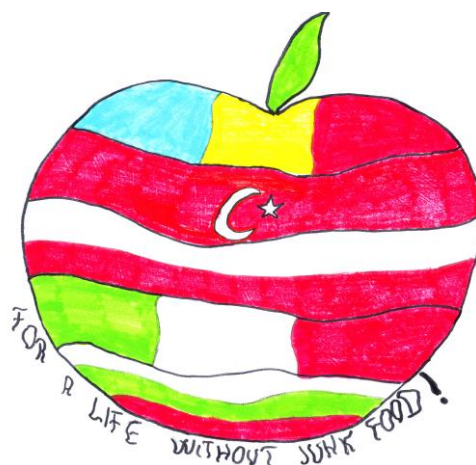


# HEALTHY FOOD MULTILINGUAL DICTIONARY

## A COMENIUS MULTILATERAL PROJECT

### "FOR A LIFE WITHOUT JUNK FOOD"



EDITURA CASA CORPULUI DIDACTIC PRAHOVA

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## INTRODUCTION

We are a group of primary schools from Romania, Turkey, Poland, Bulgaria and Italy meeting in a common point called "***For a Life without Junk Food***". We will focus on a healthy lifestyle.

The Comenius actions aim to help young people and educational staff better understand the range of European cultures, languages and values. They also help young people acquire the basic life skills and competences necessary for personal development, future employment and active citizenship.

Our main objectives are - developing a better knowledge of our common problem of Junk Food i.e., making the students and teachers but also the parents aware of their own eating habits in a local, national and European context:

- drawing attention to the ingredients of Junk Food;
- encouraging, through ongoing contact with other people and cultures, a positive view of European citizenship,
- encouraging solidarity and open-mindedness among the different cultures, including the opportunity to make friends with people from other countries and cultures;
- developing a more fluent use of the English language by the students and staff;
- promoting the extended usage of ICT and promoting its integration into the curriculum;
- developing opportunities for extending the project into long term collaborative strategies to be used between the partners and in other international exchanges.

The main theme of the project is to give awareness and knowledge about Junk Food, as a way of introducing the project and motivating pupils to regularly participate in sharing ideas and topics concerning their own health. In order to study the chemical composition of foods, experiment, the differences between natural organic food and “junk food”. This way they will get much information about junk food usage. They will see international dimensions of the subject and pay much attention to the problem area.



| PICTURE                                                                             | ENGLISH   | ROMANIAN  | TURKISH               | POLISH   | ITALIAN   | BULGARIAN       |
|-------------------------------------------------------------------------------------|-----------|-----------|-----------------------|----------|-----------|-----------------|
| <b>A</b>                                                                            |           |           |                       |          |           |                 |
|    | Almond    | Migdala   | Badem                 | Migdał   | Mandorla  | Бадем           |
|   | Aloe vera | Aloe vera | Aloe vera             | Aloes    | Aloe vera | алое вера       |
|  | Amaranth  | Știr      | Horoz ibiği<br>çiçeği | Amaranth | Amaranto  | щир,<br>амарант |
|  | Apple     | Măr       | Elma                  | Jabłko   | Mela      | Ябълка          |

|                                                                                     |                  |                         |                     |                  |                      |                    |
|-------------------------------------------------------------------------------------|------------------|-------------------------|---------------------|------------------|----------------------|--------------------|
|    | <b>Apple pie</b> | <b>Placinta cu mere</b> | <b>Elmalı turta</b> | <b>Szarlotka</b> | <b>Torta di mele</b> | <b>ябълков пай</b> |
|    | <b>Apricot</b>   | <b>Caisa</b>            | <b>Kayısı</b>       | <b>Morela</b>    | <b>Albicocca</b>     | <b>Кайсия</b>      |
|    | <b>Artichoke</b> | <b>Anghinare</b>        | <b>Enginar</b>      | <b>Karczoch</b>  | <b>Carciofo</b>      | <b>Артишок</b>     |
|   | <b>Asparagus</b> | <b>Sparanghel</b>       | <b>Kuşkonmaz</b>    | <b>Szparagi</b>  | <b>Asparago</b>      | <b>Аспержи</b>     |
|  | <b>Aubergene</b> | <b>Vânătă</b>           | <b>Patlıcan</b>     | <b>Baklağan</b>  | <b>Melanzana</b>     | <b>Патладжан</b>   |

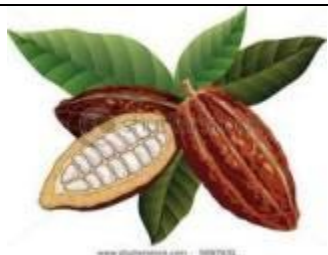
|                                                                                     |                 |                        |                            |                     |                         |                     |
|-------------------------------------------------------------------------------------|-----------------|------------------------|----------------------------|---------------------|-------------------------|---------------------|
|    | <b>Avocado</b>  | <b>Avocado</b>         | <b>Avokado</b>             | <b>Awokado</b>      | <b>Avocado</b>          | <b>Авокадо</b>      |
| <b>B</b>                                                                            |                 |                        |                            |                     |                         |                     |
|    | <b>Banana</b>   | <b>Banană</b>          | <b>Muz</b>                 | <b>Banan</b>        | <b>Banana</b>           | <b>Банан</b>        |
|  | <b>Barley</b>   | <b>Orz</b>             | <b>Arpa</b>                | <b>Jęczmień</b>     | <b>orzo</b>             | <b>Ечемик</b>       |
|  | <b>Basil</b>    | <b>Busuioc</b>         | <b>Fesleğen</b>            | <b>Bazyliia</b>     | <b>Basilica</b>         | <b>Босилек</b>      |
|  | <b>Bay leaf</b> | <b>Frunză de dafin</b> | <b>Defne ağacı yağrağı</b> | <b>Liść laurowy</b> | <b>foglia di alloro</b> | <b>дафинов лист</b> |

|                                                                                     |                     |                     |                       |                         |                           |                       |
|-------------------------------------------------------------------------------------|---------------------|---------------------|-----------------------|-------------------------|---------------------------|-----------------------|
|    | <b>Beans</b>        | <b>Fasole</b>       | <b>Fasulye</b>        | <b>Fasola</b>           | <b>Fagioli</b>            | <b>Боб</b>            |
|    | <b>Beef</b>         | <b>Vita</b>         | <b>Sığır</b>          | <b>Wołowina</b>         | <b>Carne di bue</b>       | <b>говеждо</b>        |
|    | <b>Beetroot</b>     | <b>Sfeclă rosie</b> | <b>Pancar</b>         | <b>Burak ćwikłowy</b>   | <b>Barbabietola rossa</b> | <b>червено цвекло</b> |
|  | <b>Blackberry</b>   | <b>Mură</b>         | <b>Böğürtlen</b>      | <b>Jeżyna</b>           | <b>Mora</b>               | <b>Къпина</b>         |
|  | <b>Blackcurrant</b> | <b>Coacăz negru</b> | <b>Siyah kuşüzümü</b> | <b>Czarna porzeczka</b> | <b>ribes nero</b>         | <b>черен касис</b>    |
|  | <b>Black tea</b>    | <b>Ceai negru</b>   | <b>Siyah çay</b>      | <b>Czarna herbata</b>   | <b>Tè nero</b>            | <b>черен чай</b>      |
|  | <b>Blueberry</b>    | <b>Afină</b>        | <b>Yaban mersini</b>  | <b>Jagoda</b>           | <b>Mirtillo</b>           | <b>Боровинки</b>      |

|                                                                                     |                 |                    |                  |           |                       |                 |
|-------------------------------------------------------------------------------------|-----------------|--------------------|------------------|-----------|-----------------------|-----------------|
|    | Broccoli        | Brocoli            | Brokoli          | Brokuły   | Broccoletti           | Броколи         |
|    | Brussels sprout | Varză de Bruxelles | Brüksel lahanası | Brukselka | cavolini di Bruxelles | брюкселско зеле |
|    | Butter          | Unt                | Tereyağı         | Masło     | Burro                 | Масло           |
| C                                                                                   |                 |                    |                  |           |                       |                 |
|  | Cabbage         | Varză              | Lahana           | Kapusta   | cavolo cappuccino     | Зеле            |
|  | Camomile        | Muşetel            | Papatya          | Rumianek  | Camomilla             | Лайка           |

|                                                                                     |                    |                   |                     |                 |                   |                       |
|-------------------------------------------------------------------------------------|--------------------|-------------------|---------------------|-----------------|-------------------|-----------------------|
|    | <b>Caraway</b>     | <b>Chimen</b>     | <b>Kimyon</b>       | <b>Kminek</b>   | <b>Cumino</b>     | <b>Кимион</b>         |
|    | <b>Carp</b>        | <b>Crap</b>       | <b>Sazan</b>        | <b>Karp</b>     | <b>Carpa</b>      | <b>Шаран</b>          |
|    | <b>Cauliflower</b> | <b>Conopidă</b>   | <b>Karnabahar</b>   | <b>Kalafior</b> | <b>Cavolfiore</b> | <b>Карфиол</b>        |
|   | <b>Carrot</b>      | <b>Morcov</b>     | <b>Havuç</b>        | <b>Marchew</b>  | <b>Carota</b>     | <b>Морков</b>         |
|  | <b>Celandine</b>   | <b>Rostopască</b> | <b>Kırlangıçout</b> | <b>Glistnik</b> | <b>Celidonia</b>  | <b>жълтурче</b>       |
|  | <b>Celery</b>      | <b>Țelină</b>     | <b>Kereviz</b>      | <b>Seler</b>    | <b>Sedano</b>     | <b>целина, кервиз</b> |

|                                                                                     |          |             |              |           |           |                     |
|-------------------------------------------------------------------------------------|----------|-------------|--------------|-----------|-----------|---------------------|
|    | Chard    | Sfeclă      | Pazı         | Botwina   | Bietola   | Цвекло              |
|    | Chesse   | Brânză      | Peynir       | żółty ser | Formaggio | сирене,<br>кашкавал |
|   | Cherry   | Cireaşă     | Kiraz        | Wiśnia    | Ciliegia  | Череша              |
|  | Chicken  | Pui         | <u>Piliç</u> | Kurczak   | Gallina   | Пиле                |
|  | Chicory  | cicoare     | Hindiba      | Cykoria   | Cicoria   | Цикория             |
|  | Cinnamon | scorţişoară | Tarçın       | Cynamon   | Canella   | Канела              |

|                                                                                     |            |                   |                     |                          |                   |              |
|-------------------------------------------------------------------------------------|------------|-------------------|---------------------|--------------------------|-------------------|--------------|
|    | Clementine | Clementin<br>ă    | Mandalina           | Klementynka              | Clementina        | Мандарина    |
|    | Cocoa      | Cacao             | Kakao               | Kakao                    | Cacao             | Какао        |
|   | Coconut    | Nucă de<br>cocos  | Hindistan<br>cevizi | Kokos                    | Cocco             | кокосов орех |
|  | Coffee     | Cafea             | Kahve               | Kawa                     | Caffè             | Кафе         |
|  | Confits    | Fructe<br>confiat | Şeker               | owoce<br>kandyzowan<br>e | Frutta<br>candita | Конфитюр     |
|  | Corn       | Porumb            | Mısır               | Kukurydza                | Granturco         | Царевица     |

|                                                                                     |                  |                   |                  |                 |                  |                         |
|-------------------------------------------------------------------------------------|------------------|-------------------|------------------|-----------------|------------------|-------------------------|
|    | <b>Courgette</b> | <b>Dovleceľ</b>   | <b>Kabak</b>     | <b>Cukinia</b>  | <b>Zucchini</b>  | <b>Тиквичка</b>         |
|    | <b>Cranberry</b> | <b>Merişor</b>    | <b>Kızılcık</b>  | <b>Żurawina</b> | <b>Mirtillo</b>  | <b>чрвена боровинка</b> |
|    | <b>Cream</b>     | <b>Smântână</b>   | <b>Krema</b>     | <b>Śmietana</b> | <b>Panna</b>     | <b>Сметана</b>          |
|  | <b>Cress</b>     | <b>Lobodă</b>     | <b>Tere</b>      | <b>Rzeżucha</b> | <b>Crescione</b> | <b>Лобода</b>           |
|  | <b>Cucumber</b>  | <b>Castravete</b> | <b>Salatalık</b> | <b>Ogórek</b>   | <b>Cetriolo</b>  | <b>Краставица</b>       |
| <b>D</b>                                                                            |                  |                   |                  |                 |                  |                         |

|                                                                                     |                  |                  |                 |                 |                                |                                 |
|-------------------------------------------------------------------------------------|------------------|------------------|-----------------|-----------------|--------------------------------|---------------------------------|
|    | <b>Dill</b>      | <b>Mărar</b>     | <b>Dere otu</b> | <b>Koperek</b>  | <b>Finocchio<br/>Selvatico</b> | <b>Копър</b>                    |
| <b>E</b>                                                                            |                  |                  |                 |                 |                                |                                 |
|   | <b>Echinacea</b> | <b>Echinacea</b> | <b>Ekinezya</b> | <b>Jeżówka</b>  | <b>Echinacea</b>               | <b>Ехинацея</b>                 |
|  | <b>Egg</b>       | <b>Ou</b>        | <b>Yumurta</b>  | <b>Jajko</b>    | <b>Uovo</b>                    | <b>Яйце</b>                     |
|  | <b>Eggplant</b>  | <b>Vânătă</b>    | <b>Patlıcan</b> | <b>Baklažan</b> | <b>Melanzana</b>               | <b>Патладжан,<br/>син домат</b> |
| <b>F</b>                                                                            |                  |                  |                 |                 |                                |                                 |

|                                                                                     |                    |                                   |                       |                        |                  |                       |
|-------------------------------------------------------------------------------------|--------------------|-----------------------------------|-----------------------|------------------------|------------------|-----------------------|
|    | <b>Fennel</b>      | <b>Chimen dulce, anason dulce</b> | <b>Bezene</b>         | <b>Koper włoski</b>    | <b>Finocchio</b> | <b>Копър</b>          |
|    | <b>Fig</b>         | <b>Smochină</b>                   | <b>Incir</b>          | <b>Figa</b>            | <b>Fico</b>      | <b>Смокиня</b>        |
|    | <b>Fruit salad</b> | <b>Salată de fructe</b>           | <b>Meyve salatası</b> | <b>Salatka owocowa</b> | <b>Macedonia</b> | <b>плодова салата</b> |
| <b>G</b>                                                                            |                    |                                   |                       |                        |                  |                       |
|  | <b>Garlic</b>      | <b>Usturoi</b>                    | <b>Sarmisak</b>       | <b>Czosnek</b>         | <b>Aglio</b>     | <b>Чесън</b>          |

|                                                                                     |                        |                         |                          |                               |                  |                               |
|-------------------------------------------------------------------------------------|------------------------|-------------------------|--------------------------|-------------------------------|------------------|-------------------------------|
|    | <b>Ginger</b>          | <b>Ghimbir</b>          | <b>Zencefil</b>          | <b>Imbir</b>                  | <b>Zenzero</b>   | <b>джинджифи<br/>л, исиот</b> |
|    | <b>Gooseberry</b>      | <b>Agrişă</b>           | <b>Bektaş<br/>üzümü</b>  | <b>Agrest</b>                 | <b>Uva spina</b> | <b>Цариградско<br/>Грозде</b> |
|    | <b>Grape</b>           | <b>Strugure</b>         | <b>Üzüm</b>              | <b>Winogrono</b>              | <b>Uva</b>       | <b>Грозде</b>                 |
|  | <b>Grapefruit</b>      | <b>Grapefruit</b>       | <b>Greyfurt</b>          | <b>Grejfrut</b>               | <b>Pompelmo</b>  | <b>Грейпфрут</b>              |
|  | <b>Green<br/>beans</b> | <b>Fasole<br/>verde</b> | <b>Yeşil<br/>fasulye</b> | <b>Fasolka<br/>szparagowa</b> | <b>Fagiolini</b> | <b>зелен боб</b>              |

|                                                                                     |                  |                   |                      |                        |                 |                  |
|-------------------------------------------------------------------------------------|------------------|-------------------|----------------------|------------------------|-----------------|------------------|
|    | <b>Green tea</b> | <b>Ceai verde</b> | <b>Yeşil çay</b>     | <b>Zielona herbata</b> | <b>Tè verde</b> | <b>зелен чай</b> |
|    | <b>Guava</b>     | <b>Guava</b>      | <b>Guava meyvesi</b> | <b>Guajawa</b>         | <b>Guava</b>    | <b>Гуава</b>     |
| <b>H</b>                                                                            |                  |                   |                      |                        |                 |                  |
|  | <b>Hazelnut</b>  | <b>Alună</b>      | <b>Fındık</b>        | <b>Orzech laskowy</b>  | <b>Nocciola</b> | <b>Лешник</b>    |
| <b>I</b>                                                                            |                  |                   |                      |                        |                 |                  |

|                                                                                     |                    |                   |                   |                    |                    |                       |
|-------------------------------------------------------------------------------------|--------------------|-------------------|-------------------|--------------------|--------------------|-----------------------|
|    | Iceberg<br>lettuce | Salata<br>iceberg | Buzdağı<br>marulu | Salata<br>lodowa   | Lattuga<br>Iceberg | салата<br>айсберг     |
|    | Ice-cream          | Înghețată         | Dondurma          | Lody               | Gelato             | Сладолед              |
|   | Icetea             | Icetea            | Buzlu çay         | Mrożona<br>herbata | Tè freddo          | студен чай            |
| <b>J</b>                                                                            |                    |                   |                   |                    |                    |                       |
|  | Jam                | Gem               | Reçel             | Džem               | Marmellata         | сладко/от<br>плодове/ |

|                                                                                     |              |              |            |                  |                 |        |
|-------------------------------------------------------------------------------------|--------------|--------------|------------|------------------|-----------------|--------|
|    | Jasmine      | lasomie      | Yasemin    | Jaśmin           | Gelsomino       | Жасмин |
|    | Juice        | Suc          | Meyve suyu | Sok              | succo di frutta | Сок    |
| <p style="text-align: center;"><b>K</b></p>                                         |              |              |            |                  |                 |        |
|  | Kidney beans | Fasole boabe | Barbunya   | Czerwona fasolka | Fagiolo bianco  | Фасул  |
|  | Kiwi         | Kiwi         | Kivi       | Kiwi             | Kiwi            | Киви   |

# L



**Leek**

**Praz**

**Pirasa**

**Por**

**Porro**

**Праз**



**Lemon**

**Lămâie**

**Limon**

**Cytryna**

**Limone**

**Лимон**



**Letuce**

**Lăptucă**

**Marul**

**Salata**

**Lattuga**

**зелена  
салата  
маруля**



**Lime**

**Lămâie  
verde; tei**

**Misket  
limonu**

**Limonka**

**Lime**

**Лайм**

# M

|                                                                                     |                            |                  |                             |                               |                           |                            |
|-------------------------------------------------------------------------------------|----------------------------|------------------|-----------------------------|-------------------------------|---------------------------|----------------------------|
|                                                                                     |                            |                  |                             |                               |                           |                            |
|    | <b>Maize</b>               | <b>Porumb</b>    | <b>Mısır</b>                | <b>Kukurydza</b>              | <b>Mais</b>               | <b>млечна<br/>царевица</b> |
|    | <b>Maize mush</b>          | <b>Mămăligă</b>  | <b>Mısır unu<br/>lapası</b> | <b>Papka<br/>Kukurydziana</b> | <b>Polenta</b>            | <b>Качамак</b>             |
|    | <b>Mandarin</b>            | <b>Mandarină</b> | <b>Mandarin</b>             | <b>Mandarynka</b>             | <b>Mandarino</b>          | <b>Мандарина</b>           |
|   | <b>Mango</b>               | <b>Mango</b>     | <b>Mango</b>                | <b>Mango</b>                  | <b>Mango</b>              | <b>Манго</b>               |
|  | <b>Mashed<br/>potatoes</b> | <b>Piure</b>     | <b>Patates<br/>püresi</b>   | <b>Tłuczone<br/>ziemniaki</b> | <b>Purè di<br/>patate</b> | <b>картофено<br/>пюре</b>  |

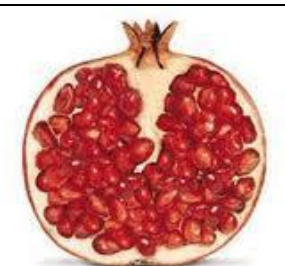
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|-------------------------------------------------------------------------------------|----------|---------------|--------|------------------------|---------|-------|
|    | Melon    | Pepene galben | Kavun  | Melon                  | Melone  | Пъпеш |
|    | Milk     | Lapte         | Süt    | Mleko                  | Latte   | Мляко |
|    | Morello  | Vișină        | Vişne  | Wiśnia                 | Marasca | Вишна |
|  | Mushroom | Ciuperca      | Mantar | Pieczarka              | Fungo   | Гъби  |
|  | Mustard  | Muștar        | Hardal | Gorczyca/<br>Musztarda | Senape  | Синап |
| N                                                                                   |          |               |        |                        |         |       |

|                                                                                     |           |           |          |                           |                 |                                 |
|-------------------------------------------------------------------------------------|-----------|-----------|----------|---------------------------|-----------------|---------------------------------|
|    | Nectarine | Nectarină | Nectarin | Nektarynka                | Nocepesca       | Праскова<br>гладка<br>нектарина |
|    | Nutmeg    | Nucșoară  | Muskat   | Gałka<br>Muszkatołow<br>a | Noce<br>moscata | Индийско<br>орехче              |
| 0                                                                                   |           |           |          |                           |                 |                                 |
|   | Oats      | Ovăz      | Yulaf    | Owies                     | Avena           | Овес                            |
|  | Omlette   | Omletă    | Omlet    | Omlet                     | Frittata        | Омлет                           |
|  | Onion     | Ceapă     | Soğan    | Cebula                    | Cipolla         | Лук                             |

|                                                                                     |                  |                        |                    |                       |                     |                 |
|-------------------------------------------------------------------------------------|------------------|------------------------|--------------------|-----------------------|---------------------|-----------------|
|    | <b>Olive</b>     | <b>Măslină</b>         | <b>Zeytin</b>      | <b>Oliwka</b>         | <b>Oliva</b>        | <b>Маслина</b>  |
|    | <b>Olive oil</b> | <b>Ulei de măsline</b> | <b>Zeytin yağı</b> | <b>oliwa z oliwek</b> | <b>Olio d'oliva</b> | <b>Зехтин</b>   |
|   | <b>Orange</b>    | <b>Portocală</b>       | <b>Portakal</b>    | <b>Pomarańcza</b>     | <b>Arancia</b>      | <b>Портокал</b> |
|  | <b>Oysters</b>   | <b>Stridii</b>         | <b>Midye</b>       | <b>Ostrygi</b>        | <b>Ostriche</b>     | <b>Стрида</b>   |
| <b>P</b>                                                                            |                  |                        |                    |                       |                     |                 |

|                                                                                     |                |                  |                     |                      |                   |                 |
|-------------------------------------------------------------------------------------|----------------|------------------|---------------------|----------------------|-------------------|-----------------|
|    | <b>Papaya</b>  | <b>Papaya</b>    | <b>Papaya</b>       | <b>Papaja</b>        | <b>Papaya</b>     | <b>Папая</b>    |
|    | <b>Parsley</b> | <b>Pătrunjel</b> | <b>Maynanoz</b>     | <b>Pietruszka</b>    | <b>Prezzemolo</b> | <b>Магданоз</b> |
|   | <b>Parsnip</b> | <b>Păstârnac</b> | <b>Yaban havucu</b> | <b>Pasternak</b>     | <b>Pastinaca</b>  | <b>Пащърнак</b> |
|  | <b>Peach</b>   | <b>Piersică</b>  | <b>Şeftali</b>      | <b>Brzoskwinia</b>   | <b>Pesca</b>      | <b>Праскова</b> |
|  | <b>Peanut</b>  | <b>Arahidă</b>   | <b>Fıstık</b>       | <b>Orzech ziemny</b> | <b>Arachide</b>   | <b>Фъстък</b>   |

|                                                                                     |                   |                         |                |                |                 |               |
|-------------------------------------------------------------------------------------|-------------------|-------------------------|----------------|----------------|-----------------|---------------|
|    | <b>Pear</b>       | <b>Pară</b>             | <b>Armut</b>   | <b>Gruszka</b> | <b>Pera</b>     | <b>Круша</b>  |
|    | <b>Peas</b>       | <b>Mazăre</b>           | <b>Bezelye</b> | <b>Groszek</b> | <b>Piselli</b>  | <b>Грах</b>   |
|   | <b>Pepper</b>     | <b>Piper;<br/>Ardei</b> | <b>Biber</b>   | <b>Paprika</b> | <b>Peperone</b> | <b>Пепер</b>  |
|  | <b>Peppermint</b> | <b>Mentă</b>            | <b>Nane</b>    | <b>Mięta</b>   | <b>Menta</b>    | <b>Мента</b>  |
|  | <b>Pineapple</b>  | <b>Ananas</b>           | <b>Ananas</b>  | <b>Ananas</b>  | <b>Ananas</b>   | <b>Ананас</b> |

|                                                                                     |                    |                |                      |                  |                  |                   |
|-------------------------------------------------------------------------------------|--------------------|----------------|----------------------|------------------|------------------|-------------------|
|    | <b>Pistachio</b>   | <b>Fistic</b>  | <b>Antep fıstığı</b> | <b>Pistacija</b> | <b>Pistachio</b> | <b>шам фъстък</b> |
|    | <b>Plum</b>        | <b>Prună</b>   | <b>Erik</b>          | <b>Šliwka</b>    | <b>Prugna</b>    | <b>Слива</b>      |
|    | <b>Pomegranate</b> | <b>Rodie</b>   | <b>Nar</b>           | <b>Granat</b>    | <b>Melagrana</b> | <b>Нар</b>        |
|   | <b>Potato</b>      | <b>Cartof</b>  | <b>Patates</b>       | <b>Ziemniak</b>  | <b>Patata</b>    | <b>Картоф</b>     |
|  | <b>Pudding</b>     | <b>Budincă</b> | <b>Pudding</b>       | <b>Budyń</b>     | <b>Budino</b>    | <b>Пудинг</b>     |
|  | <b>Pumpkin</b>     | <b>Dovleac</b> | <b>Bal kabağı</b>    | <b>Dynia</b>     | <b>Zucca</b>     | <b>Тиква</b>      |
| <b>Q</b>                                                                            |                    |                |                      |                  |                  |                   |

|                                                                                     |        |          |                  |                                            |                 |         |
|-------------------------------------------------------------------------------------|--------|----------|------------------|--------------------------------------------|-----------------|---------|
|                                                                                     |        |          |                  |                                            |                 |         |
|    | Quince | Gutuie   | Ayva             | Pigwa                                      | Mela<br>cotogna | Дюля    |
| <b>R</b>                                                                            |        |          |                  |                                            |                 |         |
|    | Radish | Ridichie | Turp             | Rzodkiewka                                 | Ravanello       | Репички |
|  | Ragout | Ostropel | Sebzeli<br>yahni | Potrawka z<br>mięsa i<br>jarzyn/<br>Ragout | Ragù            | Рары    |
|  | Raisin | Stafidă  | Kuru<br>üzüm     | Rodzynki                                   | Uva passa       | Стафиди |

|                                                                                     |            |                  |                   |                    |             |                |
|-------------------------------------------------------------------------------------|------------|------------------|-------------------|--------------------|-------------|----------------|
|    | Raspberry  | Zmeură           | Ahududu           | Malina             | Lampone     | Малина         |
|    | Redcurrant | Cocăz roșu       | Kırmızı kuş üzümü | Czerwona porzeczka | Ribes rosso | червен касис   |
|   | Rhubarb    | Rabarb(ur)ă      | Ravent            | Rabarbar           | Rabarbaro   | Ревен          |
|  | Rice       | Orez             | Pirinç            | Ryż                | Riso        | Ориз           |
|  | Roast beef | Friptură de vită | Biftek            | Pieczeń wołowa     | Roast beef  | печено телешко |

|                                                                                     |           |        |                 |         |                 |          |
|-------------------------------------------------------------------------------------|-----------|--------|-----------------|---------|-----------------|----------|
|    | Roseberry | Măceșă | Yaban<br>çileği | Głóg    | Biancospin<br>o | Глогинка |
|    | Rye       | Secară | Çavdar          | Żyto    | segale          | Ръж      |
| <b>S</b>                                                                            |           |        |                 |         |                 |          |
|  | Saffron   | Şofran | Safran          | Szafran | Zafferano       | Шафран   |
|  | Salad     | Salată | Salata          | Sałatka | Insalata        | Салата   |
|  | Salmon    | Somon  | Somon           | Łosoś   | Salmone         | Сьомга   |

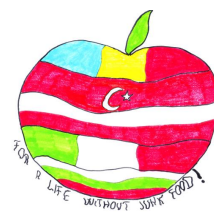
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|-------------------------------------------------------------------------------------|----------------------|----------------------|----------------------|-----------------|-------------------|---------------------------------|
|    | <b>Shallot</b>       | <b>Hasme</b>         | <b>Arpacık soğan</b> | <b>Szalotka</b> | <b>Scalogno</b>   | <b>дребен лук,<br/>арпаджик</b> |
|    | <b>Shrimp</b>        | <b>Crevete</b>       | <b>Karides</b>       | <b>Krewetka</b> | <b>Gamberetto</b> | <b>Скариди</b>                  |
|    | <b>Soup</b>          | <b>Supă / Ciorbă</b> | <b>Çorba</b>         | <b>Zupa</b>     | <b>Zuppa</b>      | <b>Супа</b>                     |
|   | <b>Spinach</b>       | <b>Spanac</b>        | <b>Ispanak</b>       | <b>Szpinak</b>  | <b>Spinaci</b>    | <b>Спанак</b>                   |
|  | <b>Spring onions</b> | <b>Ceapă verde</b>   | <b>Taze soğan</b>    | <b>Dymka</b>    | <b>Cipollina</b>  | <b>зелен лук</b>                |
|  | <b>Squash</b>        | <b>Tărtăcuță</b>     | <b>Kabak</b>         | <b>Kabaczek</b> | <b>Zucca</b>      | <b>вид<br/>тиквичка</b>         |

|                                                                                     |                     |                         |                     |                                  |                         |                             |
|-------------------------------------------------------------------------------------|---------------------|-------------------------|---------------------|----------------------------------|-------------------------|-----------------------------|
|    | <b>Stew</b>         | <b>Tocană de legume</b> | <b>Güveç</b>        | <b>Mięso duszone z jarzynami</b> | <b>Spezzatino</b>       | <b>варено ,задушено</b>     |
|    | <b>Sweet corn</b>   | <b>porumb dulce</b>     | <b>Tatlı mısır</b>  | <b>Kukurydza</b>                 | <b>Mais dolce</b>       | <b>сладка царевица</b>      |
|    | <b>Sweet potato</b> | <b>Cartof dulce</b>     | <b>Taze patates</b> | <b>Potaty</b>                    | <b>Patata americana</b> | <b>сладък картоф, патат</b> |
| <b>T</b>                                                                            |                     |                         |                     |                                  |                         |                             |
|  | <b>Tabasco</b>      | <b>Boia de ardei</b>    | <b>Biber sosu</b>   | <b>tabasko</b>                   | <b>Tabasco</b>          | <b>Лют пепер</b>            |
|  | <b>Thyme</b>        | <b>Cimbru</b>           | <b>Kekik</b>        | <b>Tymianek</b>                  | <b>Timo</b>             | <b>Мащерка</b>              |

|                                                                                     |        |           |             |            |          |                |
|-------------------------------------------------------------------------------------|--------|-----------|-------------|------------|----------|----------------|
|    | Tomato | Roşie     | Domates     | Pomidor    | Pomodoro | Домат          |
|    | Trout  | Păstrăv   | Alabalık    | Pstrąg     | Trota    | Пъстърва       |
|    | Turkey | Curcan    | Hindi       | Indyk      | Tacchino | Турция         |
|   | Turnip | Nap       | Şalgam      | Rzeka      | Rapa     | Ряпа           |
|  | Tutsan | Sunătoare | Koyun kiran | Dziurawiec | Ruta     | жълт кантарион |
| Y                                                                                   |        |           |             |            |          |                |

|                                                                                     |            |                      |                  |                       |          |                 |
|-------------------------------------------------------------------------------------|------------|----------------------|------------------|-----------------------|----------|-----------------|
|    | Yarrow     | Coadă<br>șoricelului | Civan<br>perçemi | Krwawnik<br>Pospolity | Achillea | бял равнец      |
|    | Yeast      | Drojdie              | Maya             | Drożdże               | Lievito  | пая, квас       |
|    | Yoghurt    | Iaurt                | Yoğurt           | Jogurt                | Yogurt   | кисело<br>мляко |
| W                                                                                   |            |                      |                  |                       |          |                 |
|  | Watermelon | Pepene<br>roșu       | Karpuz           | Arbuz                 | Anguria  | Диня            |

|                                                                                    |                 |                 |              |                |                 |                 |
|------------------------------------------------------------------------------------|-----------------|-----------------|--------------|----------------|-----------------|-----------------|
|   | <b>Wormwood</b> | <b>Pelin</b>    | <b>Helin</b> | <b>Piołun</b>  | <b>Assenzio</b> | <b>Пелин</b>    |
| <b>Z</b>                                                                           |                 |                 |              |                |                 |                 |
|  | <b>Zucchini</b> | <b>Dovlecel</b> | <b>Kabak</b> | <b>Cukinia</b> | <b>Zucchini</b> | <b>Тиквичка</b> |



## RECIPES

The Romanian students recommend you some recipes for a healthy lifestyle:

### Fruit salad

#### Ingredients:

- 6 peaches, peeled, pitted, and chopped
- 1 pound strawberries, rinsed, hulled, and sliced
- 1/2 pound seedless green grapes
- 1/2 pound seedless red grapes
- 3 bananas, peeled and sliced
- 1/2 cup granulated sugar, or less, to taste
- .
- Dressing:
- juice of one lime
- 1/2 cup pineapple juice
- 1 teaspoon ground ginger



#### Preparation:

Combine chopped and sliced fruits in a large serving bowl; toss gently. Sprinkle with sugar. Whisk together remaining ingredients in a small bowl or 1 cup measure. Pour dressing mixture over fruit and toss gently to combine. Cover and chill the fruit salad thoroughly before serving.

This fruit salad recipe makes enough to serve about 10 to 12 people.

### Tiramisu cake

#### For the coffee dip:

- \* 1 -1/2 cups (360 cc) espresso coffee
- \* 2 teaspoons sugar

#### For the zabaglione filling:

- \* 4 egg yolks
- \* 1/2 cup (100 g) sugar
- \* 1/2 cup (120 cc) wine (if unavailable, substitute with another sweet wine)



- \* 1 lb (450 g) mascarpone cheese at room temperature
- \* 1-1/2 cup (360 cc) heavy whipping cream

### **Preparing the coffee dip**

Prepare a strong espresso coffee, about 1½ cups (360 cc).

Dissolve 2 teaspoons of sugar in the coffee when the coffee is still hot. Let the coffee cool to room temperature.

### **Preparing the zabaglione filling**

Beat the egg yolks in a heat proof bowl or in the bowl of a double boiler until they become fluffy. Beat in the sugar and the wine.

Transfer the bowl over a pan of simmering water, and whisk until the cream thickens. The zabaglione will thicken just before it boils, when small bubbles appear.

Mash the mascarpone cheese in a bowl with a rubber spatula until creamy.

Add the zabaglione into the mascarpone cheese and beat to mix very well.

Whip the cream. Fold the whipped cream into the zabaglione cheese cream until smooth.

### **Assembling the cake**

Lightly soak the ladyfingers in the coffee, one at a time. Place them in one layer in a container about 12 x 8 inches, approximately 2 inches deep (or a 30 x 20 cm container, approximately 4 cm deep).

Evenly distribute half of the zabaglione cream over the ladyfingers.

Repeat the step with a second layer of ladyfingers and top with the rest of the cream.

Sprinkle with the cocoa powder and refrigerate for about 3 – 4 hours.

## **Vegetable salad**

### **Ingredients**

- 1/2 cup balsamic vinaigrette salad dressing
- 1/4 teaspoon seasoned pepper
- 1/4 teaspoon dried cilantro
- 1/8 teaspoon ground cayenne pepper
- 1/4 teaspoon ground cumin
- 2 (15 ounce) cans black beans, rinsed and drained
- 2 (15 ounce) cans whole kernel corn, drained
- 1/2 cup chopped onion
- 1/2 cup chopped green onions



- 1/2 cup red bell pepper, chopped

## **Directions**

1. In a small bowl, mix together vinaigrette, seasoned pepper, cilantro, cayenne pepper, and cumin. Set dressing aside.
2. In a large bowl, stir together beans, corn, onion, green onions, and red bell pepper. Toss with dressing. Cover, and refrigerate overnight. Toss again before serving.

## **Apple Pie**

### **Ingredients:**

- flour 100 gr. of flour
- sugar
- margarine 60 gr. of margarine
- Three apples
- Cinnamon

### **Preparation:**



Mix in a bowl the flour, the margarine and the sugar (half of a tablespoon). Add the cleaned and sliced apples on the bottom of a tray, sprinkle it with sugar (a tablespoon), cinnamon and then pour the dough. The composition is placed in the oven which is heated at 225 degrees C until the apples soften and the composition gets a light brown colour.

## Honey rice

### Ingredients:

- 250 g of rice
- 70g of honey
- 80g of almonds/nuts.

### Preparation:



The rice is placed in cold water for about two hours, then it is cleaned and drained and it is put in a pot filled with cold and salted water so as to boil. After the rice has softened, it is again drained and then it is placed in a already heated pan. The honey which has been mixed with a little amount of water is added together with the almonds or the nuts.

## Pancakes

### Ingredients:

2 eggs  
1 cup of flour  
1-1 / 2 cups milk and / or mineral water  
1 packet of vanilla sugar  
a pinch of salt  
25 ml of oil

### Preparation



Mix with electric mixer in a bowl the flour and the eggs. Gradually add the milk and the mineral water, stirring constantly. Add a pinch of salt and stir it so as to get consistency of thin cream.

Heat a skillet (if you recommend a teflon pan) and grease it with oil. Pour the mixture into the pan, moving it circularly, so that you cover the whole pan and to get it thin and uniform.

Fry each pancake about 2 minutes on each side. Serve hot or cold, if you prefer. According to your taste, you may serve it hot or cold.

Here are some suggestions:

- cream, chocolate and vanilla ice cream,
- banana and chocolate cream
- jam or honey
- honey and nuts
- cottage cheese with raisins, etc.

## Fruit salad

### Ingredients:

- One melon
- A peach
- 4-5 sweet plums
- Red and white grapes
- Whipped cream
- Chocolate
- Vannila sugar
- Brandy or rum



### Preparation:

The melon is cleaned of its seeds so as to use it as a cup; the other fruit are sliced and put into the cup; then the vanilla sugar is sprinkled on the fruit and then they are besprinkled with brandy or rum. The salad is covered with whipped cream and small pieces of chocolate and is put in a cold place before it is eaten.

## Delicious and healthy soft drink

### Ingredients (for 8 gallons of juice):

- 8 elder flowers
- 8 liters of water
- a handful of raisins
- 2- 3 lemons (juice plus the peel)
- some rose petals
- 2-3 mint leaves (optional)
- 8 tablespoons of honey.

### Preparation:

Mix all ingredients in a large glass jar. Let it soak for 3 – 5 days so as to slightly ferment . Stir it once a day with a wooden spoon. It's ready when it becomes slightly acidic. Filter it and place it in bottles. It is a very tasty drink with detoxifying effect!



## **AUTHORS:**

- ROMANIA - “ANTONIE VODA” POPESTI PRIMARY SCHOOL:

TEACHERS: Popescu Stela  
Popescu Ana Maria  
Morărescu Eliza  
Radu Raluca

STUDENTS: Bănica Cătălina (5th grade)  
Costache Flavia  
Costache Adriana (6th grade)  
Dumitru Denise Andreea  
Iacob Andreea  
Năstase Veronica  
Soare Raluca  
Vlad Otniel  
Răducanu Ana Maria (7th grade)

- BULGARIA - I Osnovno uchilishte:

TEACHERS: Dimitrinka Todorova  
Traiana Dobрева

STUDENTS: Simona Dragomirova Pavlova (7a);  
Ana-Maria Nikolaeva Miteva (7A) ;  
Nadejda Toshkova Minkova (7a)  
Jana Miroslavova Stoeva (7b)  
Donika Julianova Jordanova (7b)

- TURKEY - Gaziahmet Ilkogretim Okulu:

TEACHERS: Seval Sezer  
Bilgin Şeşen

STUDENTS: Beyzanur Eker 8/A  
Semanur Özsoy 8/A  
Melike Korkmaz 8/B  
Melike Balcı 8/A  
Onur Yılmaz 7/B  
Murat Ergüden 7/B  
Muzaffer Çekcen 8/B  
Edanur Kaya 7/A

- **ITALY:** Istituto Comprensivo Statale "Padre Pino Puglisi"

TEACHERS: Isabella gonzales

students: Aliotta Mattea (2C class)

Bonaccorso Maria Pia  
 Cascino Giovanni  
 Chiazzese Rossana  
 D'Amico Armando  
 D'Aleo Luciano  
 Di Maria Roberta  
 Di Martino Christian  
 Lo Iacono Salvatore  
 Mazzola Fabio  
 Mulone Marco  
 Testa Ilenia  
 Villano Jessica

- **Poland:** Primary School No 314 in Warsaw

Teachers: Joanna Barczuk  
 Grażyna Sobczak

students :Julia Perlińska  
 Klaudia Szpręga  
 Karolina Gładysz  
 Michał Wołczuk  
 Marcin Rabiak  
 Łukasz Wójcik  
 Paweł Bębas  
 Piotr Kempisty  
 Robert Laskowski  
 Maciej Kierszka

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