

SESSION 6

Local food products

La Rioja

TEACHER'S GUIDE



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Local food
products
La Rioja



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Energy to grow

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Breakdown

SESSION SUMMARY

- Information on local products.
- Information on Protected Designations of Origin.
- Activity: "Classify the types of food".
- Activity: "You're the chef today".
- Activity: "Become a chef".

SPECIFIC OBJECTIVE

- To appreciate local products as a guarantee of food quality.
- To cultivate cultural sensitivity through gastronomy.

CONTENTS

Local food products.
Protected Designations of Origin.
Seasonal produce.

KEY COMPETENCIES

1. Linguistic communication.
2. Mathematical comprehension and basic science and technology comprehension.
4. Learning how to learn.
5. Social and civic comprehension.
6. Sense of initiative and entrepreneurial spirit.
7. Cultural expressions and awareness.

Session plan

The weather, geography and cultural and historical heritage of each region mean that each place on the map specialises in growing, making and eating specific types of food. These types of food are known as local food products.

In this session, the pupils learn the benefits of local food products and Designations of Origin.

At the end of the session, activities are performed to apply this knowledge.

The advantages of local food products

Local food products are types of food which are produced, processed and distributed in a specific geographical region. They also have specific characteristics that set them apart.

The benefits of local food products:

1. They are fresher, because the distances they have to be transported are shorter.
2. They keep their flavour and nutritional properties better.
3. Because they do not have to be transported very far, they mean we can cut costs and emit less CO₂ into the atmosphere.

4. Because they are top-quality products, they always taste good.
5. They allow us to get to know and enjoy the specific flavours of our land.
6. They encourage food tourism (between regions).
7. They help maintain customs and traditions from the past.
8. They allow us to get to know and establish a relationship with the environment in which we live.
9. The production of local food products helps develop the local economy.
10. They help enrich our community.

SESSION 6 LOCAL FOOD PRODUCTS
ENERGY TO GROW
EDUCATIONAL PROGRAMME ON FOOD AND HEALTHY LIVING

Tix and Loy have taught us how important it is to eat a balanced diet as part of our everyday lives, eating all kinds of food in the recommended quantities.

But, do you think that food is the same all over the world?

The answer is no, because the things we eat vary a great deal depending on where we are.

The weather, geography and cultural and historical heritage of each region mean that each place on the map specialises in growing, making and eating specific types of food. These types of food are known as local food products. Have you heard of them? Tix and Loy are going to explain them a bit more.



1/ The advantages of local food products

Local food products are types of food which are produced, processed and distributed in a specific geographical region. They also have specific characteristics that set them apart.

Do you know the countless benefits of local food products? Here they are:

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- 2 -

Did you know...?

Thanks to the interest shown by farmers and consumers, flavours, traditions and part of the past of our food culture are now being recovered.



Pupil notebook

Seasonal produce

This is food, mainly fruit and vegetables, which is eaten when it is at its optimum level of ripeness. The advantages of this kind of food over other kinds include:

1. More nutritional properties and better flavour because their properties remain intact.
2. Economic savings because larger quantities of the product are available.
3. They respect the environment because they defend the natural life cycles of products and help reduce the intensive farming of single products.

We can enjoy different kinds of seasonal fruit and vegetables over the year.

Like oranges for example. Although we eat them all year round, they are a winter product. In fact, the best season to eat oranges is winter.

Did you know...?

There are different protected designations of origin for different types of product.

Some typical products from La Rioja:

- Pears from Rincón de Soto
- Rioja wine
- Cheese from Cameros
- Olive oil from La Rioja
- Cauliflowers from Calahorra
- Chorizo from La Rioja

SESSION 6 LOCAL FOOD PRODUCTS - LA RIOJA
ENERGY TO GROW
EDUCATIONAL PROGRAMME ON FOOD AND HEALTHY LIVING

3/ Seasonal produce

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We can enjoy different kinds of seasonal fruit and vegetables over the year.

Like oranges for example. Although we eat them all year round, they are a winter product. In fact, the best months to eat oranges are from January to April.



Did you know...?
There are different protected designations of origin for different types of product.



If I ask you to name some typical products from La Rioja, could you name me any?

I'm going to tell you the names of some of our local products. Let's see if you've heard of them:

- Pears from Rincón de Soto
- Rioja wine
- Cheese from Cameros
- Olive oil from La Rioja
- Cauliflowers from Calahorra
- Chorizo from La Rioja



Pupil notebook

Pears from Rincón de Soto

These pears are sweeter and brighter green than other pears. One thing that makes them different is that they are russeted. Russetting is a natural form of oxidation which is highly appreciated on pears and, in La Rioja, it is produced by the mist that often forms in the area in which they are grown. As incredible as it may seem, mist is what makes these pears brown!

To ensure that the pears are large and tasty, the trees are "thinned" by hand. Thinning consists of removing 70% of the fruit from each tree by hand to allow the remaining pears to fill with nutrients and grow better.



- 6 -

Rioja wine

What a lot of things have changed since the Middle Ages! We don't ride from Pradejón to Calahorra on horseback any more and we don't brandish swords now either. But there is one thing that hasn't changed in La Rioja: **the way in which we look after and produce the best wines in the world.**

Although 90% of the wine produced is red wine, the Rioja Designation of Origin covers wines of all kinds: red, white and rosé. These wines can come from vineyards in any of the three Riojas: Rioja Alta, Rioja Baja and Rioja Alavesa. Each of these areas has a specific climate and soil which make these wines exceptional.



Cheese from Cameros

The goats living on the Sierra de Cameros have supplied La Rioja with cheese since the 13th century. The fact that 80% of what they eat is local vegetation is one of the reasons why cheese from Cameros has such a special flavour.

The marks on the outside of this cheese also make it unique and easy to recognise. These marks are made using a "cilla", a plaited wicker mould used to shape the cheese and leave its marks on it. For people who like cheese, this cheese is a wonderful source of different flavours, because there are 4 types to choose from: the milder versions, green cheese and soft cheese, and the stronger versions, cured and semi-cured.



Olive oil from La Rioja

Olives are grown and olive oil is produced in the La Rioja in line with a cultural tradition that dates back a very long time in our land. The oil is **fruity with a slightly bitter note and has a very peculiar aroma.** It is different from other kinds of olive oil because of the climate and type of soil found in the region. **It is perfect on toast, as a dressing for salads or vegetables and for frying.**



Cauliflowers from Calahorra

These cauliflowers are grown, of course, in Calahorra, although they are also produced on the fertile banks of the Rivers Cidacos and Ebro. Cauliflowers from Calahorra are compact, like footballs, and white, do not have granules and smell nice. To make sure they are always fresh, they are always cut and taken to the warehouse in less than 12 hours. When you do things right, things taste better.



- 7 -

Pupil notebook

What have we learned today?

- Food products with Protected Designations of Origin are those which are produced, processed and distributed in our own community.
- We can recognise them in the supermarket thanks to their quality labels.
- The production and distribution of these products in our community contributes towards local economic growth.

SESSION 6 LOCAL FOOD PRODUCTS - LA RIOJA
ENERGY TO GROW
EDUCATIONAL PROGRAMME ON FOOD AND HEALTHY LIVING

Chorizo from La Rioja

The finest meat and fat are selected, ground and kneaded with 100% extra-quality paprika, salt and garlic. This mixture is then inserted inside animal intestines and cured to produce chorizos. Firm and compact, these chorizos have a strong, balanced aroma and the paprika and garlic provide, in addition to the smell, a strong, persistent, sometimes spicy flavour.



What have we learned today?

- Food products with Protected Designations of Origin are those which are produced, processed and distributed in our own community.
- We can recognise them in the supermarket thanks to their quality labels.
- The production and distribution of these products in our community contributes towards local economic growth.

- 8 -

Pupil notebook

The goal here is to use language in a different way than we usually do, playing with the sounds of words and their form. Poems, rhymes, riddles, tongue twisters, songs and shape poems can all be used as resources.

The activity focuses on calligrams (shape poetry), so it can be used in a language class and / or artistic education class.

In this activity, students read, understand, think and, finally, write a poem to turn it into a visual representation.

1. Let's play with food names

First, the teachers will ask the students if they understand the meaning of the word "calligraphy". The students, raising their hands first, are free to answer with whatever the word brings to mind. It can be proposed that they look at the ending "-gram" and think of other words that end in the same way so that they can deduce part of the meaning.

Next, explain what a calligram is:

The word calligram comes from the combination of the two Greek words, 'kállos' (beauty) and gramme (written characters).

A calligram is a text (in this case a poem) visually arranged in such a way that it forms an image associated with the text's theme. In this case it is a poetic composition that draws, through writing, the theme suggested by the poem. It is visual poetry, also known as shape poetry.

It is characterized by creating a final image through words, which visually express what the poem says; that is, drawing with the words.

They can look at the examples they have in their notebook.

You can ask what they think the poem is about, even if they don't understand it, because it is written in French (Guillaume Apollinaire).

SESSION 6 LOCAL FOOD PRODUCTS ENERGY TO GROW EDUCATIONAL PROGRAMME ON FOOD AND HEALTHY LIVING

Activities
Local food products

1. Let's play with food names

As we have seen, calligrams (or shape poems) are a type of visual poem that form a drawing with the text. That drawing represents the theme of the poem. It can be a character, an animal, a landscape or any object you can imagine!

Let's see some examples!

The first is by Guillaume Apollinaire, a French writer who popularized this type of poem at the beginning of the 20th century.

Although it is written in French, what do you think the poem is about?

- 6 -

Pupil notebook

Explain that in our literature there have also been poets and authors who have used this method, such as Guillermo de Torre, who made the following in 1923:

The teacher will show the students another example and ask them what they think about this calligram.

Finally, the teacher will comment that, as they have been learning a lot about products from their region, they will make a calligram related to one. Present examples of calligrams with food:

After analyzing the examples, the teacher will explain that now they are the ones who are going to make shape poetry with products from our region.

You can state that, at the end, the work will be displayed in the corridor.

SESSION 6 LOCAL FOOD PRODUCTS ENERGY TO GROW EDUCATIONAL PROGRAMME ON FOOD AND HEALTHY LIVING

Activities
Local food products

The following is from Guillermo de Torre, a Spanish writer, who made this in 1923. 95 years ago!



Here's another example:



Since we have been learning a lot about the products of our region, we are going to create a calligram with them!
Here are some examples of food calligrams:

- 7 -

SESSION 6 LOCAL FOOD PRODUCTS ENERGY TO GROW EDUCATIONAL PROGRAMME ON FOOD AND HEALTHY LIVING

Activities
Local food products

Now it's your turn!

a) First, choose a product from our region. It can be a seasonal food. Think of something that inspires you and write a poem about that food.

b) Then it's time to make the calligram. Transform the poem into a drawing, that's shape reflects the theme of the poem; that is, the food that you have chosen.

- 8 -