



K.E.T.ON

Kilcolgan Educate Together
monthly newspaper



October 2010

Issue 1: Breakfasts Around the World



It helps you to not be very hungry in the day. They eat beans and toast.

From Italy to India,
Canada to Korea,
recipes to make your
mouth water!

2

Why we love *the full Irish* ... Asians go for savoury & Russians fuel up on *Kasha*

5

For our Breakfast Fundraiser, we've researched the morning menus across the globe – Enjoy!

Zavtrak

ah-ch'im

S'niadanie

Kahvaltž

Petit déjeuner

desayuno

Asagohan 早餐

frukost



Follow the Fry to

6



Junior Infants

Report by Rory, 4th Class

Supping in the Sukkah Jewish-style – Es gezunterheyt!

Says Rory, “It was my job to find out what Junior Infants did for our Breakfast fund-raiser. With their teacher, Fionnuala, they discussed what people in France eat for Breakfast. John in 4th Class choose the same country because his mother lived in France at one stage. Lucky John – he had first hand information! Read his account below.”

French people love to eat croissants, especially chocolate croissants. To drink, they love all types of coffee. Little espressos are their favourite. That’s a strong shot of black coffee in a tiny cup. They eat cold meats like ham or sausage with cheese and a glass of fresh juice. Pineapple juice is popular. Hot bread roll called baguette is their preferred bread. In lots of French villages, people can buy their fruit and jams at farmers’ markets and their bread and pastries at the boulangerie from as early as six o’clock in the morning. People, young and old, drink their coffee at little coffee shops in the morning.

By John, 4th Class



Senior Infants explored the breakfasts in four countries which feature in their lives: Italy, India, South Korea and Canada. By Rory.

They searched the internet to find photos of breakfast dishes from those countries – cookies & coffee in Italy; idli, chutney & sambar in India; rice, cabbage or kimchee in South Korea and maple syrup on pancakes in Canada.

Check the photos down on the left hand column and read the account of breakfasts in India compiled by *Colm, my brother and I*. They might be too spicy for you first thing in the morning!

Senior Infants



In India there are lots of different types of breakfast. Many of them include spices. For example, masala omelettes will have spices, onions, garlic and vegetables. The Hindi breakfast, kitchiri is made with rice and lentils. The English added haddock and eggs and named it kedgerree. In the South of India pancakes made out of rice flour are stuffed with spicy vegetables and Idli (small steamed cakes made in rice and lentils). This is very popular.

In most of India, people drink very sweet tea and add lots of spices like cardammon and cloves. It's called chai. Yet in the South of India, coffee is very popular. Sometimes in the North of India, sweet foods are eaten like jalebi and halwa.

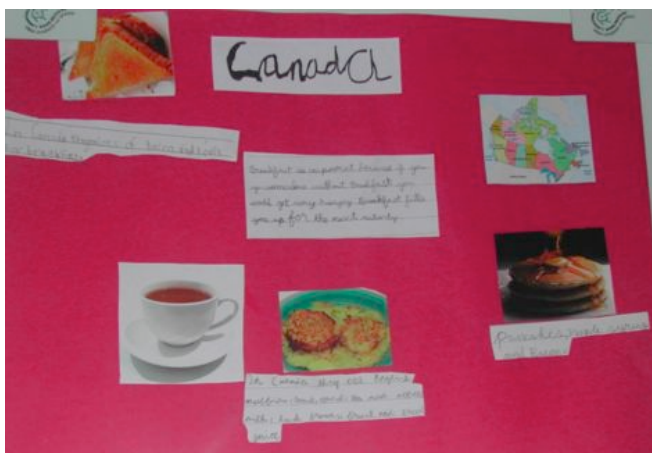
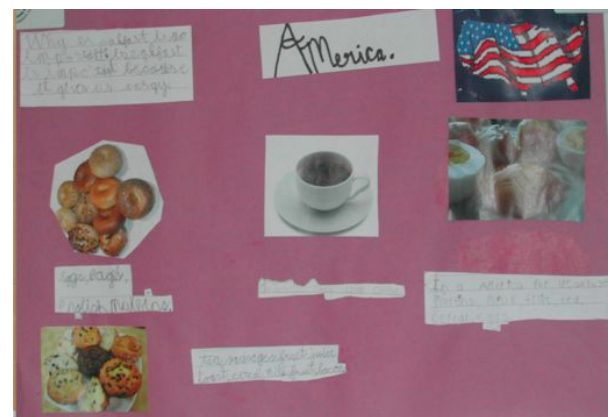


1st & 2nd Class



Sarah's Class gathered pictures and facts about breakfast habits in the UK, Canada, Australia and America.

Then they compiled their findings on wall charts which you can see below. Josh and Seán in 5th Class took photos of the wall displays and cropped them to fit our newspaper layout. They're going to teach the rest of the Senior Classes these skills in the coming months. **Watch this space!**





Editorial Team at Play – 3rd, 4th & 5th Class

Russia: Many Russians simply eat bread and coffee or tea for breakfast. However, there's a strong work ethic in Russia and many people believe that in order to work hard, one must eat well. Thus, pancakes, usually made from buckwheat, huge omelettes made from two or three eggs, sandwiches consisting of cured or salted meats are eaten in large amounts. Kasha which is a porridge, traditionally thought as peasant food, is also common. This warm cereal is typically made from buckwheat and topped with sour cream. It can also be made from any whole grain and can be cooked and topped with pretty much anything including meat, fish or berries. In Winter, Russians have fried eggs and hot chocolate, coffee or tea. **By Grace, 5th Class**

Claire in 5th and Cian in 4th checked out Spain to see how the Spanish like to start their days – coffee with lots of milk is a must!

Cian writes: In Spain, breakfast or *el desayuno* is the smallest meal of the day. It's usually café con leche. This is a large cup containing a small amount of very strong espresso coffee with a lot of very hot frothy milk. It's taken with a sweet roll or *magdalenas* which are lemon-flavoured cupcakes or sugary churros.

Claire adds: *Café con leche* is coffee with milk and drunk by most Spaniards at breakfast. Churros are also very popular too. They are long golden sticks of deep fried dough covered in sugar. Spaniards tend to eat late in the night so normally they're very hungry in the morning. Freshly squeezed orange juice is also very popular in Spain and in Ireland. Lemon-flavoured cupcakes and hot chocolate are mostly the kids' favourite breakfast. Spaniards eat small amounts for breakfast because they like to save their appetite for a big lunch.

Recipe for Churros

- 1 cup white flour
- ¼ tsp baking powder
- 1 cup water
- 1 tbsp vegetable oil
- 1/8 tsp salt
- 1 tsp granulated sugar

Method for Making Churros

1. Pour vegetable oil into frying pan
2. In a saucepan pour 1 cup of water. Add oil, salt, sugar and then stir. Bring to the boil
3. Add flour and baking powder
4. Slowly pour boiling water in to flour and mix in to a dough
5. Spoon dough in to a pastry bag
6. Squeeze into hot oil & fry til golden brown

The Full Irish ...

In Ireland we eat lots of different types of breakfasts. At the weekends, we especially like sausage, bacon, egg, black and white pudding, beans, brown bread, salty rashers, soda bread, scones, hash browns, Irish butter, tomato and mushrooms. For cereal, most Irish people eat porridge, wheetabix, Alpen, cornflakes, ready brek and museli. We usually drink orange juice, apple juice, tea, milk, water. That's the Irish breakfast for you!

By Albert, 5th Class



The British like the fry up too ... Reporters – Hannah, James and William. Full Feature from Amber & Eoin, P.7

Drawings by James: 3rd Cl.

William writes: The breakfast in England is bacon, eggs, beans or tomatoes and toast.

Hannah notes: Most people like the Queen would have Kedgerie. The most popular English breakfast consists of egg, bacon, sausage and grilled tomato. The most popular breakfast drink is tea.

Says James: In England they eat sausages, bacon, egg, beans, mushrooms and fried bread for breakfast. They also eat cereals and toast, always with a cup of English Breakfast tea. Less than 1% of the population starts every day with a cooked breakfast compared with the 1950's. Then it was more than half of the population. For modern English people, breakfast is one of the most important meals of the day.



What the British Like For Breakfast ...



Traditionally, people in the UK and Ireland have enjoyed a substantial hot meal for breakfast featuring eggs, bacon and sausages, accompanied by toast, tea or coffee. These items are sometimes eaten separately on morning rolls. In Britain this was traditionally known as an English breakfast, though there are also Scottish and Welsh variations eg: Scottish breakfasts often include haggis, black pudding and potato scones. Many other items (for example Kedgeree, grilled or fried tomatoes, black pudding or white pudding, baked beans, fried sliced bread, various types of fried potatoes and mushrooms) may also be included, depending on taste and location. Today, this dish remains popular, but is not usually served at breakfast time during the week. Many people instead reserve the full cooked breakfast for weekends, or go to a café or pub for it at the weekend. A full breakfast is also a meal available any time at many cafés or greasy spoons as they're known. It is also served at hotels, where it can be quite substantial in size and variety. The author, Somerset Maugham once quipped, "the only way to eat well in England is to have breakfast three times a day." This is sometimes quoted as the origin of the term, and indeed meal, all-day breakfast.

Another popular breakfast food in England is the kipper, a type of salted, smoked herring that is then grilled or fried, though in England at least, usually steamed. This traditional cooked breakfast has largely been replaced by simple, light foods mainly eaten cold: fruit, yogurt, packaged cereal with cold milk, and toast with a variety of spreads such as butter, jam, marmalade, lemon curd, Marmite, or peanut butter. Boiled eggs with soldiers (little fingers of white buttered sliced pan loaf) are also a popular breakfast meal in the UK. They are also mainly eaten at the weekend.

Porridge is a traditional breakfast in Scotland as well as the rest of Britain in the winter months. In most British hotels, this breakfast is included in the room rate. In Scotland, traditional dishes include porridge, potato scones and black pudding. Potato scones are descended from Ireland and consist of mashed potato mixed with flour to create a type of scone. Black pudding is made from animal meat and blood.

By Amber, 4th Class and Owen, 5th Class



食飯 (sìhk faahn) - eat



Chinese Breakfast Choices

1. Bing – pancake
2. Tang – soup
3. Gao – doughnut
4. Bao – bun
5. Zhou – porridge
6. Mian – noodles

By Aelex, 3rd Class

A typical rice porridge with dried minced pork is a popular breakfast fare in China.

Breakfasts vary greatly between different regions. In northern China, breakfast typically include huājuān, mántou (steamed breads), shāobīn (unleavened pocket-bread with sesame), bāozi (steamed buns with meat or vegetable stuffing), with dòunǎi or dòujiāng (soy milk) or tea served in Chinese style beverages. In central and eastern China, typified by Shanghai and the neighbouring Jiangsu, Zhejiang, and Anhui provinces, breakfast included some northern as well as southern dishes. These may be ci fan tuán, yóudoúfu fēnsī (a soup made by friend tofu and cellophane noodles); plain rice porridge (zhōu) served with numerous side dishes, such as salted duck eggs, pickled vegetables and century eggs; or sweetened or savoury soy milk served with shāobīng or yóutiáo. In southeastern China, such as Fujian province, breakfasts consist of rice porridge served with side dishes such as pickled vegetables and century eggs (also known as thousand-year old eggs).

Chinese steamed eggs is a common dish served throughout China. Vegetable shrimp, scallions, and tofu are commonly added and steamed with the eggs. In southern areas, eggs are usually served with rice congee, but in northern areas it is served with mantou (Chinese steamed buns).

In southern China, represented by Guangdong province, breakfasts include rice porridge prepared to a thicker consistency than those sold in Shanghai. Side dishes are not served. Congee is served with yóutiáo. Other breakfast fares include rice noodle rolls (cheong fun) (served with hoisin sauce and soy sauce without fillings), fried noodles pan fried noodles with bean sprouts, spring onions and soy sauce), fangoa (rice cakes), jiānbīng (thin crispy omelettes with fillings folded in), lúobogāo (turnip cakes) and zòngzi (another kind of rice cake wrapped in bamboo leaves). The dim sum specialities are in a different class. Dim sum is often eaten as brunch at special dim sum restaurants.

Turkish Menu

Black Tea
Red Tomatoes
Eggs
Apples
Ketchup
Fruit
A diff. mix of meat
Sauce
Toast

By Isabella in 4th

A C R O S S T I C

English Menu

Bacon
Red Tomatoes
Eggs
Allsorts
Kedgeree
Fruit
Apples
Sausages
Toast

By Hannah & Amber

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