

Język angielski zawodowy w pracowni gastronomii – wspólne zajęcia prowadzone przez nauczycielkę języka angielskiego – Halinę Pokorską i nauczyciela gastronomii Bognę Zapart.

Temat bloku zajęć: Podróż kulinarna do Włoch.

Język angielski zawodowy -celem lekcji jest:

–zwrócenie uwagi uczniów na znaczenie spożywania zdrowych posiłków na przykładzie diety śródziemnomorskiej.

- motywowanie uczniów do samodzielnej nauki języka angielskiego poprzez wykorzystanie szerokiej gamy możliwości oferowanych dla zarejestrowanych klientów kulinarnych stron internetowych.

– poznanie przez uczniów różnych potraw włoskich i związanego z nimi słownictwa.

– rozwijanie umiejętności posługiwania się językiem angielskim w warunkach zbliżonych do naturalnych.

– ćwiczenie rozumienia ze słuchu na podstawie filmików kulinarnych

– stworzenie uczniom możliwości kontaktu z żywym językiem angielskim dzięki pracy z wykorzystaniem tzw. materiałów autentycznych w zakresie tematów nawiązujących do wybranego przez nich zawodu.

Cele operacyjne:

– uczeń zna i stosuje nazwy produktów związanych z przygotowanymi potrawami

– uczeń zna i stosuje czasowniki związane z przygotowaniem potraw

– uczeń rozumie oraz potrafi przetłumaczyć na język polski treści zawarte w wybranych tekstach źródłowych znajdujących się na kulinarnej stronie internetowej

– uczeń potrafi komunikować się z innymi uczniami w języku angielskim w pracowni gastronomicznej.

Pomoce naukowe:

– komputer, dostęp do internetu

– rzutnik, tablica interaktywna

– flashcards

– wyposażenie pracowni gastronomicznej



Erasmus+



Formy pracy:

- praca indywidualna
- praca w parach
- praca w grupach

Pracownia gastronomiczna -celem lekcji jest:

- poznanie i przećwiczenie techniki sporządzania potrawy włoskiej risotto z pieczarkami oraz opcjonalnie zielonej sałatki/green salad lub panacotty z rabarbarem
- łączenie i systematyzowanie wiedzy
- organizacja pracy w zespołach
- prezentacja wykonanych prac
- ocena pracy

Uczeń po zajęciach powinien znać:

- receptury w/w potraw
- nazwy surowców, przypraw, które użyje do wykonania potraw
- czynności jakie wchodzi w obróbkę wstępną brudną i czystą
- w jaki sposób dokonać prawidłowej obróbki cieplnej
- sposób podawania tych potraw
- sposoby dekoracji potraw
- organizację pracy na stanowisku pracy

- czynności porządkowe jakie należy wykonać po zakończonej pracy
- przepisy bhp obowiązujące w pracowni
- regulamin pracowni gastronomicznej

Uczeń powinien umieć:

- przeliczać receptury w zależności od ilości osób
- przygotować stanowisko pracy do wykonywania potraw
- dobrać odpowiedni sprzęt do wykonania zadania
- dokonać odpowiedniego doboru surowców
- przeprowadzić prawidłowo obróbkę termiczną
- dokonać dekoracji potrawy na talerzu
- wykonać czynności porządkowe po wykonaniu zadania

Uczeń potrafi stosować:

- obowiązujące przepisy bhp i regulamin pracowni gastronomicznej
- receptury i sposoby wykonywania potraw
- nowe trendy panujące w dekoracji półmisek
- zasady prawidłowego zestawienia surowców pod względem żywieniowym

Uczeń powinien dbać o:

- higienę osobistą
- higienę i estetykę stanowiska pracy
- bezpieczeństwo podczas korzystania z urządzeń elektrycznych i sprzętu mechanicznego

- przestrzeganie zasad żywieniowych
- prawidłową eksploatację urządzeń gastronomicznych
- prawidłowe, ekonomiczne i ekologiczne zużycie wody i energii

Przebieg warsztatów:

1. Wstęp. Co to jest dieta śródziemnomorska i jakie są jej zalety? Praca w parach – tłumaczenie tekstu źródłowego na język polski w celu zdobycia informacji na zadany temat. Zachęcenie uczniów do zarejestrowania się na stronie internetowej o tematyce żywieniowej <http://www.bbcgoodfood.com>. Przedstawienie uczniom szerokiej oferty informacyjno – edukacyjnej strony, oraz możliwości korzystania z darmowych programów dietetycznych w zakresie zdrowego odżywiania się.

What is a Mediterranean diet?



A typical Mediterranean diet includes lots of vegetables, fruits, beans, cereals and cereal products, for example wholegrain bread, pasta and brown rice. It also contains moderate amounts of fish, white meat and some dairy produce.

It's the combination of all these elements that seems to bring health benefits, but one of the key aspects is the inclusion of healthy fats. Olive oil, which is a monounsaturated fat, is most commonly associated with the Mediterranean diet but polyunsaturated fats are also present in nuts, seeds and oily fish.

What are the health benefits?

Research into the traditional Mediterranean diet has shown it may reduce our risk of developing conditions like [type 2 diabetes](#), [high blood pressure](#) and [raised cholesterol](#), which are all risk factors for [heart disease](#). Researchers have also found that people who closely follow a Mediterranean diet may live a longer life and be less likely to put on weight.

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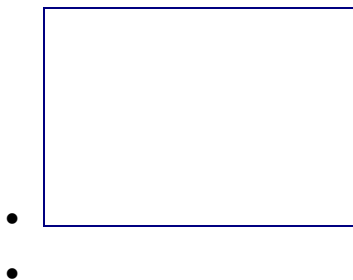
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2. Warm up /rozgrzewka.

Uczniowie zostają podzieleni na 2 grupy gdzie mają za zadanie wymyślić jak najwięcej produktów spożywczych zaczynających się na literę „R” (R – jak risotto które nstp. będą wykonywać). Każda osoba z zwycięskiej grupy otrzymuje po jednym kasztanie, które mają przypominać pieczone jadalne kasztany (sprzedawane jesienią na ulicznych straganach we Włoszech). Osoby, które uzbierają największą ilość kasztanów na lekcji otrzymają ocenę bdb. lub odpowiednio db. za aktywność. Następnie nauczyciel przedstawi cykl obrazków (poniżej), do których uczniowie będą podawać nazwę produktu.



Radish

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Rapeseed oil

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Raspberry

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Redcurrant

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Rhubarb

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Rib-eye steak

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Ricotta

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Riesling

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Risotto rice

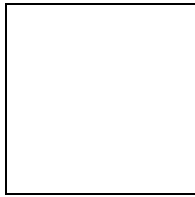
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Rocket

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Rosemary



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Runner bean

3. How to cook rice ? - oglądanie prezentacji filmowej za strony internetowej <http://www.bbcgoodfood.com>.

Points to remember

- Measure the dry rice in a jug.
- Wash and rinse the rice really well, until the water is clear.
- Drain.
- Place in a saucepan with double the amount of water and a little salt and stir once. Bring to the boil, then turn the heat all the way down and cover the pan tightly with a lid.
- Cook on the lowest heat possible for 10-15 mins without uncovering the pan.
- Use a fork to fluff up the cooked rice.

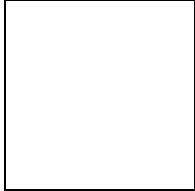
Risotto rice

To create an authentic creamy Italian risotto, the use of specialist rice is imperative. It comes in various forms and is usually very pale in colour...

[Risotto rice](#)



Arborio rice



Pronounce it: ahh-bore-e-o rice

The high-starch kernels of this northern Italian-grown grain are shorter and plumper than any other short-grain rice. When cooked the grains become soft in texture with a chalky centre. Arborio is traditionally used for risotto because during the cooking process some of the starch from the rice is released and creates the desired creaminess.

Availability

Widely available in supermarkets and delis, sometimes labelled simply as 'risotto rice'. If unavailable, try Carnaroli risotto rice.

Store it

Once a packet has been opened, store it in an airtight container. If you bought your rice in a sack, store it in a clean, dry container with a lid.

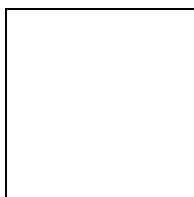
Cooked rice should be refrigerated between 4°C and 8°C and eaten within 48 hours.

4. Wykonanie dania wg przepisu w języku włoskim.

Mushroom risotto

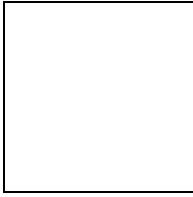
Ingredients

- 50g dried porcini mushrooms
- 1 vegetable stock cube
- 2 tbsp [olive oil](#)



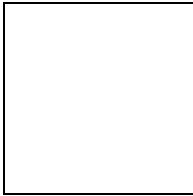


- 1 [onion](#)



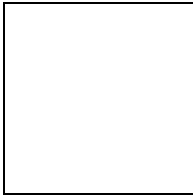
, finely chopped

- 2 garlic clove, finely chopped
- 250g pack chestnut mushroom, sliced and washed
- 300g [risotto rice](#)

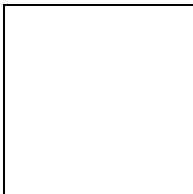


, such as arborio

- 1 x 175ml glass white wine
- 25g [butter](#)

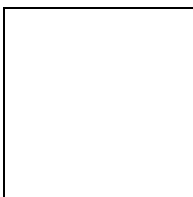


- handful [parsley](#)



leaves, chopped

- 50g [Parmesan](#)



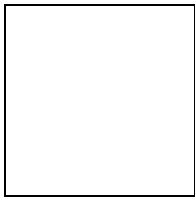
or grana padano, freshly grated



Step 1

Soak the dried mushrooms.

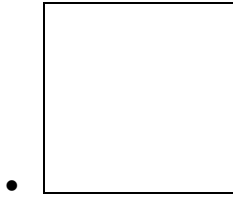
Put the dried mushrooms into a large bowl and pour over 1 litre boiling water. Soak for 20 mins, then drain into a bowl, discarding the last few tbsp of liquid left in the bowl. Crumble the stock cube into the mushroom liquid, then squeeze the mushrooms gently to remove any liquid. Chop the mushrooms.



Step 2

Fry the fresh mushrooms.

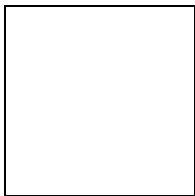
Heat the oil in a shallow saucepan or deep frying pan over a medium flame. Add the onions and garlic, then fry for about 5 mins until soft. Stir in the fresh and dried mushrooms, season with salt and pepper and continue to cook for 8 mins until the fresh mushrooms have softened.



Step 3

Simmer and stir

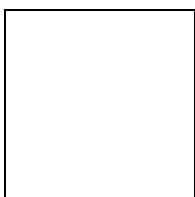
Tip the rice into the pan and cook for 1 min. Pour over the wine and let it bubble to nothing so the alcohol evaporates. Keep the pan over a medium heat and pour in a quarter of the mushroom stock. Simmer the rice, stirring often, until the rice has absorbed all the liquid. Add about the same amount of stock again and continue to simmer and stir - it should start to become creamy, plump and tender. By the time the final quarter of stock is added, the rice should be almost cooked.



Step 4

Leave to rest

Continue stirring until the rice is cooked. If the rice is still undercooked, add a splash of water. Take the pan off the heat, add the butter and scatter over half the cheese and the parsley. Cover and leave for a few mins so that the rice can take up any excess liquid as it cools a bit. Give the risotto a final stir, spoon into bowls and scatter with the remaining cheese and parsley.



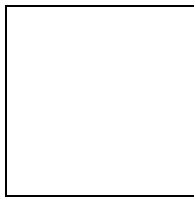
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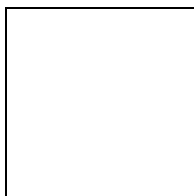
5. Break/ Przerwa w gotowaniu – pora na na językową zgadywanę.

It goes well with... salad / (risotto) smakuje dobrze z.....sałatką. *A ponieważ następną potrawa to sałatka – uczniowie starają się podać nazwy przedstawionych na obrazkach produktów.*



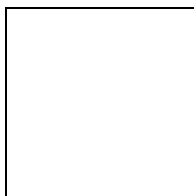
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Saffron



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Sage



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Salami

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Salmon

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Salsify

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Samphire

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Sangiovese

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Sardine

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Sashimi

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Sauerkraut

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Sauté

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Sauvignon Blanc

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Scallop

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Semillon

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Semolina

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Shallot

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Shichimi togarashi

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Sirloin steak

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Smoked anchovies

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Smoked salt

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Sorrel

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Soy sauce

-

-

Spelt

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Spinach

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Spirulina

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-

Spring greens

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Spring lamb

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Spring onion

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Squid

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-

Sriracha sauce

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Star anise

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Steak

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Stilton

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Strawberry

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Sugar

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Sunflower oil

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Sushi

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Sweet

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Swede

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Sweet potato

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Sweetcorn

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Swiss chard

6. Wykonanie sałatki wg przepisu w języku angielskim - Green goddess salad.



Prep: 20 mins No cook

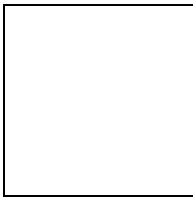
Easy

Serves 10

A fresh green salad to accompany any meal - and it counts as one of your 5 a day too

Ingredients

- 2 heads fennel, finely shaved
- 4 Baby Gem lettuce, cut into wedges
- 1 cucumber, cut into finger-size batons
- 1 bunch [spring onion](#)



, cut into finger-size batons

For the dressing

- 1 tbsp Dijon mustard
- 2 tbsp red wine vinegar
- 6 tbsp [olive oil](#)

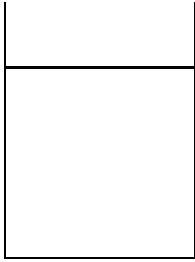
Method

1. Tip the dressing ingredients into a jar with a splash of water and shake well.
2. Tip the salad into a bowl and keep in the fridge for up to a day. Before serving, dress the salad.

7. Alternatywnie można spróbować wykonać potrawę z produktem sezonowym.

Rhubarb panna cotta

rhubarb panna cotta makes an impressive dessert from this seasonal vegetable



Rating:

- Cook Time: 30 minutes
- Prep Time: 10 minutes plus 2 hr setting time
- Serves: 6
- Effort: medium

Ingredients

For the panna cotta

- 1 litre single cream
- 60 g caster sugar
- 2 vanilla pods, split and seeds scraped (or 1 tsp vanilla extract)
- 10 g gelatine leaves

For the rhubarb

- 100 g caster sugar
- 1 orange, zested and juiced to get 200ml juice
- 900 g rhubarb, cut into 6cm pieces

Tips and Suggestions

Individual gelatin leaves vary in weight so check packet for more information

Method

1. Place the cream, sugar, vanilla pods and seeds in a saucepan over a medium-high heat and bring to a gentle simmer. Stir until the sugar has dissolved, then remove from the heat.
2. Place the gelatin sheets in a pyrex or glass dish and cover with a little water. Leave to stand for 5 minutes until the gelatin has softened.
3. Remove the softened gelatin from the liquid and squeeze out any excess. Remove the vanilla pods from the warmed cream, then add the softened gelatin and stir through until dissolved. Divide the mixture between 6 pudding moulds, cover with cling film and place in the fridge to set for a few

hours.

4. Place the sugar, orange zest and juice in a cooking pot with 100ml water. Place over a medium-high heat and bring to a steady simmer, stirring until the sugar is dissolved. Add the rhubarb to the pot and poach until it is soft when pierced with a fork. Remove with a slotted spoon and set aside on a plate.

5. Continue to cook the poaching liquid until it becomes syrupy. Remove from the heat and allow to cool slightly before adding the rhubarb back in.

6. To remove the panna cotta from the moulds, fill a bowl with warm water and dip them in. The heat will loosen them slightly and allow them to be inverted onto serving plates. Serve each panna cotta with a few tablespoons of the rhubarb mix.

8. Top 10 tips for healthy Italian cooking /10 wskazówek dotyczących zdrowego gotowania we Włoszech.. Materiały dodatkowe np. do pracy domowej lub na zajęciach poza lekcyjnych.

1. Keep it seasonal

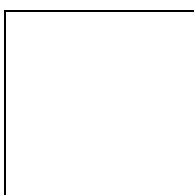
Wherever possible, ingredients should be bought in season as the typical Italian diet uses fresh produce. This helps to give dishes a fantastic flavour and means you don't have to add loads of fat, salt or sugar to improve taste. Fresh, seasonal ingredients are also usually more nutrient dense and therefore better for you. Italians love to wander around local markets to select their ingredients - it's part of enjoying food.

2. Don't overdo the pasta

When you are preparing to cook pasta you shouldn't allocate more than 120g of dried pasta per person. Often people make the mistake of throwing the whole bag of pasta in the pot and end up cooking and eating far too much. Also take care not to overcook your pasta as al dente (firm to the bite) pasta has a [lower glycemic index](#) than soft, overcooked pasta - so it is good for filling you up and keeping you satisfied for longer.

3. Change your oils

Swap your regular cooking oil for a good quality olive oil. Olive oil is much better for you than many regular cooking oils and definitely better than cooking with butter or margarine if you are trying to be healthy. Virgin olive oil is high in good fats like monounsaturated and omega 3 as well as containing anti-oxidants.



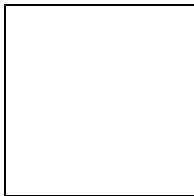


4. Fish

Try to eat at least two portions of oily fish a week. Fish is a very important part of the Italian diet and we are also use a lot of [shellfish](#), which are high in nutrients - you can't beat a tasty [seafood platter](#).

5. Make mealtimes an occasion

Every mealtime in Italy is a big occasion, and as a result we are very aware of and appreciate the food we consume each time we sit together. Avoid TV dinners and other distractions and concentrate on what and how much you're eating to help control portion sizes.

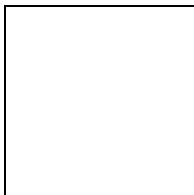


6. Cook from scratch

The satisfaction you'll get from your food will be much greater if you manage to cook a couple of meals from scratch each week. You'll also know exactly what's going into your pot and onto your plate. Make your own [sauces](#) and [meatballs](#) from scratch, and at the weekend, when you have more time, have a go at making your own [pastry](#) and [pasta](#).

7. Watch your sauces.

Italians lightly coat their pasta instead of drowning it with sauce. Excessive smothering just piles on the calories and fat content without adding any extra flavour. If you're watching your weight, avoid tube shaped pastas such as rigatoni and penne as they soak up a lot more sauce.



8. Dessert

Swap your calorific dessert for a nice healthy fruit salad. If you buy your fruit when it is in season you'll find the sweetness will conquer any sugar cravings.

9. Salad dressing

When dressing your salads use a good quality and flavoursome balsamic vinegar so that you can reduce the amount of oil you mix with it. Balsamic vinegar is low in calories and to make a healthy dressing just mix it with a little virgin olive oil as a replacement for creamy salad dressings or mayonnaise.

10. Gremolata

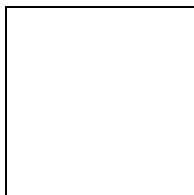
To add plenty of flavour to grilled steak or grilled fish use a gremolata instead of a creamy or oily sauce. A gremolata is an Italian garnish of raw, finely chopped garlic, fresh parsley and lemon zest and when it is sprinkled on top of your fish or meat at the end of cooking it adds huge amounts of flavour without the calories or fat.

The temperate isles of the Mediterranean are home to sun, sea and delicious dishes thought to hold the key to good health. But what is it that makes a Mediterranean diet quite so good for us?

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