

THE DOOR FROM EUROPEAN KITCHEN TO THE EUROPE'S FUTURE

This article was written by the students named Ebrar DİKİCİ, Muhammed Emin ÇAVDAR and Esmâ APAYDIN to explain the importance of traditional foods and the reasons to protect them with different aspects.



Food is an identity of a nation. Every nation has its own unique food. Culinary culture is one of the most important parts of the world's cultural heritage, is a multi-layered cultural richness that colorfully reflects the geographies it has come to life in throughout history. We would like to give you some information about the food and the connotations that food brings to mind.



OLD KITCHEN OF SLOVAKIA



OLD KITCHEN OF ITALY



OLD KITCHEN OF MACEDONIA



OLD KITCHEN OF TURKEY



OLD KITCHEN OF SPAIN



OLD KITCHEN OF ROMANIA



When we think of food, the place where food is cooked, that is, the kitchen comes to mind. When we look at the word meaning of kitchen, it means the collective name of the traditions of various cultures to prepare, cook and serve food. What about cuisine culture? Cuisine culture generally reflects the food culture, for example, which food is prepared in ceremonies, fests, wedding etc. In every culture there are some special tastes for special days.



Culture is a phenomenon that occurs and develops due to the contact of each society with societies in a long period. Culture has a lot of different elements but one of the most difficult changing element or culture heritage is the culture of nutrition. Why?

In fact, the most famous dish of that country is made from ingredients produced there or easily obtained. That's why every country has its own unique dishes. Because of this reason, some dishes have been protected by UNESCO. There are 22 food related to 32 countries

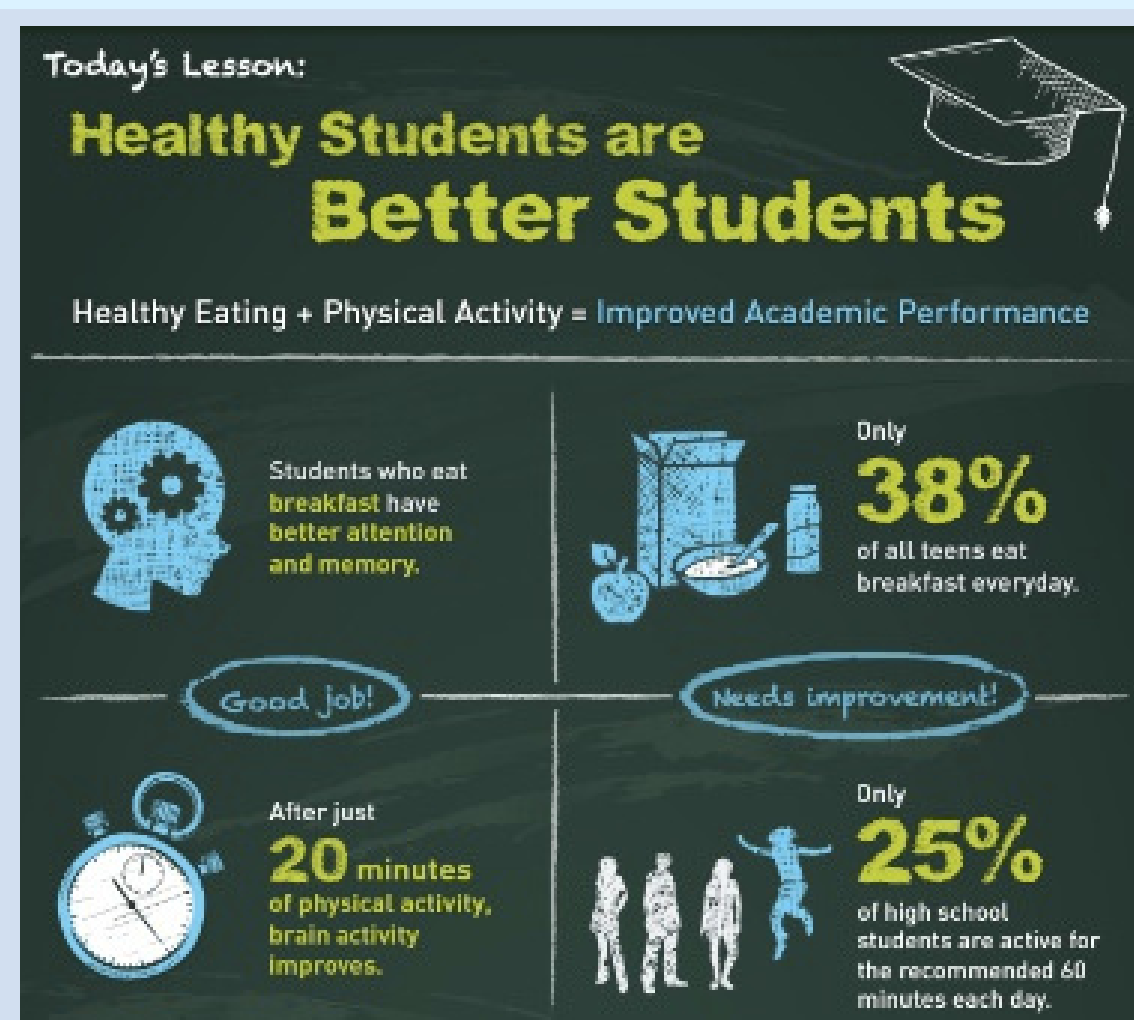




“Art of Pizzaiuolo from Italy, Mediterranean Diet from both Italy and Spain, Yufka and Turkish Coffee from Turkey” are some examples for the intangible culture elements related to cuisine listed in UNESCO World heritage list.



When we look at why some food are taken under protection, it is seen that food is an element that reflects the characteristic of the people living there. “If the food is under protection by UNESCO, why is the kitchen culture also protected?” The answer to this question is actually is that, it is well known but it also fights against modern food. So let's not forget that the culinary culture reflects an area’s economy, habits and culture aspects. Generally traditional food are rich from vital elements such as vitamins, protein etc. Let’s look at the importance of traditional food about nutrition. Nutrition is the activity of taking the necessary things into our bodies with food. Adequate and balanced nutrition means are vital for a healthy and happy life. We want to tell about the importance of nutrition for students. There is a difference in success between a student who eats a healthy diet and a student who eats unhealthily. Because a student who eats unhealthily gets sleepy too quickly and this decreases the problem-solving capacity. But a healthy student becomes more dynamic, so he can solve more questions, so nutrition is a very important element for students, especially for students in the exam year. Staying away from ready , high calored and industrial food can be one of the key of success ,health and happiness. Also traditional food can bea golden key in nutrition. In addition, our advice to our friends is not to skip breakfast in the morning. People who start their day with a healthy breakfast avoid the habit of overeating and consuming harmful food such as fast food, industrial food or junk food.

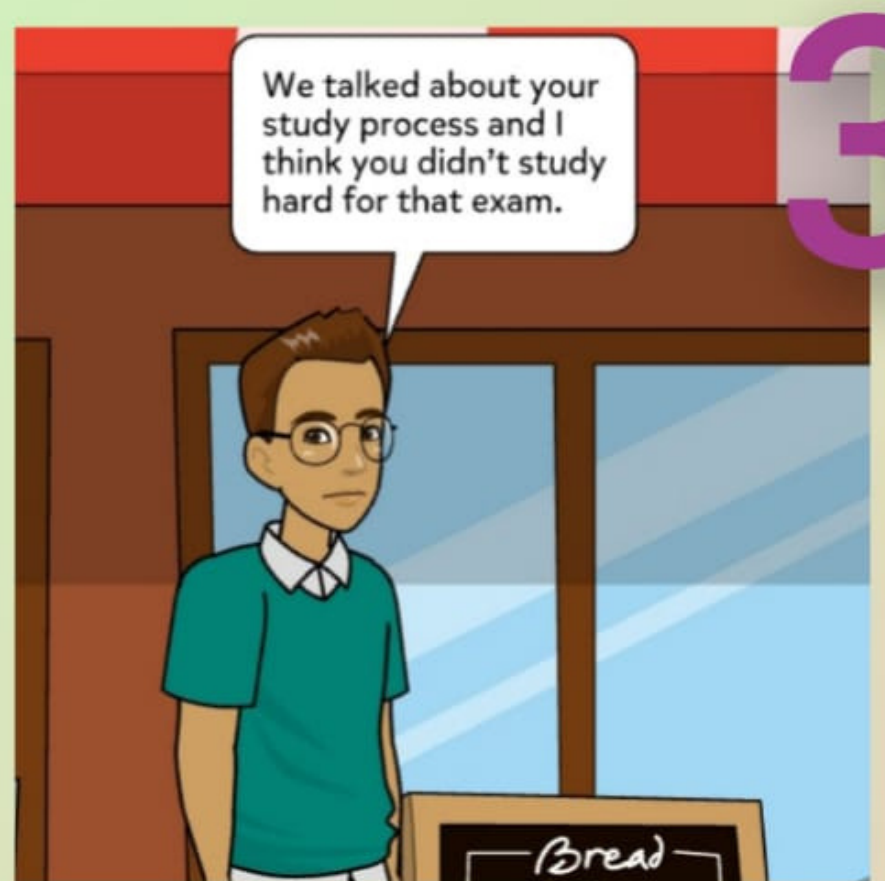
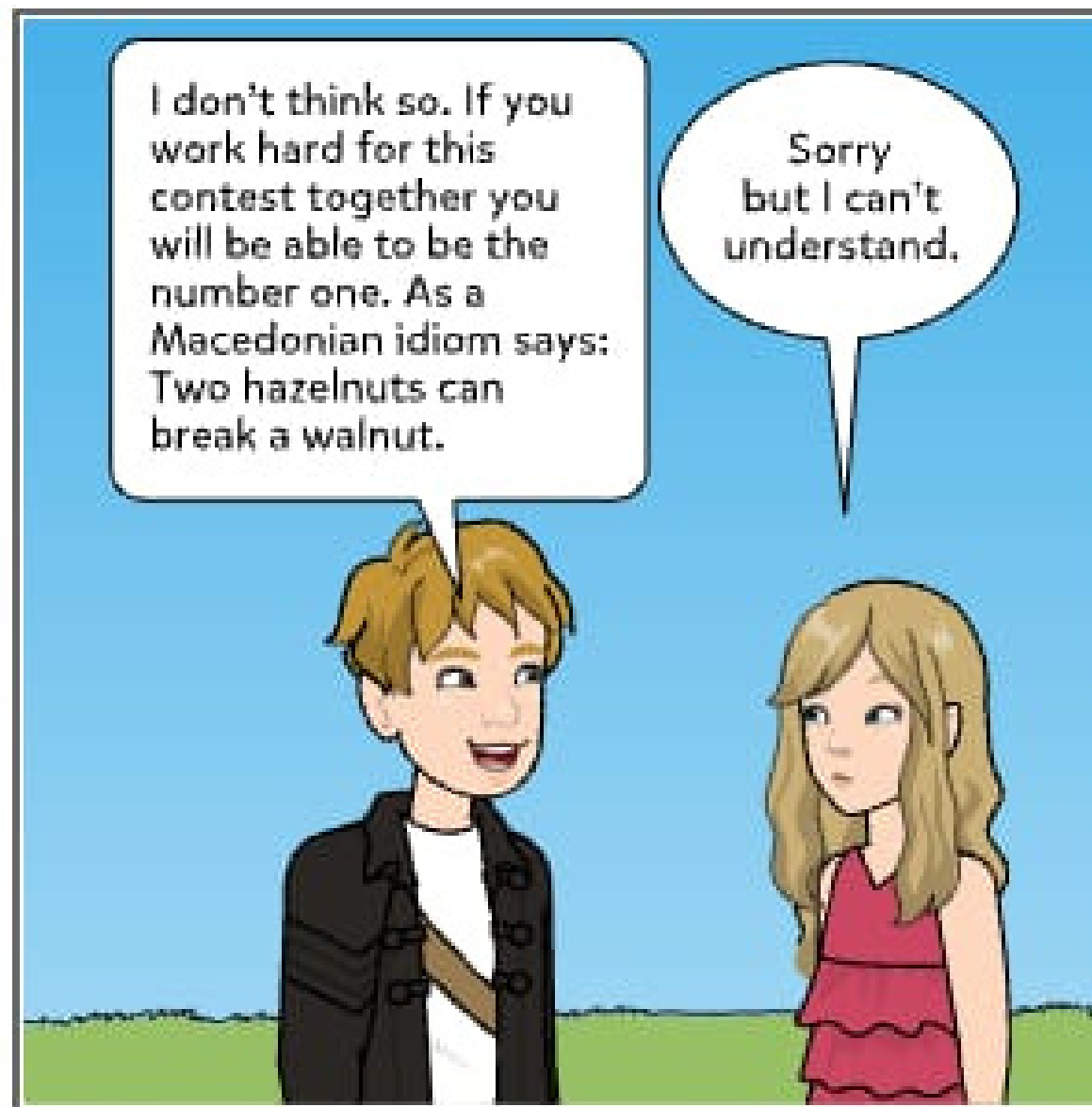


Another question about traditional food is that “Should we protect traditional tastes?” The answer is “of course ,yes..” As we mentioned above traditional food is nutritious, healthy and generally fresh. It also requires patient and time to prepare. So not only your stomach is full with traditional food but also your soul is satisfied. Industrial food is invading our table day by day Fast food products, easy to consume and practical, while increasing their preference, high nutritional value and delicious traditional culinary culture causes them to be forgotten and neglected. In order to prevent this, as in all areas, we must take care of our culture in food, because we are the ones who will change it and pass it on to future generations.

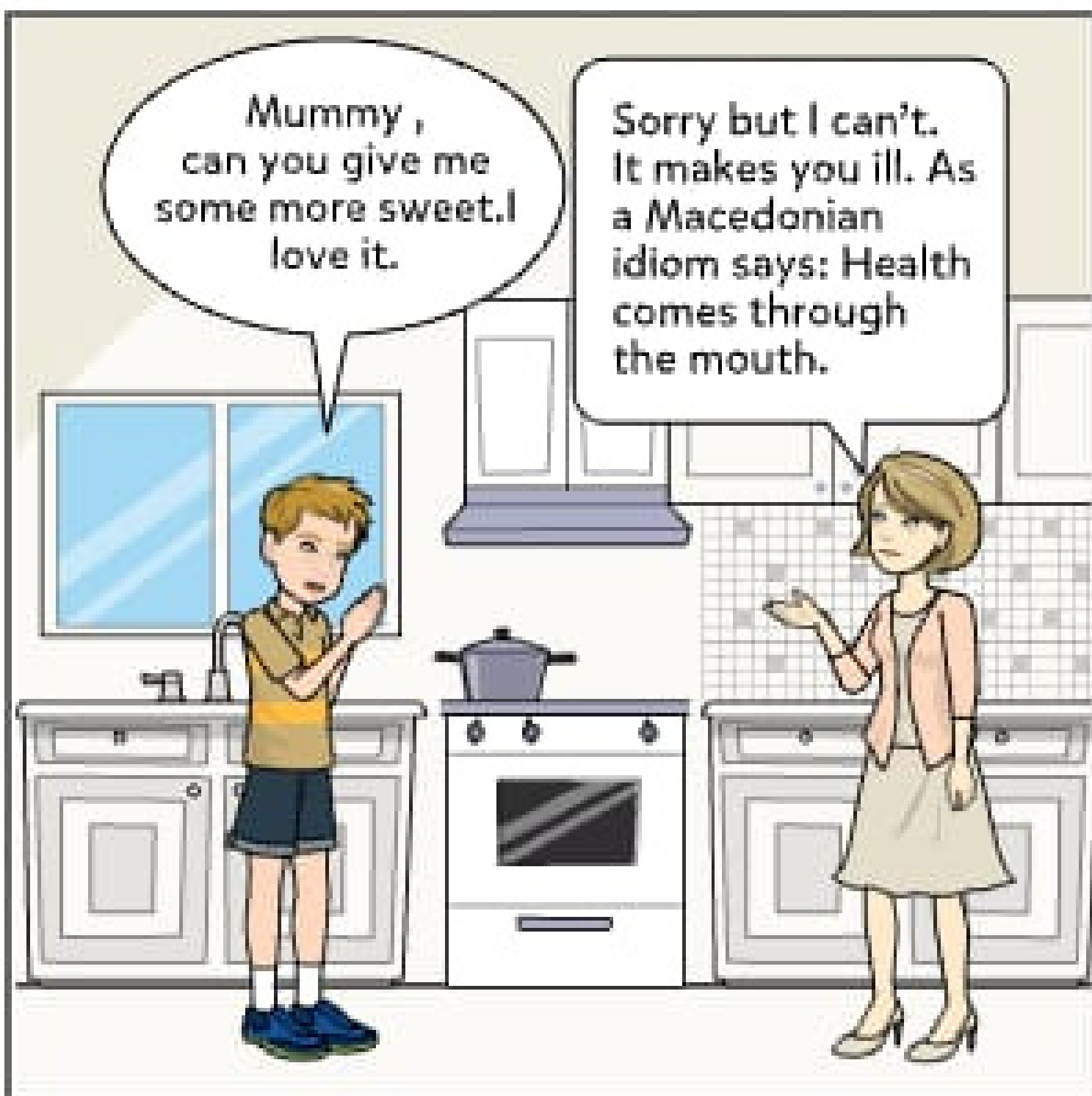
As a conclusion we can say “eat well, live well” a motto by 5 heritages and 6 Inheritors project volunteers.



Some proverbs related to food from Europe Countries












What about watching DVD together?



My mum will be very upset if I don't help her with the housework. But I don't want to refuse your offer.




It's a very amazing film. You'll love it I'm sure.




I have decided to call my mum and tell her I will help her tomorrow. So, we can watch DVD. As a Turkish idiom says "Neither burn shish nor kebab."




What do you mean?



Solve the problems that both sides are pleased.




I am very sad. Because I must move to Ankara. We are good friend for a long time. Please keep in touch.



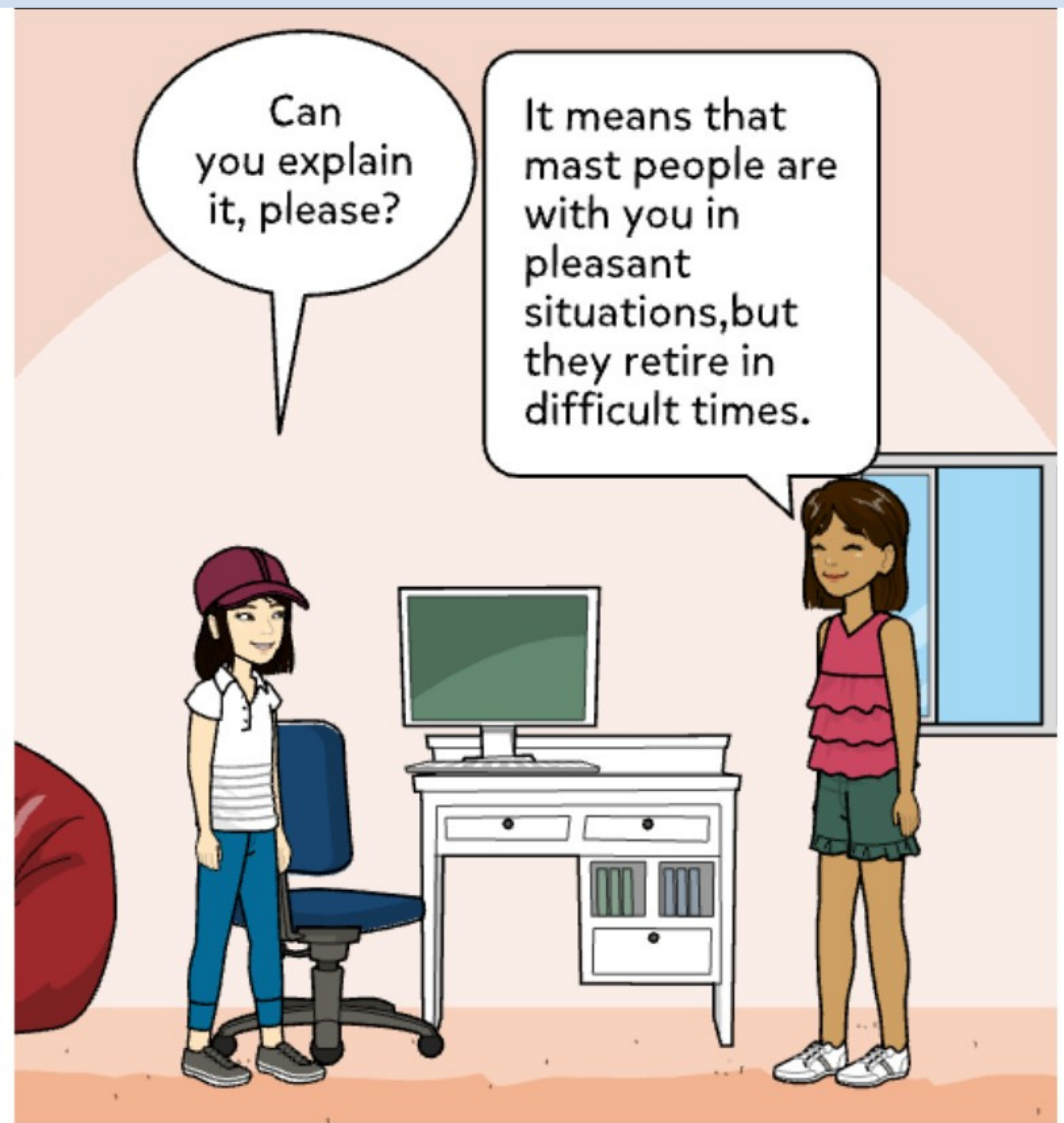
I am sorry to hear that. But don't worry. I am always with you. As a Turkish proverb says. A cup of coffee has a forty year sake.



What do you mean?



It means, you shouldn't forget ever if you receive only a favour.





I was really frightened last night. The storm was terrible.



Yes, you are right. Last night was "Esto es la leche." It is a Spanish proverb.



What does it mean.

It means "It is the milk" in English to tell something is awesome or intense.



Interesting...



Hey, sweetie. Have you finished your homework?



Yes, mum. I finished it in 10 minutes. It was very easy. Like a Spanish proverb "Ser pan Comedo" in English "it is like eating bread."



I didn't understand the meaning of proverb.

It means it is very easy to do.