

Pellicciola

without regrets



ERASMUS+: Food – Connecting People

project documentary



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Introduction

Project idea

Erasmus + KA229: project summary

Food – connecting people

Food - a topic relevant since the beginnings of humankind that over the years has unfolded its power to connect people, whether that be at the family dinner table or a business lunch of international colleagues: it can bridge cultural differences in a second. Food in general is part of the cultural heritage and each country participating in our Erasmus+ project makes an individual contribution to it, offering a multitude of culinary specialties related to national traditions. In 2007, the „region of delight“ Upper Franconia (location of coordinating school) was awarded the UNESCO label „Intangible Cultural Heritage of Humanity“.

Our partner schools in Italy and Spain are situated in Mediterranean areas whose nutritious diet was also given this title in 2013. This fact shows the attention paid to the cultural importance of food. Also, healthy eating habits and environmental issues remain relevant in times of increasing sedentary activities in our students' freetime as well as at workplaces,

so students ought to be sensitised for healthy food choices and should internalise a sustainable lifestyle. Working on the broad topic food enables us to combine the contexts of health, sustainability, culture and personal identity.

We strive to raise our students' awareness of sustainable and healthy food consumption and production. Essential educational goals concerning sustainability are learning about the origin of food with special focus on international trade relationships between our partner countries and understanding the importance of buying/eating local and fair trade products. In order to help our students maintain a healthy lifestyle, they discover delicious meals made of local products, but also beyond the domestic cuisine. In terms of language, our students foster their communication skills while encountering foreign partners face-to-face as well as online (media competence). They will experience the need of talking English and automatically train their fluency in authentic speaking situations. Social skills and key competences of interpersonal communication will be promoted in group work in personal or virtual encounters. As a side effect,

the students will gain an advantage on the job market by adding international experience to their CV and might even be encouraged to find employment in European countries.

Participating schools are FOSBOS Bayreuth, IES JM Barandiaran BHI Leioa, IES Institut Oliver Gran Figueres, IIS Isa Conti Eller Vainicher Lipari. Students involved in the project are aged between 17 and 23. We include physically and economically disadvantaged pupils. Equally, several students with migrant background will join the team.

Teaching/classroom activities on-site involve research on health issues, culinary heritage and sustainability. Forthcoming student mobilities are prepared in weekly lessons. The preparation of those activities can be focused on in classes of biology, chemistry, social studies, economics and foreign languages. Students will get into first contact with each other via eTwinning so that matching student pairs can be found. Furthermore, the platform will facilitate online correspondence, sharing material and findings. In student mobilities foreign students meet personally and work on given

topics. As a start, presentations inform about the host cities and their cultural heritage. To really grasp the topic practically, excursions to local food events or fairs are organized and practical lessons (cooking courses, video tutorials) are given. External expertise is provided when attending university lectures, e.g. on sustainability.

Via CLIL (content & language integrated language learning) the participating students broaden their knowledge about healthy nutrition, sustainability, cultural heritage. Furthermore, our students train key competences like interpersonal communication and foreign language skills in direct encounters. Media competence is fostered through practical work with the internet, eTwinning and Skype. In partner/group work, relevant topics are investigated and presentations are given.

We create a website including links to self-made cooking tutorials about typical food traditions as well as links to healthy recipes. On this page, a link to an e-book titled „Relish Without Regrets“ can be found. It includes a theoretical introduction on the importance of

food in today's society in the private as well as professional context, useful communication phrases at the dinner table and traditions related to food. These results will be disseminated throughout the school family, but also beyond with the help of eTwinning, newspapers and social media.

Therewith, we hope to lead students to discover and appreciate the commonalities of all participating countries since the project topic food offers exactly this potential needed to connect students across European nations and to value the cultural heritage of both their home and partner countries.

Participating schools

FOSBOS Bayreuth, Germany (coordinating school)



IIS Isa Conti Eller Vainicher Lipari, Italy



IES JM BARANDIARAN BHI Leioa, Spain



Institut Olivar Gran Figueras, Spain





Appreciating
traditional
food and
regional
specialities

Why is that important?

Food is an integral part of society, meals being a time of family communion, defining feature of celebrations and shaping our local identity. But to really 'relish without regrets', sustainability is logically necessary.

For instance, Franconian cities and town squares are crowding during local food markets selling regional products of agriculture.

Witty farmers have also come up with innovative ideas to meet the need of the population for sustainable products and the well-being of animals. One of the countless examples is the Kulmbacher Weideschwein farm (<https://www.kulmbacher-weideschwein.de/>) where you can lease a pig, knowing how and where it lives and which food is fed until it is processed.



Upper Franconia and its regional specialities

Upper Franconia, an administrative region of the state of Bavaria, has the nickname Genuss-region Oberfranken ('region of delight Upper Franconia') due to being significantly shaped by its food-cultural heritage.

The region's slogan wir sprechen kulinarisch ('we speak culinary') refers to the numerous possibilities to 'live' culinary experiences – like through the Kartoffellehrpfad ('potato nature trail') in the North or the rich history of bread baking in the baking museum in Kulmbach.

While Lower Franconia is known for excellent wines, Upper Franconia can undoubtedly be called the 'beer capital' of the world: More than 200 independent breweries which brew roughly 1000 different types of beer make it the world's highest brewery-density per capita with the Fränkische Brauereistraße ('Franconian beer route') running through many popular breweries.



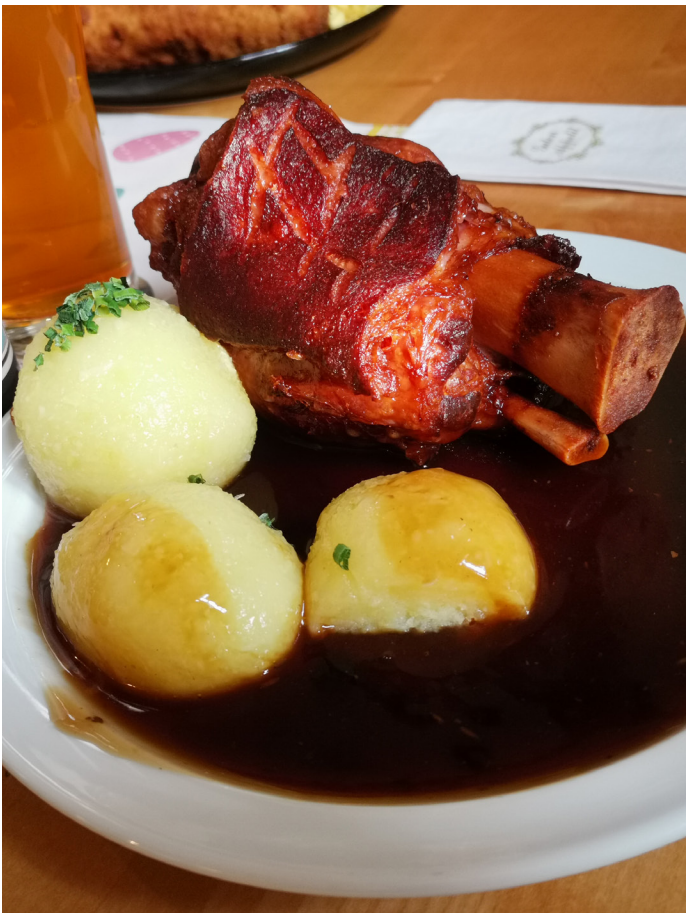
Beer

As aforementioned, Upper Franconian breweries produce over 1000 different types of beer, which is the internationally best known Franconian beverage.

Specially apprenticed beer sommeliers have established that the most popular seven kinds are Kellerbier (also called Zwickelbier), Märzen, Export, Dunkles, Helles, Bockbier, Rauchbier. For traditional beer drinkers, it is a sin to mix beer with anything that is not supposed to be in the beverage, like coca cola etc. Additionally, the Reinheitsgebot ('purity order') only allows water, barley and hops (and yeast) to be used in the brewing process, making the beer production of so many different types a true art. Nevertheless, there are countless beer innovations like the Bierlikör ('beer liqueur') of the Staffelberg-region.

Fränkischer Sauerbraten

Sauerbraten is a traditional Franconian roast of heavily marinated meat, ideally of young oxen (other German regions also use venison, lamb and mutton, pork and horse). The meat gets marinated for several days, making it very tender before cooking. The thick gravy with red wine and a touch of cinnamon usually includes coriander, cardamom, cloves and other spices, making the tender meat also slightly sweet. This beef is often served with potato dumplings, potato pancakes or Spätzle.



Schweinshaxe mit Klößen

A roasted ham hock (the pickled, cured and boiled variety is called Eisbein ('ice leg')), found in basically every traditional Franconian inn. It is usually served with potato dumplings, mashed potatoes or Sauerkraut and illustrates the locals' desire for pork.



Gilda pintxo

It is perhaps the most typical of all Basque pintxos. It consists of an olive, a salted anchovy and a native chilli called piparra, all skewered on a toothpick. The whole is bathed in extra virgin olive oil and is often served with a small piece of bread. It is taken mainly as an aperitif. If its ingredients are of quality, all of them are very tasty and healthy.

The Basque Country and its regional specialities

Bonito with tomato sauce

We have chosen this fish for its wide consumption and its great nutritional quality. Bonito is a tuna that is fished in areas near the Basque coast at the end of summer. It is presented with one or several pieces of fresh fish loin sealed on the grill, to which we add a homemade tomato and onion sauce.

Pantxineta

Pantxineta is a Basque dessert made of puff pastry. It is typically filled with pastry cream and/or cream.

The Basque Country is an autonomous community located in the north of Spain. It is made up of three provinces: Araba, Bizkaia and Gipuzkoa. It is a coastal and border region. It is bounded by the Cantabrian Sea coast to the north and the Pyrenees separate it from the Basque Country of France.

Despite being a territory of great industrial development, it still preserves authentic natural paradises. The green landscape of the Basque Country is a mixture of sea and mountain cultures: valleys, rivers, mountains, wetlands, sandy beaches, steepy cliffs – everything can be found in the Basque Country.

Our unique history, language, traditions, language and culture are an essential part of our

origins. The Basque language (Euskera) is a pre-Indoeuropean language whose origins are unknown. It has no direct link to any other known language.

Furthermore, the Basque Country has a very peculiar folklore, which is manifested in its popular festivals, as well as in its completely indigenous sports, such as the well-known game of Basque Ball (Pelota).

Its cuisine, one of the most reputable on the peninsula, is famous for its richness and variety, highlighting as typical dishes the hake shells, the marmitako and other extraordinary fish and shellfish recipes.



Catalonia and its regional specialities



The Catalan region (Catalonia), located in the north east of Spain and is famous for its beautiful landscapes from the sea of the Costa Brava to the mountains of the Pyrenees.

Administratively, Catalonia is divided into four provinces: Barcelona, Girona, Lleida and Tarragona. It shares borders with Andorra and France in the north, the Mediterranean sea in the east and the Spanish autonomous communities of Valencia (south) and Aragón (west).

The official languages of Catalonia are Catalan, Spanish (castellano) and the Aranese Dialect of Occità.

The region of Alt Empordà, to which Figueres is the capital, belongs to Catalonia and is characterized by its beautiful landscapes and gastronomy. Figueres is part of the province of Girona and is the birthplace of the famous artist Salvador Dalí and Narcís Monturiol, the inventor of the submarine.

The city attracts a lot of tourists every year and is very well connected to France and to the capital of Catalonia, Barcelona.

Escudella i carn d'olla

The Christmas Night dish par excellence. It's served in a two-part dish. First, the broth is served like a soup with pasta, and then the carn d'olla with all of the meat like sausages, meatballs and bones, and vegetables like carrots, celery, potato and cabbage is brought to table.

Pa amb tomàquet

The preparation is very simple. It starts with rubbing the tomato directly on a slice of typical Catalan bread and then finish it off with seasoning it with salt and olive oil. The villagers created this elaboration some centuries ago in order to make the most of the withered bread. Therefore, it can be considered a highly sustainable dish. It is usually served with cold pork meat or cheese.

Crema Catalana

This desert is prepared with milk, eggs, corn starch, lemon peel, cinnamon and sugar and appreciated also beyond the borders of Catalonia. It is cooked in bain-marie and finally, before serving, pour sugar over the cream and burn the sugar with a culinary blow torch.

Sicily and its regional specialities

Pasta alla norma

Pasta alla Norma is made with tomato sauce, fried eggplants, salted ricotta and basil. It's undoubtedly one of the most well-known Sicilian specialties in Italy and around the world. Its name was chosen by Catanese dramatist Nino Martoglio: given his fondness for this primo piatto, he called it "na vera Norma", referencing the famous opera by another native of Catania, composer Vincenzo Bellini.

Cannolo

Cannoli are deep-fried cylindrical pastry shells filled with sweetened whipped ricotta mixed with candied citron and grated chocolate. The size and fillings vary in different parts of Sicily. Cannoli are decorated in many ways: with chopped pistachios, candied orange peel, candied cherries, or chocolate. The name comes from canna, the river reeds that were cut into sections and used as a mold to fry the pastry shells.

Cannolo is also a Carnival specialty. An early description dates back to 75 BC, when Cicero, then Quaestor of Marsala (Libeum), referred to it as "a tube of flour made with edible sweetened milk." The recipe became a favorite of the women of the Caltanissetta harem, who were forced to convert to Christianity and take the veil when Arab rule was ended. Thanks to them, the cannolo tradition has endured to this day.

Arancini

Arancini, rice balls stuffed with sauce and peas, are one of the best-loved Sicilian snacks and street foods. They have become increasingly popular throughout Italy and worldwide.

The filling in this recipe is one of the most classic—a meat ragù, green peas, and melty mozzarella. The rice is scented with saffron and the rice balls are rolled in breadcrumbs before frying them into croquettes.

There is considerable debate among Sicilians as to whether this dish should properly be called arancini (masculine) or arancine (feminine). In western Sicily, it's argued that these rice balls are usually called arancine because that word means 'little oranges' since the balls are round and like arancia, the Italian word for the fruit 'orange'.

In eastern Sicily, arancino is the term more commonly used and it's usually made in more pear-shaped form because, so it is believed, the term comes from the name of the fruit in Sicilian dialect: arànciu.

This rice-based specialty was born when Sicily was ruled by the Arabs (9th – 11th centuries) who used to mix rice, saffron and meat together, naming the dumpling for its shape.

Sicily is the largest of the Italian islands, separated from the continent by the Strait of Messina and surrounded by the Ionian, the Tyrrhenian and the Mediterranean Seas.

It is one of the pearls of Southern Italy and can be discovered, understood and experienced through a series of itineraries dedicated to areas of interest ranging from nature to history and traditions.

Nature seems to have endowed all its wonders to this land: mountains, hills and above all, the sea, with its incredible colours, its crystal-clear water and the beauty of its seabeds, in no way inferior to those of other seas.

Here, the Mediterranean Sea, with its many little islands scattered around the coasts of Sicily - The Aeolians, Egadi and Pelagie Islands, Pantelleria and Ustica - offers unique and intense sceneries, scents and flavours of uncontaminated nature.

Last but not least, its great volcanoes are symbols of the irresistible beauty and vitality of this incredibly charming region.

Fascination for this region grows with treasured archaeological sites that tell the story of the ancient origins of Trinacria (ancient name for Sicily).

Aeolian Islands

The Aeolian Islands, located off the coast of northeastern Sicily, are one of southern Italy's greatest natural and cultural treasures. Formed by volcanic eruptions over time, the archipelago is made up of seven islands – Lipari, Vulcano, Salina, Panarea, Stromboli, Filicudi and Alicudi – each one with its own identity.



Food and culture

Food is strongly connected to seasonal festivities which are celebrated differently all over the partner regions, but are intended to bring

people together, may it be on a smaller or larger scale. Without certain defining dishes, most of our traditions would not exist.

Food in festivities around the year

Upper Franconia

To illustrate the aforementioned point, let's have a look at a typical Franconian summer and a winter occasion:

During the summer, locals and foreigners are crowding at innumerable festivities connected to beer and meat: The Bierfeste ('beer festivals') or Kerwas ('parish fairs' typical of Upper Franconia and deeply embedded in the villages' culture). These are typically defined by

- Innumerable regional beer varieties
- Bratwürste and other meat dishes (Schäufele etc.)
- Franconian folk music
- Social get-togethers

Very well-known ones are

- the Maisels Weisbierfest – a full weekend of Weißbier, merry-go-rounds, folk music etc.,
- the Kulmbacher Bierwoche – over a week of celebrating beer culture, or
- the Bamberger Sandkerwa, which is celebrated in the old town district right next to the Regnitz-river, surrounded by half-timbered houses.



Especially during December, people are flooding the local Christmas markets which offer a large variety of hand-crafted items (especially woodwork), accompanied by the scent of mulled wine and roasted almonds.

Both the Advent season and Christmas (celebrated from the 24th to the 26th) itself are integral parts of Franconian celebration culture with cookie recipes being tradated from generation to generation.

Vanille Kipferl

Ingredients:

Dough:

- 200g of butter
- 100g of sugar
- 100g of (grinded) almonds
- 250g of flour
- some vanilla extract
- 1 pinch of salt
- 1 knife point of baking soda
- 1 tablespoon of milk

Sugar-topping:

- 100g of sugar
- 4 packets of vanilla sugar
- 50g of powdered sugar

Kipferl: How to

- Pre-heat the oven to 160-180° (two-sided heat)
- Beat the butter, sugar and vanilla sugar frothy
- Add the flour, baking soda and salt; mix thoroughly
- Add the almonds and knead thoroughly
- Finally add the milk and knead for 1-2 min.
- Form little crescents (Kipferl) and put them on a baking tray covered with baking paper
- Bake these in the pre-heated oven for 10-15 minutes until they are golden brown
- In the meantime, mix sugar, vanilla sugar and powdered sugar and roll the still warm Kipferl in this topping (! Careful: Don't break them and don't burn yourself)
- Let your Kipferl cool down and enjoy!



The Basque Country

Throughout the year, the Basque Country celebrates many local festivals, in which groups of friends and family gather and cook dishes such as Marmitako, Sukalki, potato omelettes, and beans. These dishes are also part of the traditional cooking competitions held in these festivals. The most typical drinks are txakoli (white wine) and Basque cider.

Marmitako, for example, is a traditional Basque stew that has been consumed by fishermen for many generations. The ingredients are tuna, potatoes, tomatoes, green pepper, onions, several cloves of garlic, fish broth and extra virgin olive oil.

*special rituals in
connection with
food*

In the Basque Country, people eat 12 grapes to welcome the New Year as a sign of good luck at midnight on December 31st.

People eat Roscón de Reyes on January 6th to welcome the Three Wise Men.

Christmas

This could be a

typical menu

for Christmas Eve, Christmas Day,
New Year's Eve and New Year's Day:

Appetisers

asparagus, cod and ham croquettes,
charcuterie (ham, chorizo, lomo etc.),
local cheese, seafood (e.g. prawns)

Fish

sea bream, hake, cod, monkfish

Meat

roast lamb, beef, chop,
sirloin or entrecôte of bovine cattle, kid,
capon or hen

Dessert

especially homemade desserts, like
rice pudding or fried milk; turrón,
polvorones, marzipan

Easter

Those are the
typical dishes
at Easter in the Basque Country

Cod with pil-pil sauce

This typical dish is eaten throughout the year but it takes on a special role at Easter.

Garlic soups

Garlic soups are perfect for toning up the body and taking a good nap. The main ingredients of this recipe are garlic, bread, oil, poached egg and paprika.

Marmitako

Marmitako is a traditional Basque stew consumed, for many generations, by the fishermen of this region. The tuna can be accompanied with some good potatoes to create a spectacular stew. Ingredients: tuna, potatoes, tomatoes, green pepper, onions, several cloves of garlic, fish broth and extra virgin olive oil. The quality of the products is essential to achieve a fantastic result.

Desserts

Some of the most popular desserts at Easter are:

French toast

The most classic are made from slices of bread soaked in milk, coated with egg and fried in the pan with olive oil.

Fried milk

Made from milk, sugar, condensed milk, cinnamon, flour, egg and a touch of lemon.

Catalonia

Christmas

During Christmas holidays it is tradition to have family meals in which we typically eat the following dishes:

Escudella i carn d'olla

Canelons

Torrans

Neules

Tortell de Reis

Easter

At Easter in Catalonia it is very typical to eat some traditional desserts with the family during the festivities:

Brunyols

Mona de pasqua

a chocolate based dessert offered by the godmother or godfather of the child



At the end of October in Catalonia we celebrate La Castanyada.

During this festivity it is customary to eat toasted chestnuts (usually toasted in the fireplace using a perforated pan) and the panellets for dessert.

Panellets are little balls made with marzipan and decorated with different ingredients to taste (for example almonds). The typical panellets are made of chocolate, pine nuts, coffee, almonds, coconut and candied cherries.

Panellets

Ingredients:

Dough:

- 750g almond flour
- 750g sugar
- Lemon zest
- 150ml water

Decoration to taste:

- 200g pine nuts
- 200g chopped almonds
- Instant coffee
- Chocolate
- Coconut powder
- Quince
- 1 vanilla bean
- Powdered sugar
- Egg yolk
- Sugar syrup

Panellets: How to

Mix the almond flour, the sugar and the lemon zest. Add water and knead properly until you have a smooth dough. Let it rest in the fridge for some hours (even from one day to the next). Divide the dough into as many parts as different flavors you want to have.

Form them into small balls and decorate them to taste.

After that, place the panellets on a parchment-covered baking sheet and brush them with egg wash.

Preheat the oven to 200°celsius. Bake the panellets for 8-10 minutes until their tops are golden. Always keep a close eye on them.

Take the baking sheet out of the oven and let the balls cool down. The panellets can be kept at room temperature for one week.

Sicily

Christmas traditions in the province of Messina

The most important Sicilian Christmas tradition, as anywhere else in Italy, is to spend quality time with family, relatives and friends. Family is a deeply rooted Italian value, and in Sicily we tend to give huge importance to family traditions, especially at Christmas. So during the Covid-19 pandemic, we missed a lot the time spent with our beloved ones. In Sicily, Christmas time means very long tables set in red with candles, where to spend endless hours eating and playing together.

Among the Christmas dishes in Messina, the traditional fried salt cod is a must at Christmas Eve, like in the messinese stock fish salad or the so-called ghiotta stockfish. It is prepared with the Sicilian sauce ghiotta, which is made with tomatoes, capers, olives, raisins and pine nuts. Other fish-based Sicilian Christmas dishes are fried squids, smoked herrings, or stuffed squids.

Easter Sicilian Food

The Agnello alla Messinese is a Sicilian recipe and is an emblematic traditional Easter dish of Sicily. In the Christian tradition lamb is a symbolic animal that represents the sacrifice of Jesus, but already in the Old Testament, lamb was associated with the Passover. Nowadays lamb is considered a traditional Easter meat dish in the Italian cuisine in general.

This lamb recipe is a savory regional variant of the more common roast lamb: the meat is flavored with wine, Pecorino cheese and black olives.

Ingredients:

- 35 oz lamb
- 2 glasses red wine
- 5 oz black olives
- 3.5 oz grated Pecorino
- Extra Virgin Olive Oil
- Salt and pepper to taste

Cassata

The main ingredients of Sicilian cassata are
sponge,
ricotta,
marzipan,
pistachios,
chocolate,
candied fruits
and rum.

This specialty was originally an Easter cake.
As a popular saying goes:

**Tintu è cu nun mancia a cassata a
matina ri Pasqua.**

(‘Pity the man who does not eat cassata on
Easter morning.’)

The earliest variation dates back to Arab rule,
when the cake was baked with a shortcrust
pastry and called quas’at (meaning ‘bowl’, in
reference to the container used to produce
the pastry). Cassata as we know it today was
first described in 1873 by Palermo confectio-
ner Salvatore Guli.



Food - connecting people

The unifying power of food

While we're having lunch during weekdays rather with colleagues, our dinners are typically an important part of family time, or time spent with close friends. This provides the opportunity to talk about each other's day and rather puts the focus on the time spent together instead of the food itself. Having dinner alone is therefore rather unusual.



Food –connecting people

Eating habits: European timetables

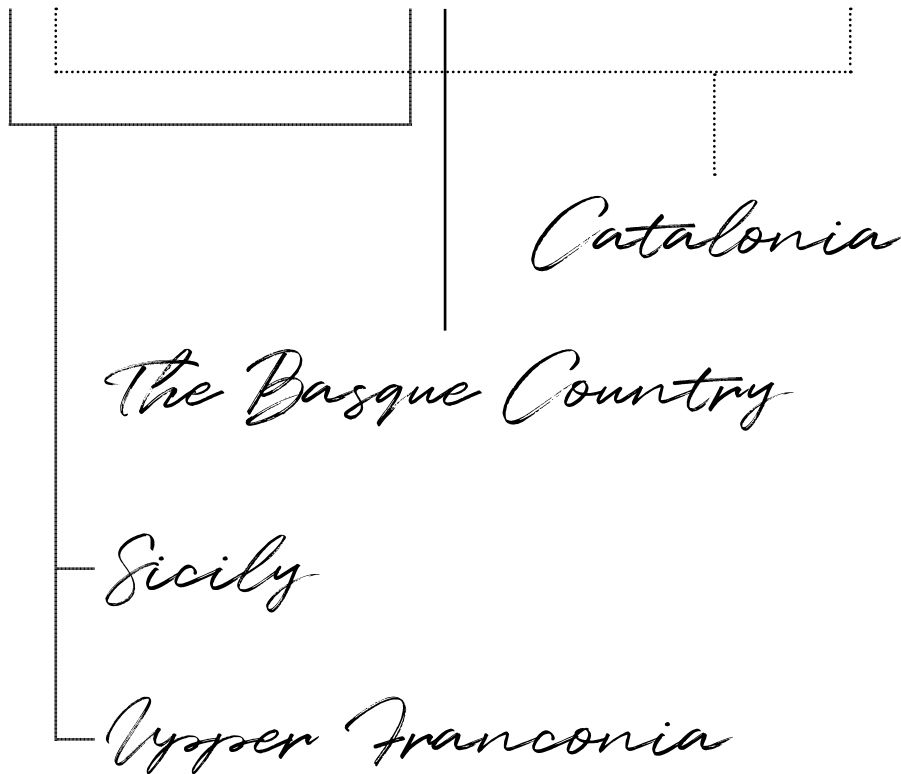
Breakfast

7.00

8.00

9.00

10.00



Upper Franconian breakfast normally includes buns and bread, cheese, sausage etc., but some also have oatmeal or cereal.

*mid-morning
snack*

lunch

11.00

12.00

13.00

14.00

Sicily

Spuntino:

Usually with friends or workmates at a bar.

It usually includes:

coffee, cornetto and in spring and summer time granita with brioche.

*The Basque
Country*

Hamaiketako:

Usually with friends or workmates at a bar or coffee shop.

It usually includes:

pintxos, Spanish omelette, txakoli, coffee etc.

Upper

Franconia

When we're at work, we either dine at a cafeteria with colleagues, have some takeout or bring along prepared meals from home. Lunch is usually a warm meal.

Sicily

We usually dine with the family.
It is the main meal of the day.

lunch

tea / coffee time

14.00

15.00

16.00

17.00

*The Basque
Country*

With family or workmates.
It is the main meal of the day.

Catalonia

We eat a starter,
main course and dessert.

*Upper
Franconia*

Kaffee und Kuchen:

This is something many families typically have on a Saturday or Sunday afternoon, mostly with self-baked pastries like fruit cakes or creme tarts.

Here, the extended family visits.

Sicily

Merenda:

With family or friends.

tea / coffee time

dinner

18.00

19.00

20.00

21.00

22.00

*The Basque
Country*

Merienda:

With family or friends.

It has a strong social component.

We usually meet with friends or workmates at a bar or bakery.

Upper Franconia

dinner:

Dinner may either include a warm meal or the typical Brotzeit (having bread with all kinds of spreads, sausages, cheese etc.).

It has a strong social component since it usually is the only time of the day during the week the family comes together.

Sicily

*The Basque
Country*

It is usually a family dinner.

Catalonia

We usually drink wine during meals. In some regions sweet wines are served with dessert.

Etiquette: dos and don'ts at a dinner table

Dos

Be punctual.

Wait for everyone to be seated.

Wait for everyone to be served before eating.

Do remember your posture at the table. Sit up straight, and keep your arms (including elbow) off the table.

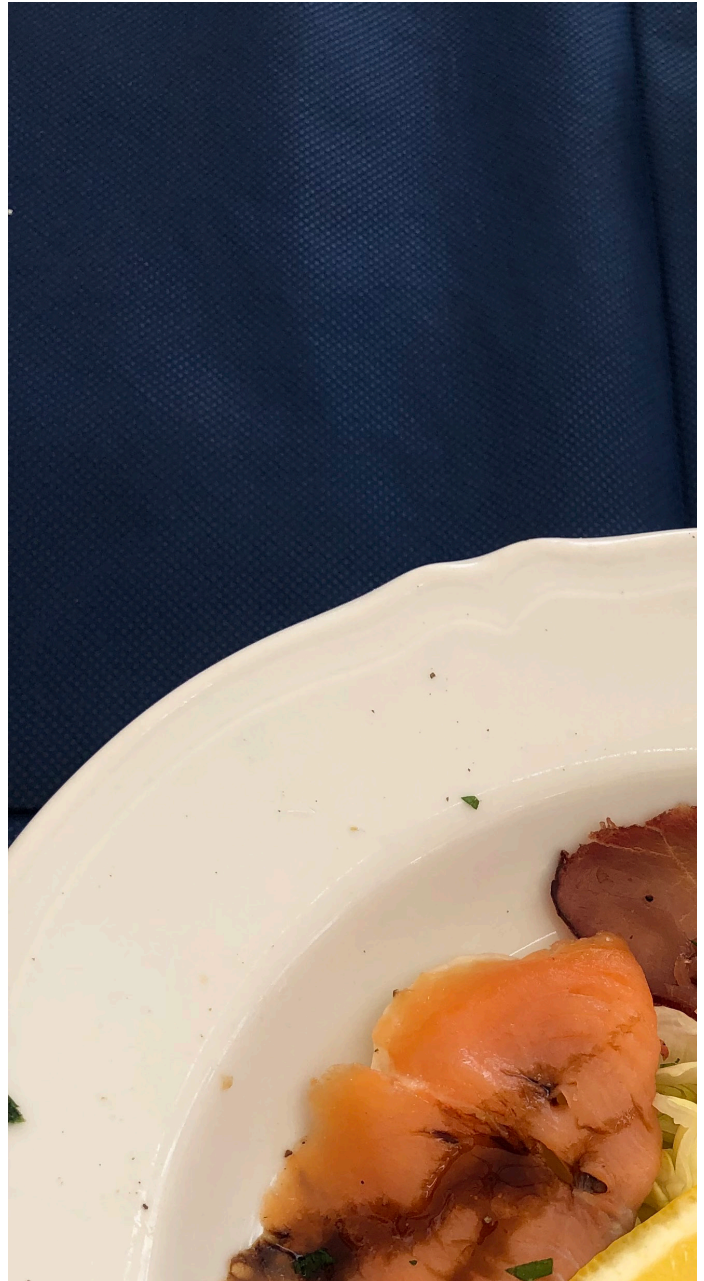
Talk about pleasant things.

Do say something nice about the food to your host or hostess when finished.

Once you are done, place the fork and the knife in the centre of the plate.

Wait at the table until everybody has finished eating before leaving.

Thank the host before leaving.





Don'ts

Don't start to eat before the host.

Don't place your cell phone, keys, or handbag on the table.

Don't speak if your mouth is full.

Don't chew with your mouth open.

In general, if you are not with people you trust, you should avoid controversial topics like politics or financial issues.

Stay away from religion, sport or political topics during conversation.

Let others finish talking before engaging in the conversation.

Don't talk too loudly when having a conversation at the dinner table.

Don't use your mobile phone during your meal because it's a moment to interact with your family and/or friends.

Glossary

English

German

Spanish

A table for two/four, please.

Ich hätte gerne einen Tisch für zwei/vier.

Una mesa para dos/cuatro, por favor.

Could we sit by the window, please?

Könnten wir am Fenster sitzen?

¿Nos podemos sentar al lado de la ventana?

The menu, please.

Die Speisekarte, bitte.

El menú, por favor.

We would like to order.

Wir würden gerne bestellen.

Nos gustaría pedir.

Do you have any specials? // What do you recommend?

Was ist die Spezialität des Hauses? // Was würden Sie heute empfehlen?

¿Tienen alguna especialidad de la casa? ¿Qué nos recomienda?

Italian

Un tavolo per due/quattro,
per favore.

Possiamo sederci accanto
alla finestra, per favore?

Il menù, per favore.

Vorremmo ordinare.

Avete qualche specialità della
casa? Cosa consigliate?

Catalan

Taula per 4 si us plau.

Podeu seure al costat de la
finestra?

La carta, si us plau.

Ens agradaria demanar.

Tenen alguna especialitat de la
casa? Què ens recomana?

Basque

Mahai bat, mesedez, bi/lau
lagunentzat.

Lehio ondoan jesarri gintezke?

Menua, mesedez.

Eskatu dezakegu?

Etxeko jaki berezirik?
Zer gomendatzen diguzue?

English

German

Spanish

I'm allergic to wheat / nuts / dairy products.

Ich bin allergisch auf Weizen / Nüsse / Milchprodukte.

Soy alérgico(-a) al trigo / a frutos secos / a lácteos.

Could I have chips (BE) / fries (AE) instead of salad?

Könnte ich Pommes Frites anstelle von Salat haben?

¿Podría tomar patatas fritas en lugar de ensalada?

I'll have the fish / pasta /..., please.

Ich hätte gerne den Fisch / die Nudeln /..., bitte.

Yo tomaré pescado / pasta /..., por favor.

Excuse me, where is the bathroom (BE) / restroom (AE)?

Entschuldigen Sie, wo sind die Toiletten?

Perdón, ¿dónde está el servicio, por favor?

Could you bring us some salt / pepper, please?

Könnten Sie uns bitte noch Salz / Pfeffer bringen?

¿Nos puede traer un poco de sal / pimienta, por favor?

The food was delicious, thank you.

Das Essen war sehr gut, vielen Dank.

La comida estaba deliciosa, gracias.

We would like to pay. //
The bill, please.

Wir würden gerne bezahlen. //
Die Rechnung bitte.

Nos gustaría pagar. // La cuenta, por favor.

Italian

Catalan

Basque

Sono allergica (-o) al grano / alle nocciole (o: frutti secchi) / ai latticini.

Sóc al ·lèrgic / a al blat / fruits secs / làctics.

Alergia diot gariari, fruitu siku-ei eta esnekiei.

Potrei avere le patatine fritte al posto dell'insalata?

Podria demanar les patates fregides enlloc d'amanida?

Patata frijituak har nitzake ent-saladaren ordez?

Prenderò il pesce / la pasta /..., per favore.

Jo demanaré peix / pasta.

Nik arraina / pasta hartuko dut.

Mi scusi, dov'è il bagno?

Perdó, els serveis si us plau?

Barkatu, komunak mesedez?

Potrebbe portarci del sale / pepe, per favore?

Ens pot portar una mica de sal / pebre si us plau?

Gatza / piperbeltz pixkat ekarriko diguzu?

Il cibo era delizioso, grazie.

El menjar estava molt bo. Gràcies.

Bazkaria oso gozoa egon da. Eskerrik asko.

Vorremmo pagare. // Il conto, per favore.

Voldríem pagar. El compte si us plau.

Ordaindu nahiko genuke. Kontua, mesedez.



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BAYREUTH 

**Staatliche Fach- &
Berufsoberschule**

Körnerstraße 6

95448 Bayreuth

0921 792080

schule@fosbos-bayreuth.de

www.fosbos-bayreuth.de

