



## CELEBRATING EUROPEAN FOOD TRADITIONS

Who has been to an agricultural fair, food fair or food festival? Why was the fair taking place and at what time of the year? What traditional foods did you see? What local products and dishes did you taste and enjoy there?

1. Can you name some local and traditional foods linked to food events or food festivals?

FOOD	REGION/LOCALITY	FOOD FAIR/FESTIVAL

2. Many food specialities and dishes can be traced back over centuries. Indeed recipes and methods have often been handed down from generation to generation.

Brainstorm with the class and create a list of regional and local traditional foods associated with your culture and its culinary traditions.

3. Where exactly are these foods produced in your country or region?

Are there marginal areas in your country (for example wetlands, mountain land and drought-prone areas) where farming is challenging? Suggest how farming could be supported in such areas.





4. If you know any folklore stories linked to local food specialities, share them with the class. What do our foods and our traditional dishes tell others about our culture? Discuss your thoughts.
5. Look online and research if there are any food fairs in your country. Can you find any gastronomic fairs, festivals and events that will take place in the coming months?
6. Did you know that 9 May is Europe Day?

How about celebrating Europe Day this year with a school food fair? There is no more delicious way to experience Europe's culture, history and traditions than through its food!

- a) In pairs select a European food fair or festival to research so that you can present it at the food fair organised by your school on the occasion of Europe Day. Explore the origins of the festival and select one traditional dish or speciality of the event to cook for the school food fair.
- b) Now research a traditional local dish in a similar fashion and, if possible, cook it as your European dish for your school food fair.
- c) Set up and decorate your food stall to display your dishes and offer your guests some delicious samples.



Find out more about Europe Day at  
[https://europa.eu/european-union/about-eu/symbols/europe-day\\_en](https://europa.eu/european-union/about-eu/symbols/europe-day_en)

