

COMENIUS – MEETING SETE

“You are what you eat ”

Du 18 au 21 mars 2014

Tuesday 18th March was devoted to the visit of the market of Sète « les Halles ». The aim of this visit was the discovery of a few regional products.

Different groups of each country were made up and a questionnaire given to each team in order to be filled in during the visit. It consisted in giving the origin of the products, their history, their main ingredients, if they were eaten hot or cold. These regional products were:

- « the tielle »
- « The oysters »
- « the mussels »
- « sea snails »
- « The tapenade » (made of olives)
- « The pelardon » (goat cheese)

Tasting these regional products allowed everybody (students and teachers) to get to know them.

This meeting in the middle of the market attracted a lot of people of italian origin from Sète. Young and old people mixed and exchanged cheerfully.

In the afternoon, we visited a shellfish farm « Causse », a winery « Beauvignac » and a biscuit factory in Balaruc.

In the winery and the biscuit factory we were invited to taste their products and our visitors were delighted and could buy and bring back some souvenirs.

It was an interesting and enriching day for our visitors who will have to analyse the components of the regional products with the nutritionist.

On Wednesday the 19th, students and teachers were welcomed at 9 a.m. in the school. The five groups, previously formed the day before, were invited by the French students to discover their maritime high school.

Five activities were planned:

- Each group participated to the mending workshop and learnt how to do some marine knots.
- As authentic seamen, they were trained to escape aboard launched rescue crafts.
- Others tried to find the numerous breakdowns with the engine simulator.
- Finally, they visited the marine farm with its rearing tanks to breed sea bass or oyster spat.
- All morning long, in the kitchen workshop, a specific group of teachers and students, wearing designed aprons, cooked as various as delicious recipes from their home country:
Fish & chips, “foie gras”, some other French starters like mussels cooked with vegetables, Austrian cheese and sausages were firstly served while attending the gift presentation.
Each delegation was offered a small-sized specific local shield called “pavois”(used in marine joust) made by Mr Delorme, author of the French marine logo “you are what you eat”, warmly congratulated for the whole.

Lunchtime gave everyone the pleasure of tasting starters such as grated oysters (from Sète), main courses such as “Caponata” (a vegetable speciality from Italy), spaghetti sauce “Pasta a la Norma” and stuffed mussels (from Sète). Apfelstrudel (from Austria), cinnamon jelly (from Italy), “Cannelés” and “Macarons” ended very nicely that exceptional meal!

The afternoon began with the Italian gifts to the headmaster. At long last, the school was left in a joyful mood with the bus driving everyone to the beach and town centre for a few hours!

Thursday 20th March the work in group started at 9h00 at the Lazaret – Mrs Mélanie, nutritionist explained what we had to do.

Every group made of students from different nationalities had to analyze the regional food tasted on Tuesday at the market:

Tielles (octopus pie), sea snails, tapenade (olive paste), Pélardon (goat cheese), Navette (biscuits)

As well as the meals cooked by every delegation:

Fish'n chips, tielles, stuffed mussels, oyster, pasta a la Norma, Austrian pastries and apple Strudel

Every ingredient of every speciality was filed by type of food then analyzed by inserting every ingredient in a board given to us by the nutritionist.

It was then possible to see if the menu was well balanced or not, and which of the food contained the most calories.

Two journalists from the Midi Libre (local newspaper) came to write an article on the Comenius project, they took photos, which were on the newspaper on Sunday 23rd March.

Programme of the afternoon:

- Lunch at the Lazaret.
- Visit of the historical centre of Montpellier
- Free afternoon in Montpellier.
- Picnic
- Laser game for students in the evening
- Evaluation of meeting and preparation of the meeting in Austria.