

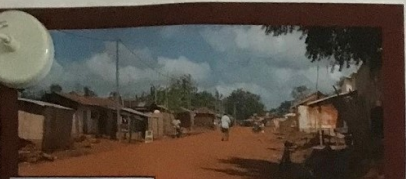
Se nourrir au Togo

Le mardi 19 mars, Véronique Cornuault, présidente du comité de jumelage entre le pays Thénezeéen et le canton de Grand Gapé au Togo est venue nous parler de l'alimentation au Togo.

Les élèves ont pu goûter des produits du Togo : ananas frais, séché, banane séchée, chocolat, mangue séchée, noix de coco, cacahuètes, noix de cajou, etc.



Puis, les élèves ont préparé des panneaux sur l'alimentation au Togo.



Se nourrir
au Togo

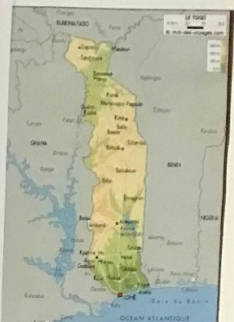
Le Togo



Un des plus petits
pays d'Afrique.

- Superficie: 57 000 km² (10 fois plus petit que la France), s'étend sur 700 km de longueur et sur 50 à 150 km de largeur, entre le Ghana et le Bénin.
- Population: 8 600 000 habitants (8 fois moins qu'en France), 40% habite en ville.
- Langue officielle: français, les deux langues nationales sont l'Ewé au Sud et le Kabivé au Nord,

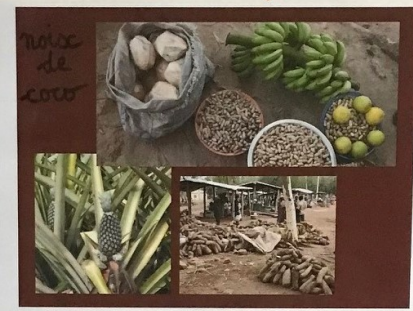


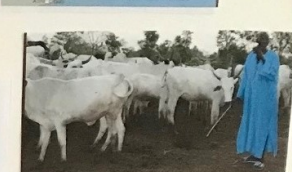


Cultiver



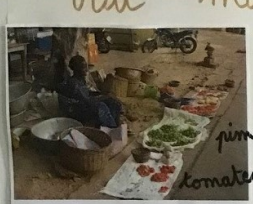
fruits



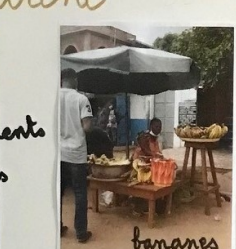




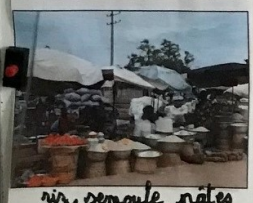
Au marché



piments
tomates



bananes

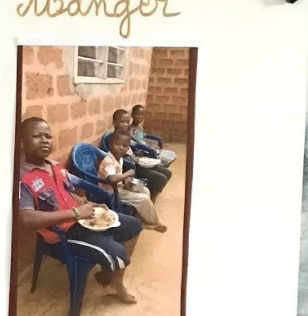


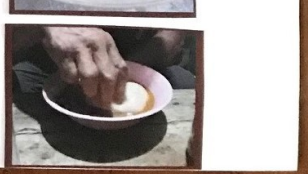
riz, semoule, pâtes

Cuisiner




Manger

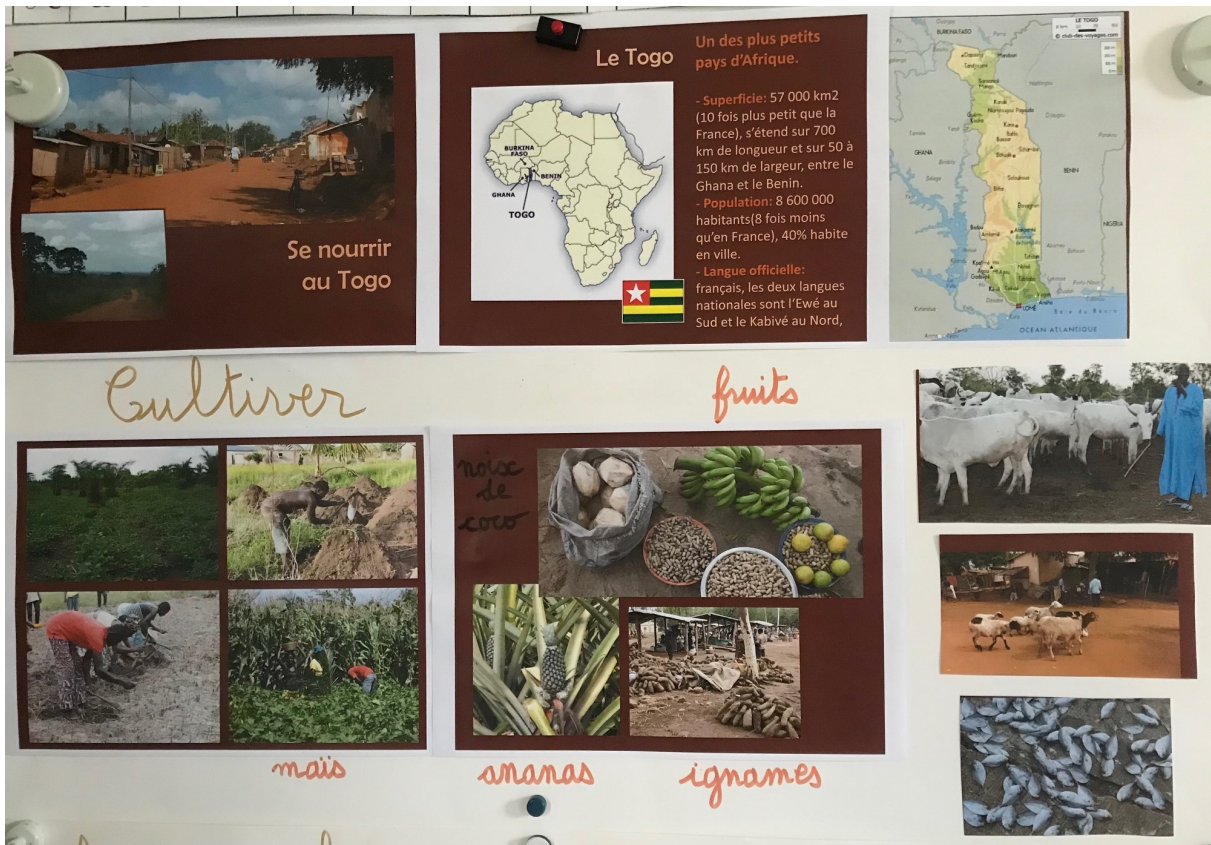







fromages



Se nourrir en Angleterre

Les élèves de CM ont travaillé durant leurs cours d'anglais sur la nourriture en Angleterre.

En ANGLETERRE

3 repas

What is a typical English lunch?

Many children at school and adults at work will have a packed lunch (pique-nique). This is usually a sandwich, a packet of crisps, a piece of fruit or a yoghurt and a drink.

What is a traditional English dinner?

The evening meal is usually called tea, dinner or supper. We normally eat a main meal and a dessert but no starter. This is because we eat the meat, vegetables and potatoes or pasta or rice, all together at the same time. The most popular meal in England is actually curry and rice! Children like to eat pasta.

Food in England

En Angleterre, nous mangeons différemment qu'en France. Normalement, nous ne prenons que 3 repas par jour et non 4. Ils n'ont pas de goûter mais prennent le repas du soir plus tôt.
Breakfast (petit déjeuner) est entre 07.00 et 09.00
Lunch (déjeuner) est entre 12.00 et 13.30
Dinner (dîner) est entre 17.30 et 19.30
Voici un menu quotidien typique.

	Breakfast	Lunch	Dinner	Dessert
Monday Tuesday Wednesday Thursday And Friday	cereals and orange juice	sandwich crisps Fruits	rice and curry	Apple crumble
Saturday	Brunch		pizza	Fruit pie
Sunday	Toasted and marmalade and coffee	roast chicken horseradish sauce	Sandwich	trifle

mes notes :-

Traditional English breakfast (full English) is still popular and is sometimes called **brunch**.

BRUNCH = Breakfast + LUNCH. It's a meal between breakfast and lunch.

On weekends people sometimes get up later (later than they do every day) and a big brunch then only eat again at dinner time!

If we have roast lamb...

We serve it with mint sauce or redcurrant jelly



But don't the English eat fish and chips?

In fact we don't eat fish and chips from a chip shop very often!

For me and my family it is usually a treat when we visit the seaside.



If we have roast pork...

We serve it with crispy crackling and apple sauce.



Dessert or pudding...

The type of dessert we have depends on the time of year.

In winter we have hot puddings like apple crumble or a fruit pie or a steamed sponge and custard.

In summer we have fruit and ice cream or a tart or trifle.



If we have roast chicken or turkey...

We serve it with sausage meat or sage and onion stuffing and cranberry sauce or bread sauce.



We have yorkshire pudding and horseradish sauce (sauce au raifort)



Se nourrir en France

Les élèves de maternelle ont travaillé sur la nourriture en France



un repas type en FRANCE

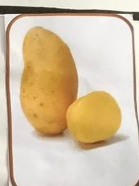
BOISSON



ENTREE



PLATS



VIANDE



ACCOMPAGNEMENT



DESSERT



PRODUITS



LAITIERS

FRUITS



