

Get Global

Myllyharjun koulu
Loviisa



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yhdessä venäläisen ja
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Teemoina

Ruoka

- kotitalous ja kuvataide -

Ilmastonmuutos

- ympäristökerho -



Hae

Artikkeli »

Lisää uusi aihe

Main Menu »

Sisältö

Forum

Infosivu

Toimitus

Lukijoita: 1 (0 toimituksessa)



Finnish food is simple. We use many flavourful ingredients such as milk and many kinds of dairy products, fish, reindeer meat, berries, roots and grains. Many Finns do travel a lot and they are interested in different cultures and you can see it in our daily eating habits. Many Finns do eat pizza, woks, nodels, kebab and other dishes from different countries.



Examples of normal daily Finnish foods are:

- Chicken sauce and rice
- Fish soup
- Minced beef sauce served with potatoes with potatoes or macaroni
- Macaroni casserole
- Meatballs and mashed potatoes
- Minced beef or sausage soup
- Sausage sauce and potatoes

Finns are taught to eat a variety of foods. In addition to a warm entree, meals include, for example, salad, whole grain bread and a beverage, preferably low-fat milk.

A traditional Finnish breakfast includes porridge made from oats, barley, rye or a blend of those. Porridge is served with milk, berries or a knob of butter. Orange juice isn't a traditional Finnish beverage though it has become part of a normal breakfast.

Traditional foods at Christmas include ham-, carrot-, Swede- and liver casseroles, rosolli (a salad made primarily of beets, apples and potatoes), salt-cured salmon and Baltic herring in Finland. Christmas dessert is rice porridge and prune- raisin soup, as well. Ginger biscuits and prune-filled pinwheels of puff pastry are typical Christmas pastries.

At Easter in Finland is served the special delight "mämmi" (pronounced MÄM-me). It is prepared from rye flour and malt so that the mixture sweetens during preparation. Nowadays is a little of sirup also used. Hundreds years ago, mämmi was enjoyed plain on Good Friday as one of the Lenten foods but nowadays mämmi and cream are a traditional Easter dessert. In Eastern Finland, pasha and curd cheese pies are more traditional choices.

- At Midsummer finns celebrate the sun and summer time when the sun doesn't go down at all, we often eat at midsummer the first fresh potatoes with pickled herring and smoked fish. We eat also a lot of grilled sausage and meat. Strawberries are popular as dessert.

- Famous and tasty candies in Finland are Fazer's blue chocolate and sweet and salted liquorice.



Ympäristökerho

Tutkii Helsingin Sanomia kuukauden ajan ja poimii uutiset ilmastonmuutoksesta

Tekee tutkimusta nuorten median käytöstä sekä ilmastonmuutosasioiden hallinnasta

Kotitalouden ja kuvataiteen
yhteisprojekti

Makuja maailmalta ja Rajatonta taidetta

Tuottaa artikkeleita koskien ruokaa,
ruokakulttuuria, ruoan alkuperää ja
ruoan tuotantoa, sekä yleensä
kulutusta ja kierrätystä kestävän
kehityksen hengessä.



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