

Skoolarest

WHAT ARE WE COOKING FOR FEBRUARY?



CARNIVAL

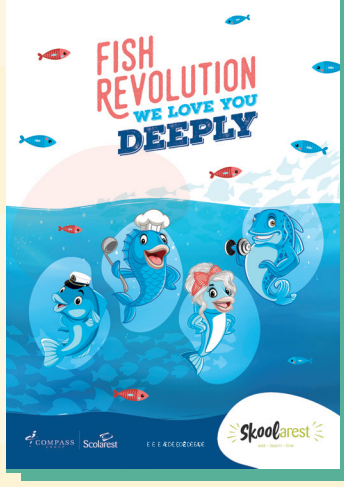
Today, carnival (sometimes better known as Mardi Gras) is celebrated practically all over the world. It is believed that one of the first places to celebrate carnival was in ancient Mesopotamia, where Sumerian peasants put on masks and costumes and gathered in front of a bonfire in order to ward off evil spirits and celebrate the fertility of the land for future harvests.

Olive Oil

The colour of a virgin olive oil can range from pale yellow to deep green and is determined by the olive's variety, its degree of ripeness at the time of harvesting, and the climate and soil conditions.

Did you know that...?

The colour of the olive oil has nothing to do with its taste or quality.



Fish Revolution

Our aim with Fish Revolution is for students to learn about different ways of eating fish and the benefits it brings.

Did you know that...?

Fish is an essential part of the Mediterranean diet. Rich in high-quality proteins, it provides omega-3 fatty acids, vitamins A and D, phosphorus, magnesium, selenium, and iodine in the case of sea fish.

Eating across the world

Cherokee cuisine consisted of staples like corn, potatoes and squash, along with deer and turkey meat, fish, plants, and roots.

Did you know that...?

Today, they also gather wild onions and eat them raw or cooked, plus blackberries, blueberries, and crayfish. Popcorn in various colours: yellow, red, white, blue, black and purple, is also a popular snack.



Stop Food Waste

Scolarest's team carries out regular training sessions with a view to managing food production even better.

NUTRITIPS - ARTICHOKE

This vegetable, a flower of the family of cardoons, is highly recommendable because:

- It is rich in fiber that helps reducing blood glucose at the same time it protects us from constipation.
- It has phytosterols that help controlling the blood cholesterol levels.
- It contains flavonoids, a substance that protects us from cardiac diseases and facilitates antioxidant action.

Moreover, artichokes have an unmistakable taste. Have you ever tasted them in rices or vegetable soups? They make the perfect pair of rice, pasta, and legumes.

