytetään lampaanjauhelihalla ja riisillä. Lampaita kasvatetaan pääasiassa Australiassa ja Uudessa Seelannissa.

Sika takapihalla

Jos kysyt mummoltasi tai papaltasi, he saattavat kertoa sinulle, että heidän

in the backyard which were fattened to feed the family during the winter months. The practice persists in rural Europe today. Originally, the wild boar was domesticated in Asia. Today they are raised in China, which is home to the famous Chinese dish, sweet-and-sour pork.

Did You Know?

In many Asian countries, the meat you buy in a market is not packed in a plastic pack. Instead, it is hanging before the customers eyes to be fingered, squeezed and chosen. Then, the meat cut buy a butcher is wrapped in a banana leaf.

Poultry

The domesticated chicken is a descendant of an Asian fowl. Today chicken is by far the most popular poultry meat and found on the menus all around the world. For example, kurgi murgi, shredded chicken is an Indian special dish; Hungarians have their sweet pepper chicken and the United States is famous for its Kentucky Fried Chicken, the fast food chain.

lapsuudessaan, heidän perheissään pidettiin takapihalla sikaa, joka lihotettiin perheen ruoaksi talvikuukausia varten. Käytäntö on yhä olemassa Euroopassa maaseudulla. Alun perin villisika kesytettiin Aasiassa. Nykyisin niitä kasvatetaan Kiinassa, mistä kuuluisa kiinalainen ruokalaji, hapanimelä possu on kotoisin.

Tiesitkö?

Monissa Aasian maissa, kaupoista ostettavaa lihaa ei ole pakattu muoviin. Sen sijaan, se roikkuu asiakkaiden nähtävillä, jota sitä voidaan kosketella, puristella ja valita. Sitten lihakauppiaan leikkaama liha kääritään banaaninlehteen.

Siipikarja

Kesykana on aasialaisen kanalinnun jälkeläinen. Nykyään, kana on ylivoimaisesti suosituinta linnunlihaa ja löytyy ruokalistoilta ympäri maailman. Esimerkiksi, kurgi murgi, "kanasuikaleet" on intialainen erikoisuus. Unkarilaisilla on paprikakanansa ja Yhdysvaltalaiset ovat kuuluisia Kentucky Fried Chicken - pikaruokaketjustaan.

Why does chicken have such popularity? One reason might be the fact that it blends well with different flavorings. Moreover, because of its availability in many countries, chicken is relatively inexpensive as well. It is also very nutritious: low in fat and rich in protein.

Geese are mainly raised for roasting and the French delicacy goose-liver patée. Geese once eaten at celebratory meals in Europe have largely been replaced by the turkey, which is traditional Thanksgiving Day food in North America along with cranberry sauce, and pumpkin pie.

What Do You Think?

- According to you, why is spicy barbecue-type cooking so popular in South and Central America?
- Why is chicken more popular than other domestic fowls?
- How does the meat department of a Western supermarket differ from that of many Oriental countries?

Miksi kana on niin suosittua? Yksi syy lienee se, että se sopii hyvin yhteen muiden makujen kanssa. Lisäksi, koska kanaa on helposti saatavana monissa maissa, se on myös suhteellisen edullista. Se on myös hyvin ravitsevaa, vähärasvaista ja runsaasti proteiineja sisältävää.

Hanhia kasvatetaan lähinnä paistiksi ja ranskalaista herkkua, hanhenmaksapasteijaa varten. Hanhet, joita yhteen aikaan syötiin juhla-aterioilla on korvautunut kalkkunalla, joka on perinteistä Pohjois-Amerikassa kiitospäiväruokaa karpalokastikkeen ja kurpitsapiirakan ohella.

Taste School

Savor some meat dishes from around the world.

stuffed grapevine leaves

barbecued beef (inexpensive cut)

kurgi murgi

sweet and sour pork

34 HERBS — PLANTS FOR GASTRONOMIC AND MEDICAL PURPOSES

Herbs are plants that have a strong flavor or scent and are used both in cooking and for medical purposes.

Herbs have been used by the Chinese and other peoples for centuries.

Why Are Herbs So Popular?

First, gourmet cooking is becoming increasingly popular and herbs are usually among the ingredients that bring a new zest to many recipes.

Secondly, there is a growing interest in alternative therapies, some of which use herbs as medicine.

Some get their herbs by buying them while others grow their own and store some for out-of-season use.

Herbs can be frozen or dried.

Herbs In Cooking

There are many ways to enhance your food with herbs. They can be used as garnishes or can be incorporated into various dishes—pickles, sauces and soups. The classical French-style bouquet garni — a bunch of parsley,

34 YRTIT — HERKKUJA JA LÄÄKINTÄÄ VARTEN

Yrtit ovat kasveja, joissa on aromaattinen maku tai tuoksu ja niitä käyeteään sekä ruoanlaittoon että lääkinnällisiin tarkoituksiin.

Kiinalaiset ja muut kansat ovat käyttäneet yrtejä vuosisatoja.

Miksi yrtit ovat niin suosittuja?

Ensiksi, herkkuruokien valmistamisen suosio on lisääntymässä ja yrtit kuuluvat yleensä raaka-aineisiin, jotka tuovat uutta piristystä moniin resepteihin. Toiseksi kiinnostus vaihtoehtoisia hoitomuotoja kohtaan kasvaa, joissa monissa yrtejä käytetään lääkkeinä.

Jotkut ostavat yrttinsä kun taas toiset kasvattavat niitä ja säilövät niitä voidakseen käyttää niitä muulloinkin kuin kasvukautena. Yrttejä voi pakastaa tai kuivata.

Yrtit ruoanlaitossa

On monia tapoja antaa makua ruoalle yrtein. Niitä voidaan käyttää koristeena tai niitä voidaan laittaa moniin ruokalajeihin, säilöntäliemiin, kastikkeisiin ja keittoihin. Klassinen, ranskalaistyylinen bouquet garnimäsimäsekimppu on nippu, jossa on

bay leaves and thyme is added during cooking and removed before serving.

You can make herb-flavored teas such as mint tea, which is the preferred tea in North Africa and in the Middle East. Adding bruised herbs into oils, butter or vinegar gives them an aromatic flavor. In France, mustard is sometimes seasoned with tarragon.

Herb sugar and salt are usually made by sealing granulated sugar or table salt in tightly sealed jars with a few sprigs of your chosen herb. The longer you store them, the stronger the flavor will be. The sugar can be used in cake recipes or on pancakes or fruit, and the salt is used in cooking or as a table condiment.

Tip

Herb flavor and aroma can be very strong. Start by seasoning sparingly. A pinch here and there, is a good rule. Dried herbs are stronger than fresh, so cut the quantity of dried herbs down by one half.

persiljaa, laakerinlehtiä ja timjampia, lisätään ruoanvalmistuksen aikana ja poistetaan ennen tarjoilua.

Voit tehdä yrttimaustettua teetä kuten minttuteetä, joka on suosikkiteetä Pohjois-Afrikassa ja Lähi-Idässä. Murskattujen yrttien lisääminen öljyyn, voihiin tai viinietikkaan antaa niille aromaattisen maun. Ranskassa sinappi maustetaan joskus rakuunalla.

Yrttisokeria tai -suolaa tehdään yleensä sulkemalla kidesokeria tai pöytäsuolaa muutaman halutun yrttioksan kanssa tiukasti suljettuihin purkkeihin. Mitä pidempään niitä säilyttää, sitä vahvemmaksi maku tulee. Sokeria voi käyttää kakkuohjeissa tai pannukakun tai hedelmien päällä, ja suolaa käytetään ruoanlaittoon tai pöytämausteena.

Vinkki

Yrtinaromi saattaa olla hyvin voimakas. Käytä mausteita aluksi säästeliäästi. Ripaus sitä, ripaus tätä on hyvä sääntö. Kuivatut yrtit ovat voimakkaampia kuin tuoreet, joten vähennä kuivattujen yrttien määrä puoleen.

Did You Know?

Ginger root is effective in preventing motion sickness. It also provides relief from morning sickness in the first months of pregnancy.

Taste School

Seasoning with herbs. Find best uses for different herbs. Season a small portion of each dish with one herb at a time. Number the combinations in order of your preference. Then compare your rating with the seasoning guide found in a cookbook.

Basil

- creamed mushroom soup scrambled eggs
- chicken stew oil-vinegar-mustard salad dressing

Thyme

- creamed mushroom soup scrambled eggs
- chicken stew oil-vinegar-mustard salad dressing

Tarragon

- creamed mushroom soup scrambled eggs
- chicken stew oil-vinegar-mustard salad dressing

Marjoram

- creamed mushroom soup scrambled eggs
- chicken stew oil-vinegar-mustard salad dressing

Tiesitkö?

Inkiväärinjuuri on tehokasta matkapahoinvoinnin. Se helpottaa myös ensimmäisinä raskauskuukausina esiintyvää aamupahoinvointia.

What Do You Think?

- Why are herbs becoming increasingly popular?
- How can you use herbs in cooking?
- What personal experiences do you have in using herbs as medicine?

Parsley

- creamed mushroom soup scrambled eggs
- chicken stew oil-vinegar-mustard salad dressing

Mint

- creamd mushroom soup scrambled eggs
- chicken stew oil-vinegar-mustard salad dressing

Chervil

- creamd mushroom soup scrambled eggs
- chicken stew oil-vinegar-mustard salad dressing

35 GATHERING FOOD FROM NATURE

There is a variety of nutritious foods that can be gathered from the countryside or even in your lawn. They are plants you may never have dreamed of eating.

Tip

Some flowers such as the rose, the pansy and the squash blossom are edible, and they can be used as beautiful garnishes for beverages, salads or soups.

The Amazing Weeds

The dandelion is said to be one of the world's most healthful plants. Rich in Vitamin A and potassium, the dandelion is more nutritious than broccoli or spinach. All its parts are useful. The young leaves can be used as greens in salads or in almost any recipe in the place of spinach. The dried, ground and roasted roots can be used as a coffee substitute. The blossoms are used for wine.

The nettle is another very nutritious weed. Its tender sprouts contain large amounts of vitamins A and C, and some vitamin B. They are also rich in potassium, calcium,

34 RAVINNON KERÄÄMISTÄ LUONNOSTA

Monenlaista ravitsevaa ruokaa voidaan kerätä maaseudulta tai jopa nurmikoltasi. Ne ovat kasveja, joita et ehkä koskaan kuvitellutkaan syöväsi.

Vinkki

Jotkin kukat kuten ruusu, orvokki ja kurpitsankukka ja ovat syötäviä ja niitä voi käyttää kauniina koristeina juomissa, salaateissa ja keitoissa.

Uskomattomat rikkaruohot

Voikukan on sanottu olevan yksi terveellisimmistä kasveista. Runsaan A-vitamiini- ja kaliumpitoisuutensa vuoksi se on paljon ravitsevampi kuin parsakaali tai pinaatti. Sen kaikki osat ovat käyttökelpoisia. Nuoria lehtiä voidaan käyttää salaattiin tai lähes kaikissa resepteissä pinaatin sijasta. Kuivatuista, jauhetuista, paahdetuista juurista voidaan valmistaa kahvinkorviketta. Ja kukista tehdään viiniä

Nokkonen on toinen erittäin ravitseva rikkaruoho. Sen nuorissa versoissa on runsaasti A- ja C-vitamiinia ja joitakin B-vitamiineja. Siinä on myös paljon kaliumia,

phosphorus and iron, and contain protein and glucose as well. The young shoots, which appear in the spring, may be used as spinach, mixed with salad greens, or boiled to make soup. They may also be frozen raw for later use, or dried and milled into flour. Pigweed is also said to be a perfect spinach substitute. The young leaves may be prepared in the same way as spinach, or it can be used in salad.

Did You Know?

The cattail has been called the "supermarket of the swamps and marshes." A cooked vegetable can be made from its bloomed spikes, pancake flour from its pollen, a potato substitute from its starchy rootstock and a food somewhat like a cucumber from its peeled stalk

As you have noticed, there are healthy free food around us just waiting to be picked and eaten.

What Do You Think?

- Why is not "weed" a very fitting name for plants such as the dandelion or the nettle?
- In what kind of circumstances could it be beneficial to know the things around us that can be safely eaten?

kalsiumia, fosforia ja rautaa, ja se sisältää myös valkuaisaineita ja rypälesokeria. Keväällä ilmestyviä nuoria versoja voidaan käyttää pinaatin tavoin tai salaateissa, tai niistä voidaan valmistaa keittoa. Ne voidaan myös panna tuoreina pakastimeen myöhempää käyttöä varten tai kuivata ja jauhaa jauheeksi. Jauhosavikan sanotaan olevan erinomainen pinaatin korvike. Sen nuoria lehtiä voidaan käyttää pinaatin tavoin, tai niitä voidaan käyttää salaateissa

Tiesitkö?

Osmankäämiä on kutsuttu "soiden ja rämeiden valintamyymäläksi". Sen kukkineista tähkistä voidaan valmistaa keitettyä kasvusta, sen siitepölystä pannukakkujauhoa, sen tärkkelyspitoisesta juurakosta perunan korviketta, ja sen kuoritusta varresta hieman kurkkua muistuttavaa ruokaa.

Kuten olet huomannut, ympärillämme on paljon terveellistä, ilmaista ruokaa, joka vain odottaa, että joku tulisi poimimaan ja syömään ne.

Taste School

Compare regular greens with their "weed" substitutes.

Dandelion leaf green salad

bitter sweet

mild tangy

crisp soft

ordinary zesty

good as such needs dressing

Spinach soup

bright green pale green

bitter salty

mild tangy

ordinary zesty

good as such better with egg

Spinach pancakes

bright green pale green

bitter salty

mild tangy

ordinary zesty

good as such needs something

what is it? _____

Regular green salad

bitter sweet

mild tangy

crisp soft

ordinary zesty

good as such needs dressing

Nettle soup

bright green pale green

bitter salty

mild tangy

ordinary zesty

good as such better with egg

Pigweed pancakes

bright green pale green

bitter salty

mild tangy

ordinary zesty

good as such needs something

what is it? _____

36 TEA — A BEVERAGE THAT CHANGED THE COURSE OF HISTORY

After water, tea is the world's favorite drink. The British take their tea with milk, Frisians in northern Germany enjoy it with white rock candy and a topping of cream, Moroccans flavor it with mint, while Tibetans add salt and yak butter to it. The Americans have their iced tea.

Where Tea Comes From

Like countless other innovations, tea originated in China. It was not long until tea was taken to Japan by Buddhist monks. Soon, tea became a favorite drink among Japanese. Tea tree grows wild in China and Japan. Tea in its cultivated form grows in many different parts of the world. The Dutch took tea to Java and the British took it to India. Then, in the 1870s, when a fungus killed Sri Lanka's coffee trees, tea bushes were used as replacements. Tea fields are usually found in mountainous areas where the rainwater can drain off. The famous Darjeeling tea comes from the Himalaya mountains.

36 TEE—JUOMA, JOKA MUUTTI HISTORIAN KULKUA

Veden jälkeen tee on maailman suosituin juoma. Englantilaiset juovat teensä maidon kanssa, Pohjois-Saksassa asuvat friisiläiset nautiskelevat sitä valkoisen kandisokerin ja vatkatun kerman kera, marokkolaiset maustavat sen mintulla, kun taas tiibetiläiset lisäävät siihen suolaa ja jakinmaidosta tehtyä voita. Amerikkalaisilla on jääteensä.

Teen alkuperä

Lukemattomien muiden keksintöjen tavoin tee on kotoisin Kiinasta. Eikä kestänyt kauan ennen kuin buddhalaismunkit veivät sen Japaniin. Pian teestä tuli suosikkijuomaa japanilaisten keskuudessa. Teepuu kasvaa luonnonvaraisena Kiinassa ja Japanissa. Teepensaita viljellään monissa maissa. Hollantilaiset veivät teen Jaavaan ja britit veivät sen Intiaan. Kun Sri Lankan kahvipensaat kuolivat sienitautiin 1870-luvulla, niiden tilalle istutettiin teepensaita. Teepellot sijaitsivat tavallisesti vuoristoalueilla, missä sadevesi voi valua pois. Kuuluisa Darjeeling-tee on kotoisin Himalajan vuoristosta.

Tea habits

A popular drink in South America is maté, a tea with a bitter taste, brewed from the powdered leaves of the holly tree. Maté is sipped from a gourd cup through a metal tube with a strainer at one end. The cup is passed around from person to person, everyone sharing the same straw. The Chinese have the custom of sipping their tea from tiny, handleless cups.

Tip

In the Chinese tearooms bean cakes (beans mashed with sugar), melon seeds, tofu, rice cakes, or pickled or dried fruits such as mango are served to accompany the tea. The sweetness of the snacks complements the flavor of the tea.

Europe Discovers Tea

To most Westerners, the most popular kind of tea is still black tea. Oriental tea drinkers call it red tea because of the color of the beverage. The Japanese and the Chinese prefer green tea and oolong tea. It took a long time for Europeans to discover their taste for tea. At the beginning of the

Teenjuontitapoja

Suosittu juoma Etelä-Amerikassa on maté, orjanlaakeripuun hienonnetuista lehdistä haudutettu karvaanmakuinen tee. Mate siemaillaan kurpitsasta tehdystä kiposta metallipillillä jonka toisessa päässä on sihti. Kuppi pannaan kiertämään kädestä käteen ja kaikki käyttävät samaa pilliä. Kiinalaisilla o tapana siemailla tee pikkuruuisista kahvattomista kupeista.

Vinkki

Kiinalaisissa teehuoneissa papukeksejä (sokerin kanssa survottuja papuja), meloninsiemeniä, tofua, riisikakkuja sekä säilöttyjä ja kuivattuja hedelmiä kuten mangoa tarjoillaan teen lisukkeeksi. Makupalojen makeus täydentää hyvin teen makua

Eurooppa keksii teen

Useimmat länsimaalaiset tuntevat edelleen parhaiten mustan teen. Idässä sitä kutsutaan juoman värin mukaan punaiseksi teeksi. Japanilaiset ja kiinalaiset pitävät enemmän vihreästä ja oolong teestä.

Kesti kauan aikaa, ennen kuin eurooppalaiset oivalsivat mieltymyksensä teehen. 1600-luvun

17th century, the first samples of this exotic new beverage were sold in European pharmacies, fetching initially the price of gold. Even though the British are the most avid tea drinkers today, both the Dutch and the Portuguese helped to convert them to tea

Did you know?

Tea even changed the course of history. A tea tax triggered the American War of Independence. Another war was fought over tea, the Opium War.

Taste School

Savoring the aroma and the flavor of tea.

Black tea

Fragrant

mild intense

Flavor

sweet bitter

Green tea

Fragrant

mild intense

Flavor

sweet bitter

Oolong tea

Fragrant

mild intense

Flavor

sweet bitter

alussa myytiin tämän eksoottisen uuden juoman ensimmäisiä maistiaisia eurooppalaisissa apteekkeissa; aluksi hinta hipoi kullan hintaa. Vaikka englantilaiset ovat nykyään innokkaimpia teenjuojia, niin sekä hollantilaisilla että portugalilaisilla oli osansa heidän käännättämisessään teenjuojiksi

Tiesitkö?

Tee muutti jopa historian kulkua. Teevero sytytti Amerikan itsenäisyystaistelun. Toinen sota käytiin teen vuoksi, oopiumisota

White tea

Fragrant

mild intense

Flavor

sweet bitter

What Do You Think?

- How did tea gain such popularity?
- What are some other leaves used for making a stimulating hot beverage except tea leaves?
- How would history look different without tea?

37 COOKING IN DIFFERENT CLIMATES

We can learn interesting ways of cooking from foreign cultures. The diets in northern latitudes differ greatly from those in the tropics. During the cold winters, we need nutrition that fortifies us against the cold, whereas the diets in hot climates are usually lower in calories and contain more cold foods.

Did You know?

Your stomach can digest hot foods more readily than cold ones, which first have to be warmed by it. Spicy foods are heat-producing and so they make the food more easily digestible

Hot Meals

Westerners often boil their vegetables and discard the water. The Chinese stir-fry their vegetables. Stir-frying retains flavor and nutrients, while at the same time giving the barely cooked ingredients a tender, crisp texture.

Swiss fondue is a mixture of certain ingredients that are melted in a pot. Then, other foods are dipped into

37 RUOANVALMISTUSTAPOJA YMPÄRI MAAILMAN

Voimme oppia kiinnostavia ruoanvalmistustapoja vieraista kulttuureista. Pohjoisten leveysasteiden ravitseminen eroaa suuresti trooppisten alueiden ravitsemuksesta. Kylmien talvien aikana tarvitsemme ravintoa, joka vahvistaa meitä kylmyyttä vastaan, kun taas kuumun ilmaston ruokavalio on tavallisesti vähäkalorisempi ja sisältää enemmän kylmiä ruokia.

Tiesitkö?

Vatsasi pystyy sulattamaan lämpimiä ruokia nopeammin kuin kylmiä, jotka sen on ensin lämmitettävä. Mausteiset ruoat lämmittävät, ja tekevät siten ruoasta helpommin sulavaa.

Lämpimiä aterioita

Länsimaiset kokit usein keittävät vihanneksensa ja heittävät sitten keitinveden pois. Kiinalaiset paistavat vihanneksensa kevyesti. Kevyen paistamisen ansiosta maku- ja ravintoaineet säilyvät, ja samalla vain hetken kypsennetyt ruoka-aineet saavat herkullisen rapean pinnan.

Sveitsiläinen fondy on sekoitus erilaisia ruoka-

the mixture. The appeal of fondue comes from the common pot.

Cold Foods

In the tropics, the diet is rich in fresh, local ingredients. A fruit dish of freshly sliced papaya, pineapple, mango, banana, orange, and passion fruit topped off with freshly grated coconut or coconut cream may sound exotic, but is daily food in hot climates.

The North European idea of soup is generally a steaming hot, hearty dish. However, in the Andalusian region of Spain gazpacho, the soup that is served practically every day with the main meal is refreshingly cold. In the cold climate, hot sauces are also preferred to cold pastes and sauces such as guacamole and salsa that are popular in Mexican cuisine .

What Do You Think?

- Why are hot foods more easily digested than cold ones?
- How do North European diets differ from those in the tropics?

aineita, jotka sulatetaan padassa, jonka jälkeen seokseen kastetaan muita ruokia. Fondyyn viehätys perustuu yhteiseen pataa.

Kylmiä ruokia

Tropiikissa ruokavalioon kuuluu runsaasti tuoreita, paikallisia ruoka-aineita. Vasta viipaloidusta papaijasta, ananaksesta, mangosta, banaanista, appelsiinista ja passiohedelmästä valmistettu hedelmäsalaatti, jonka päälle on ripoteltu vasta raastettuja kookoshiutaleita tai kookoskermaa saattaa kuulostaa eksoottiselta, mutta on arkista ruokaa lämpimässä ilmanalassa.

Pohjoismaalainen käsitys keitosta on yleensä höyryävän kuuma, tukeva ruoka-annos. Andalusian alueella Espanjassa lähes päivittäin pääateriaalla tarjottu keitto on kuitenkin virkistävän kylmää. Kylmässä ilmastossa myös lämpimistä kastikkeista pidetään enemmän kuin kylmistä tahnoista ja kastikkeista kuten guacamolesta ja salsasta, jotka ovat suosittuja meksikolaisessa keittiössä.

Tip

Serve something hot on wintry days and prefer cool and refreshing foods on a hot summer day.

Taste School

Meals — hot and cold.

Pureed vegetable soup

heavy light

heat-producing cooling

refreshing relaxing

Tomato sauce

heavy light

heat-producing cooling

refreshing relaxing

Hot sandwiches

heavy light

heat-producing cooling

refreshing relaxing

Hot tea

heavy light

heat-producing cooling

refreshing relaxing

Vinkki

Tarjota jotakin kuumaa talvisina päivinä ja suosi viileitä ja virkistäviä ruokia kuumana kesäpäivänä.

Gazpacho

heavy light

heat-producing cooling

refreshing relaxing

Salsa

heavy light

heat-producing cooling

refreshing relaxing

Cold sandwiches

heavy light

heat-producing cooling

refreshing relaxing

Iced tea

heavy light

heat-producing cooling

refreshing relaxing

38 A VARIETY OF TABLE MANNERS

Many people use a fork, a knife, and a spoon to transfer food to their mouth. However, there are foods such as barbecued ribs and tacos that some say taste better when eaten with bare hands.

Finger food

In many countries of Africa, people are accustomed to eating food with their fingers, including soups. By pressing a morsel of solid food gently with the thumb they create a small dimple that traps a little bit of the soup.

Some Ghanaians say that they want to employ the five basic senses in eating. You hear and smell the food when it is cooking. You see and taste it while eating. But in order to bring in your fifth sense, you have to touch and feel it.

Edible Cutlery

In Lebanon, in place of forks, each person has his loaf of Arabic bread. For each mouthful of stew a piece of bread is broken or torn off the loaf, folded into a scoop, and used to convey the food to the mouth and eaten

38 MONENLAISIA PÖYTÄTAPOJA

Monet pistävät ruokaa suuhunsa haarukan, veitsen ja lusikan avulla. Joidenkin ruokien kuten grillikyljysten ja tacojen väitetään kuitenkin maistuvan paremmilta, jos ne syödään käsin.

Sormiruokaa

Monissa Afrikan maissa ihmiset ovat tottuneet syömään ruokaa sormin keitot mukaan lukien. Painamalla kiinteää ruokaa kevyesti peukalolla he tekevät siihen pienen kuopan, johon on tarkoitus saada jäämään hieman lientä.

Jotkut ghanalaiset sanovat, että he haluavat käyttää ruokaillessaan kaikkia viittä perusaistia. Ruoan voi kuulla ja haistaa, kun sitä valmistetaan. Sen näkee ja maistaa syödessä. Mutta viidennen aistin saa mukaan vain koskemalla ruokaan.

Syötävät ruokailuvälineet

Libanonissa haarukoiden sijaan jokaisella ruokailijalla on oma arabialainen leipänsä. Pala leipää taitetaan tai revitään, kiedotaan lusikkaan ja käytetään muhennoksen viemiseksi suuhun ja syödään ruoan

right along with the food. Even the thinnest of sauces can be scooped up in this manner.

The Fabled Chopsticks

Others, such as those who grew up in the Orient, use a pair of chopsticks to transfer food to their mouth. These bamboo sticks are found in just about every household in Southeast Asia. Even small children in the Orient are able to use them neatly.

Chopsticks and Chinese food go well together because the food is usually cut into bite-size pieces. Chopsticks are ideal for fish too, because with them you can avoid bones more easily than with a knife and fork. Soup, which is always a component of a Chinese meal often contains noodles or pieces of vegetable, meat, or fish that can be easily picked up with the chopsticks. Usually, a porcelain spoon is also provided.

Did you know?

The Japanese, the Koreans, the Vietnamese, and others in the Orient also use chopsticks, and this is largely because of the influence of Chinese culture.

mukana. Jopa notkeimmat kastikkeet voidaan lusikoida tällä tavoin.

Kuuluisat syömäpuikot

Toiset, esimerkiksi itämaalaiset käyttävät syömäpuikkoja ruoan viemiseksi suuhun. Näitä bambupuikkoja on lähes jokaisessa Kaakkois-Aasian taloudessa. Jopa pienet itämaalaiset lapset osaavat käyttää niitä siististi.

Syömäpuikot ja kiinalainen ruoka sopivat hyvin yhteen, sillä ruoka-aineet on yleensä paloitettu sopiviksi suupaloiksi. Syömäpuikot sopivat erinomaisesti myös kalalle, koska niiden avulla voi välttää ruotoja helpommin kuin haarukalla ja veitsellä. Keitto, joka, kuuluu jokaiseen kiinalaiseen ateriaan sisältää usein nuudeleita tai vihannes-, liha- tai kalapaloja, jotka voi helposti poimia syömäpuikoilla. Yleensä on käytössä myös posliinilusikka.

Tiesitkö?

Myös japanilaiset, korealaiset, vietnamilaiset ja muut Aasian maiden asukkaat käyttävät syömäpuikkoja, paljolti kiinalaisen kulttuurin vaikutuksesta

Tip

When you are invited to a Chinese home for a meal, remember to wait until the host picks up his chopsticks and motions for all to start. Unlike some Western-style meals, the dishes are not passed around the table. Rather, all at the table help themselves

Taste School

Eating with a fork and knife, with chopsticks and without cutlery. Try different eating styles and check off the cutlery you liked best.

Fish filet

- fork and knife chopsticks
- a piece of bread bare hands

Noodle soup

- fork and knife chopsticks
- a piece of bread bare hands

Meat stew

- fork and knife chopsticks
- a piece of bread bare hands

Salad

- fork and knife chopsticks
- a piece of bread bare hands

Sticky rice

- fork and knife chopsticks
- a piece of bread bare hands

Vinkki

Kun sinut kutsutaan aterialle kiinalaiseen kotiin, muista odottaa kunnes isäntä ottaa syömäpuikot käteensä ja antaa merkin ruokailun aloittamiseksi. Toisin kuin joskus länsimaisilla aterioilla, ruokaa ei kuljeteta pöydän ympäri. Sen sijaan jokainen ottaa itse pöydässä olevista astioista.

What Do You Think?

- Why do many people in Africa tend to eat with bare hands?
- Why are chopsticks so commonly used all over the Orient?
- What other edible cutlery could one use except bread?

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