

# SUPER PANCAKE

## The 12 Stories



MAKING THE  
SUPERPANCAKE



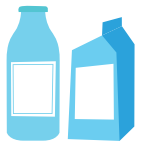
VEGETABLES



EGGS



FRUITS AND  
JAM



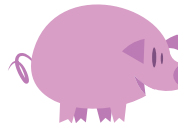
MILK



HERBS AND  
SPICES



FLOUR



MEAT



OIL AND  
BUTTER



MEAT  
AWARENESS



HONEY



EATING  
CULTURE



Lifelong  
Learning  
Programme

This project has been funded with support from the European Commission.  
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**GRUNDTVIG Learning Partnership EFK: European Food Kids 2012-1-DE2-GRU06-11376 1**



# SUPER PANCAKE

## "MAKING THE SUPERPANCAKE"



What is important before we start working in the kitchen?

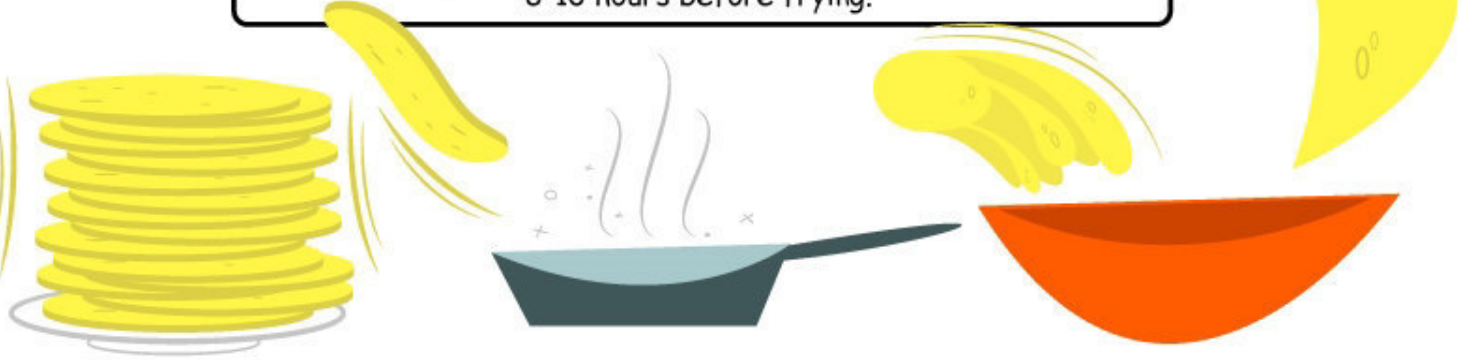
Please, tame your hair and bring your watches and jewelry in safety!

Please, wash your hands and put on an apron!



**Pancake Dough**  
3 eggs  
350 ml milk  
200 g whole wheat flour  
a pinch of salt  
butter for frying

Open eggs and milk put in a bowl. Add the flour with a spoon and stir carefully with a blender. The dough is best when it rests 8-10 hours before frying.



I'm looking forward to eating our "Superpancake". Yummy!

This was a lot of fun to do it together with our friends. And look, how clean the kitchen is!

Enjoy your meal!





# SUPER PANCAKE

## "EGGS"



What do we need for making a pancake?

Eggs - it makes me very tasty and gives a beautiful yellow colour.

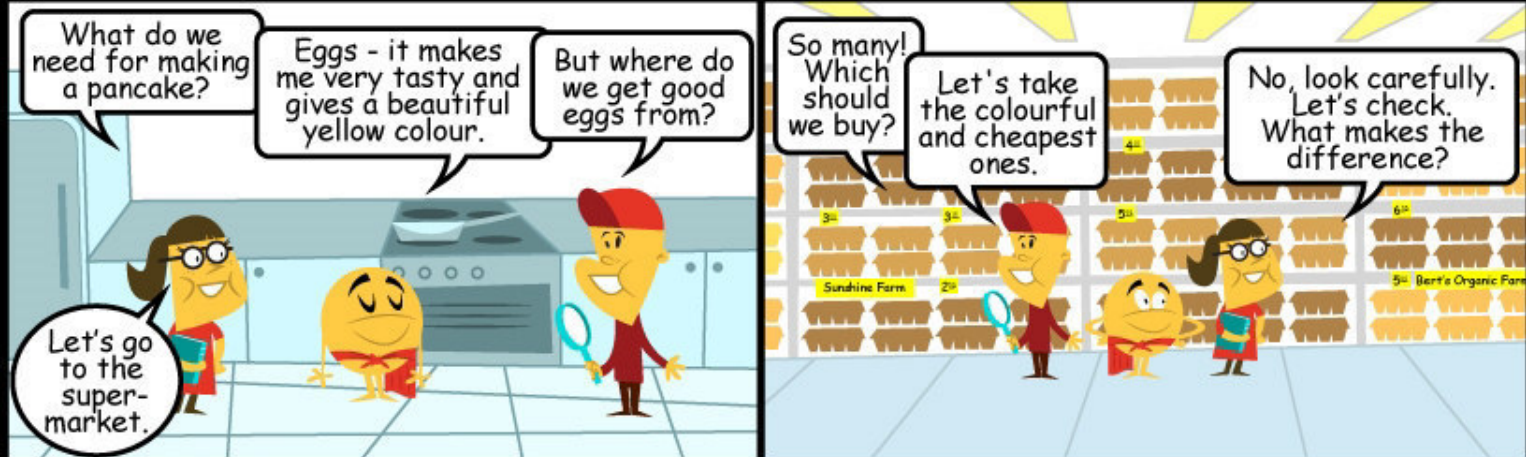
But where do we get good eggs from?

So many! Which should we buy?

Let's take the colourful and cheapest ones.

No, look carefully. Let's check. What makes the difference?

Let's go to the super-market.



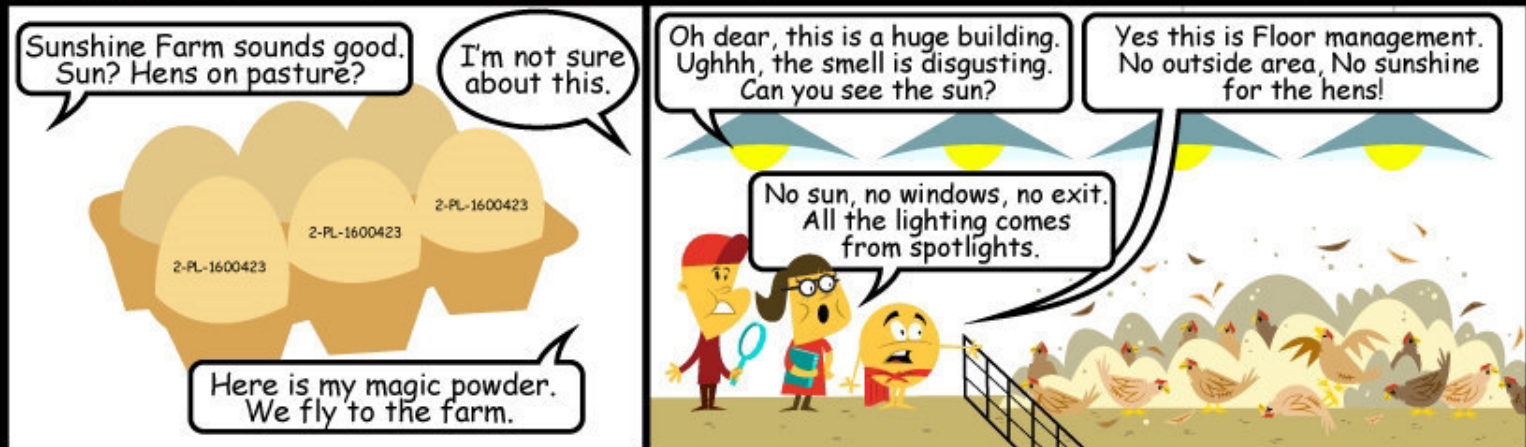
Sunshine Farm sounds good. Sun? Hens on pasture?

I'm not sure about this.

Oh dear, this is a huge building. Ughhh, the smell is disgusting. Can you see the sun?

Yes this is Floor management. No outside area, No sunshine for the hens!

No sun, no windows, no exit. All the lighting comes from spotlights.



Here is my magic powder. We fly to the farm.

But why do they call it Sunshine Farm?

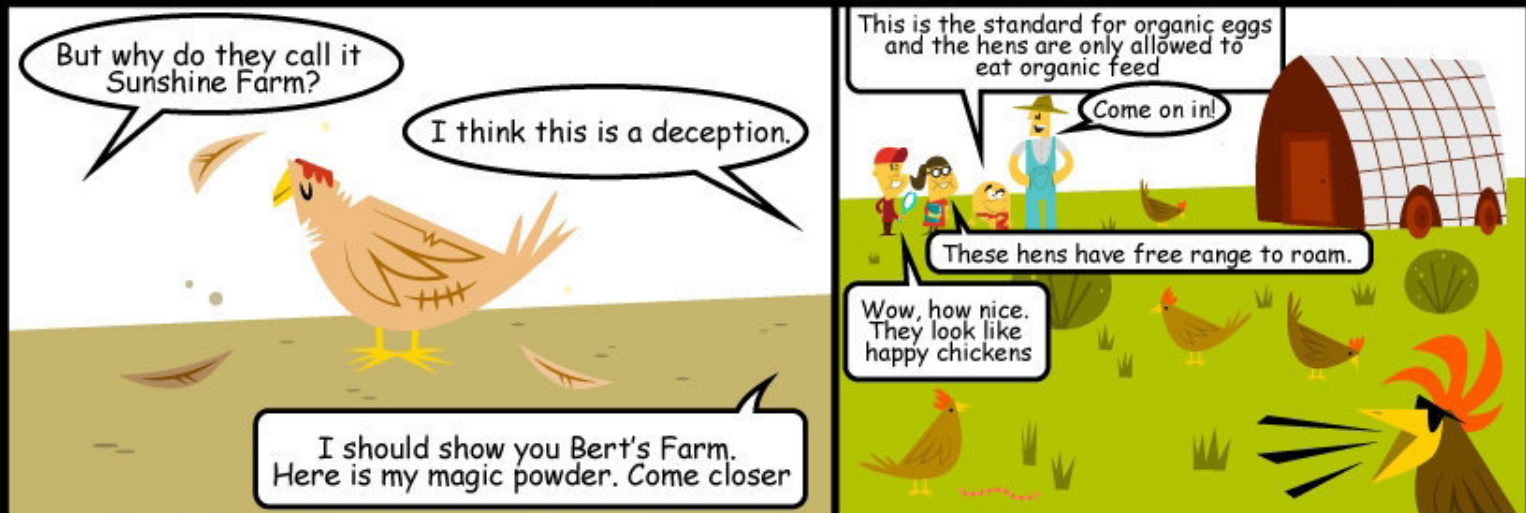
I think this is a deception.

This is the standard for organic eggs and the hens are only allowed to eat organic feed

Come on in!

These hens have free range to roam.

Wow, how nice. They look like happy chickens



I should show you Bert's Farm. Here is my magic powder. Come closer

What a lovely chicken hotel, with everything they need

In this house live 600 animals. My hens produce eggs for two years and run half of their life.

But why are your eggs that expensive?

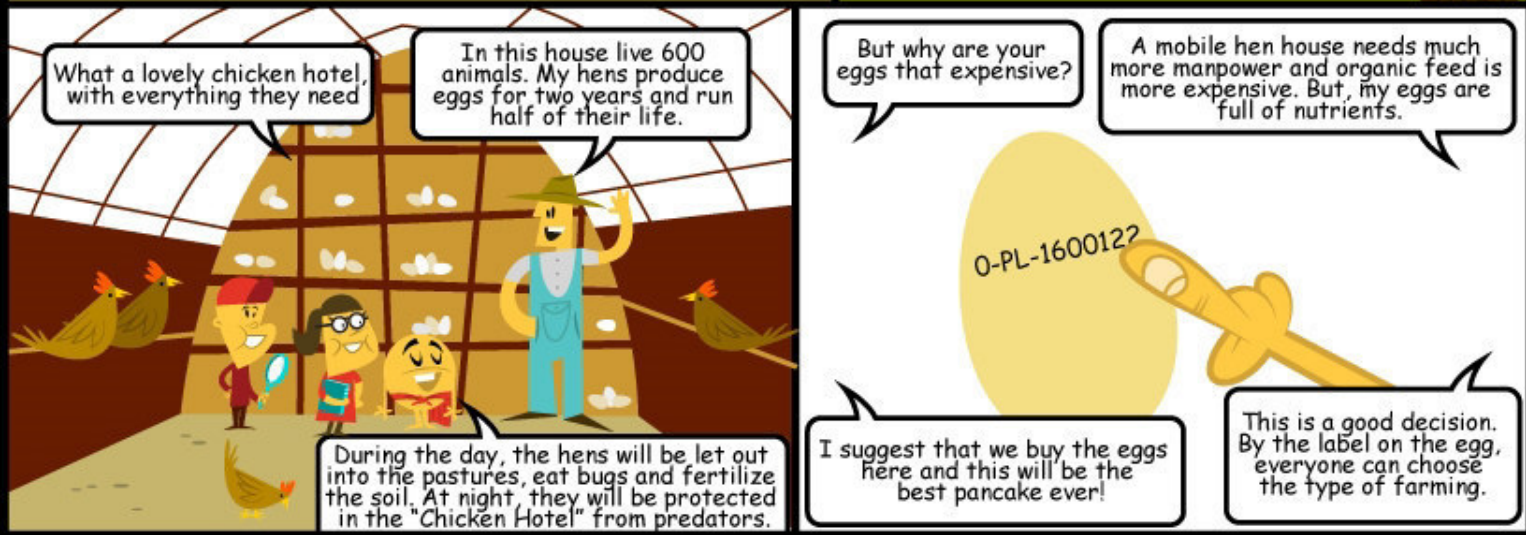
A mobile hen house needs much more manpower and organic feed is more expensive. But, my eggs are full of nutrients.

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During the day, the hens will be let out into the pastures, eat bugs and fertilize the soil. At night, they will be protected in the "Chicken Hotel" from predators.

I suggest that we buy the eggs here and this will be the best pancake ever!

This is a good decision. By the label on the egg, everyone can choose the type of farming.





# SUPER PANCAKE "MILK"



Do we need milk for making a superpancake?

Yes! And I am hungry I will eat a curd.

Curd are made of milk isn't it?

I think so. Let's see what is written on the curd.

This curd looks fake!

Maybe we can make the curd ourselves?

Hey Kids! From this milk there will be no curd no cheese.

Superpancake! why??

**BANG!**

I'll show you.

The milk is pasteurized at high temperatures and most of them homogenized under pressure

There is no good bacteria left that can produce the yoghurt or cheese out of it. It's Ultra High Temperature-UHT milk.

The milk often comes from cows that stay inside, do not go out to eat grass and must eat fodder made from genetically modified soja to give more and more milk.

To grow this GM soja many tropical forest are destroyed

But if you buy organic milk you know the cow ate grass and could walk on the pasture. This milk is not pasteurized and homogenized, so you can make the yoghurt yourself.

In some countries you can buy this milk directly from a friendly farmer!

On the top of the bottle there is cream! Let's see what happens if we leave it out of the fridge.

After one week

The UHT milk smells bad there is blue mold and flies

The natural milk is sour but it looks almost like yoghurt and is nice to drink

If you shake well the fresh natural milk, you can have real butter! My grand mother used to do it this way. It's useful for frying more pancakes..

# SUPER PANCAKE

## "FLOUR"



In the supermarket



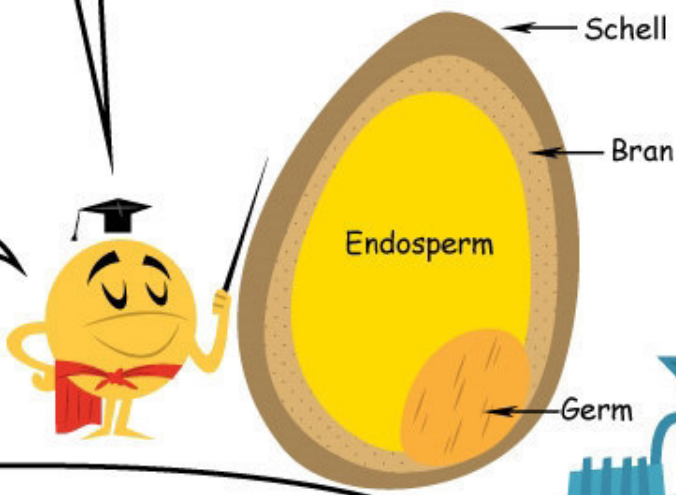
What should we buy?

We'll ask Superpancake!

In stoneground flour everything except the outer shell is preserved. That means that all the good fats, vitamins and minerals are preserved. That's just what kids need.

Good we'll buy a bag of organic stoneground flour for our superpancake. It's healthy for us and we support the environment.

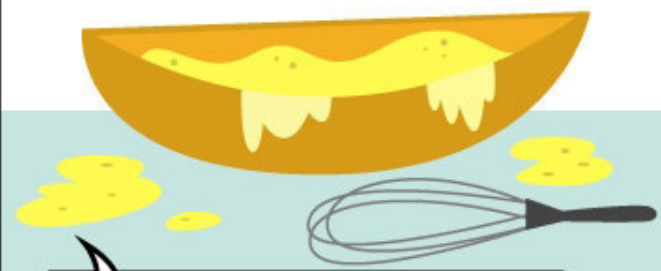
In white flour the bran, the germ and the outer shell are removed. That means that all the healthy fats, vitamins and minerals are removed. If you use the white flour you only get the endosperm with empty carbohydrates/starch and you risk getting constipated or getting diarrhoea.



Good, stoneground flour is the healthiest, because it contains every part of the grain except the husk, but isn't organic flour always stoneground?"

Organic flour means that the grain is cultivated without pesticides. This means that when you buy organic flour you're sure that there is no pesticide residue but the health value in the same type of flour(white or wholegrain) isn't better than conventional flour

Later at home



When we make the pancake dough 8 hours before baking the pancakes we get the best flavour and smell.

The better the flavour and smell, the healthier the pancake

Yes that's exactly what we are going to do!





# SUPER PANCAKE

## "OIL AND BUTTER"

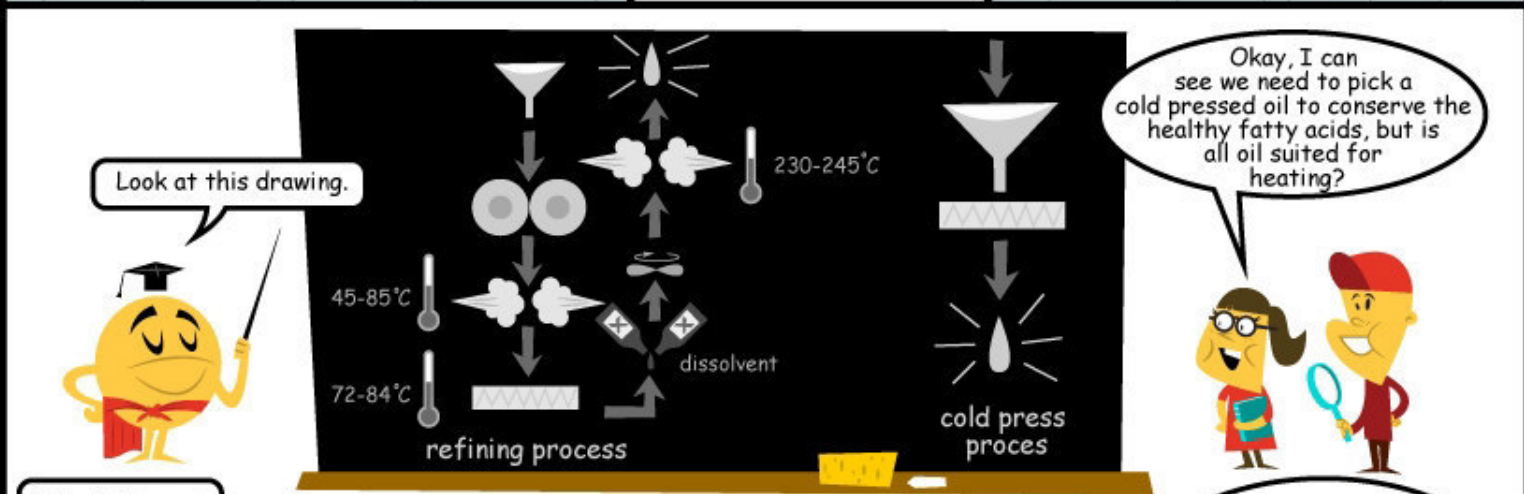


What should we buy?

We'll ask the Superpancake



When you look for an oil you should always choose an organic cold pressed oil.



Look at this drawing.

230-245°C

45-85°C

72-84°C

dissolvent

refining process

cold press proces

Okay, I can see we need to pick a cold pressed oil to conserve the healthy fatty acids, but is all oil suited for heating?

It's vital to eat fat but it has to be healthy fat. You can read more about it in the toolbox"

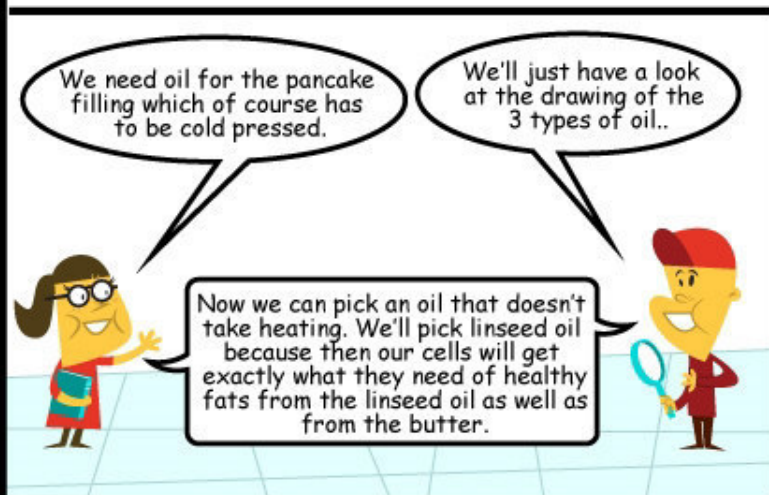
It's not all oil that is suited for heating. Listen closely. You divide fat into 3 groups. I'll mention what you need to know right now.

**Saturated fat:** Butter, coconut fat and palm fat. Known by always being solid. Suitable for heating

**Monounsaturated fat:** Olive oil and almond oil. Known by becoming thick and pulpy when cooled. Suitable for mild heating

**Polyunsaturated fat:** Linseed oil, sunflower oil, rapeseed oil. Known by always being fluid, even when cooled. Not suitable for heating

Then we will choose not to fry the pancake in oil but rather in butter because it is suitable for heating, it is healthy and it tastes very well!



We need oil for the pancake filling which of course has to be cold pressed.

We'll just have a look at the drawing of the 3 types of oil..

Now we can pick an oil that doesn't take heating. We'll pick linseed oil because then our cells will get exactly what they need of healthy fats from the linseed oil as well as from the butter.



Why does it have to be organic?

If you want to be sure that there is no leftover residue in the oil or the butter it is smart to buy organic.



# SUPER PANCAKE

## "HONEY"



Kids! Have you ever wondered where honey comes from? Let's have a closer look!

Oh yes!

Now that I've spelled you with my magic pollen, we can go and see what's going on inside. I made appointment with the queen mother

# BANG!

I am a worker bee and I am guarding this beehive. The Queen is waiting for you, please come in.

Inside the beehive

So here is the origin of the wax. Imagine...

...candles, creams, paints...

or even sealing.

Thank you! We must store it in the cells to eat it later. Did you know that without our pollinating your trees would have no fruits?

Oh look, poor tired bee, let's help her with the heavy pollen.

Welcome in my kingdom. I am mother of all these 30 000 bees including larvae. They all have specific jobs as you have probably seen. Would you like to taste our honey?

Definitely! Hmm, it tastes much better than any candies or sugar.

Disgusting, watch her...

It's liquid, sweet and smells of enzymes.

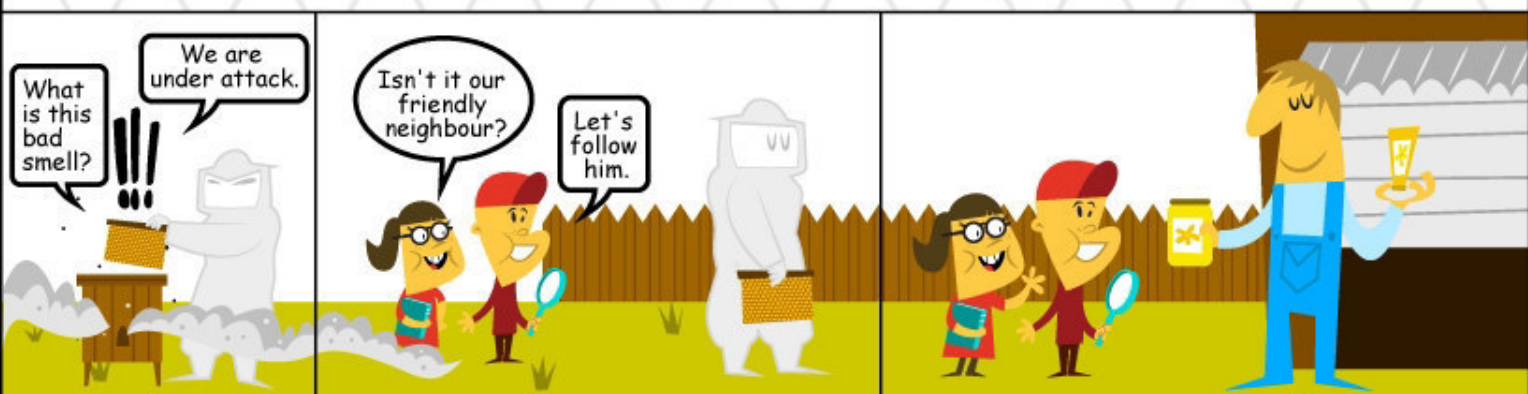
Not bad..

What is this bad smell? !!!

We are under attack.

Isn't it our friendly neighbour?

Let's follow him.





# SUPER PANCAKE

## "VEGETABLES"



I hate vegetables. They do not have any taste. I hate boiled carrots, boiled spinach and vegetable soup. .

Because you only eat the frozen ones. Fresh vegetables taste much better. In autumn we can still find them on the market

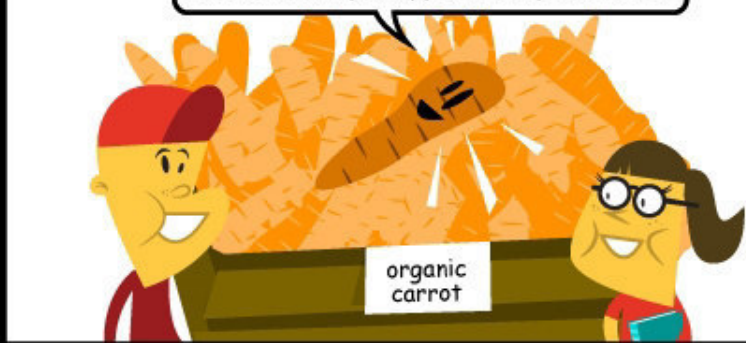


This carrots are so big. And cheap.

And here it is written organic carrots but they are smaller and cost more. What does it mean?



I am produced on a bio farm, I do not eat any chemical fertilizers! I am not sprayed with any toxic chemicals. I am so healthy crispy and tasty choose me!



Do not listen to her! Look I am so Big, beautiful...all my sisters look the same! We receive a lot of fertilizer and so we grow so big. And we are carefully sprayed with something special to prevent disease and kill bad insects!



Well, exactly and this special is quite toxic! I do not need this- here is my friend onion!

Yes, we grow together this is called good neighbourhood. The pests that want to attack my dear carrot are afraid of me!!



Well...in this case... I rather take the smaller carrot. It has an interesting shape



Good choice fellow!



It's better to eat a small tasty vegetable full of healthy vitamins, than a big one that has not so many good things inside!



And to accompany a nice salted pancake I suggest you to make a healthy salad, from organic or naturally grown vegetables like green salad, tomatoes. In winter you can make a filling from beans with tomato and onion sauce, beans are full of proteins! Mniam!



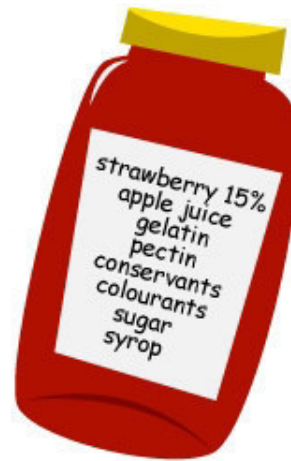


# SUPER PANCAKE

## "FRUITS AND JAM"



Now our superpancake is ready. We must fill it with good jam. Let's see which ingredients are in the product



strawberry 15%  
apple juice  
gelatin  
pectin  
conservants  
colourants  
sugar  
syrup

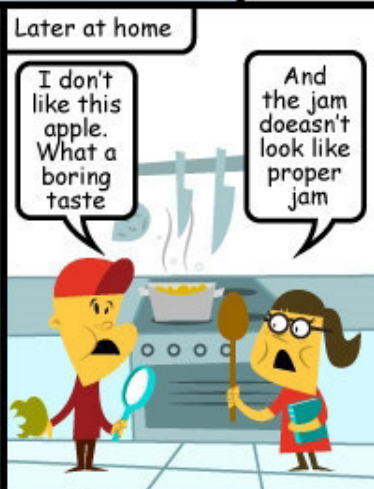
Wow, there are not so many strawberries in this strawberry jam



I have an idea, lets buy the strawberries and make the jam at home. But its quite expensive. Or lets make apple jam?

Good idea. These apples are beautiful and they are so cheap

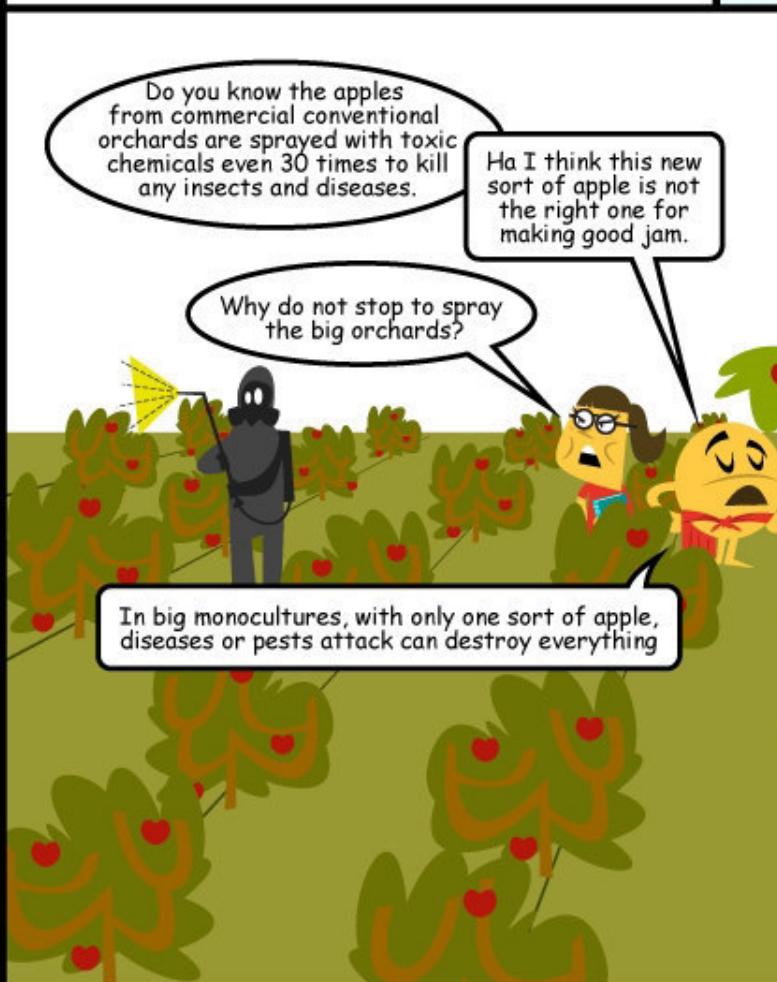
Yes, I will eat one right now!



Later at home

I don't like this apple. What a boring taste

And the jam doesn't look like proper jam



Do you know the apples from commercial conventional orchards are sprayed with toxic chemicals even 30 times to kill any insects and diseases.

Ha I think this new sort of apple is not the right one for making good jam.

Why do not stop to spray the big orchards?

In big monocultures, with only one sort of apple, diseases or pests attack can destroy everything



Apples from organic and home orchards don't look always so good but even if there is a worm inside they can taste great! Check it on the internet which kind of apple is the best for making jam!

In small orchards, old varieties are more resistant, there are many different kinds, there are birds, small animals and good insects eat the bad ones. This is called **BIODIVERSITY!**



# SUPER PANCAKE

## "HERBS AND SPICES"



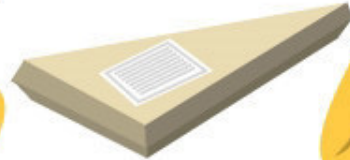
Wow, what are you eating, did you take it from your rabbit?

What you're saying?!? It's the best home-made pâté with lettuce from my grand-ma's garden. Wanna try?

Additives, natural-like aromates?!, conservatives, colorings, glutamate, and what are all these E's?

So yummy! How does she make it?

She uses her own herbs: basil, parsley,....



Children, let's investigate where spices and herbs can be found!

You find these herbs in the best Italian tomato sauce because of the pure aroma

You mean in ketchup?

Oh no! But let me show you something.

Let's fly to America!



? But why do they give all this in the ketchup?

Well, these ingredients are much cheaper than a ketchup made only of tomatoes and herbs!

But what about the risks of allergies and diabet for consumers?

Rather leave this place and travel to Orient.

Market place in India

Not at all! These are spices used to cook. I prepare them myself at home. This yellow spice is curcuma, this red one is chilly, the orange one is curry.

Is it for painting?

All these spices help to conserve the food in the hot temperatures we have here and are good for digestion..

In grand-ma garden

Even here, it is easy to grow some herbs for cooking in soups and main dishes, for making healthy infusions, for making soaps...

Grand -ma's recipes are the best!





# SUPER PANCAKE

## "MEAT"



Hey, guess what dream I had last night! I listened to two pigs in heaven.

Wow, and what were they saying??

Hello, welcome to heaven! After such a miserable life, come and enjoy it with us! How was your journey?

Thank you, I had big farewell party with the farmer's family on our yard, I was wrapped into sausages, sent to farmer's market and came directly here. But what do you mean by "miserable life"?

It was horrible, I only saw the daylight once few hours before coming here

... the food was never fresh, always the same taste, with some artificial additives...

How come??? My life was very different! I could play all day long with my cousins in the mud...

and eat fresh grass and leftovers from my farmer's family. Yummy!

~~GMO~~

So, after such a life, your consumers didn't need as much to go to the doctor for high pressure, allergies or obesity problems, right?

No, because they also ate meat only once every few days.

Wow, I would rather choose the happy-pig meat after such a dream!

Let's search for the nearest farmer's market.



# SUPER PANCAKE

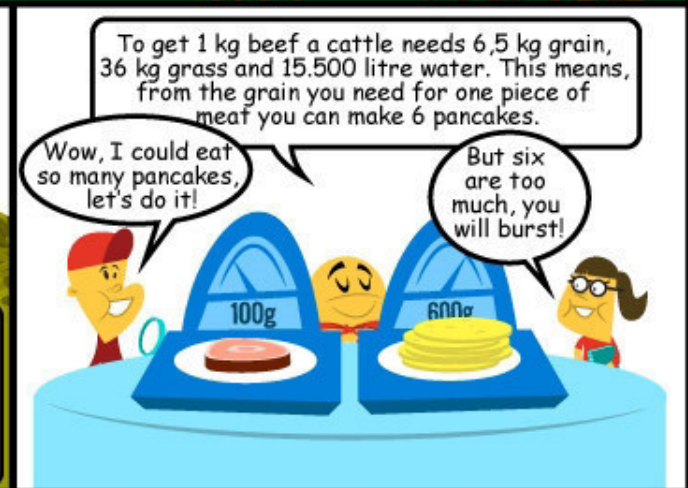
## "MEAT AWARENESS"



It is sad; they break down the whole rainforest.

So many cattle and very hungry. They have to cut down more trees

For export of meat, large areas of rainforest were destroyed in Brazil. We need the rainforest for the oxygen generation on Earth. Also a lot of animals and plants of this area have to die.



WOW huge fields and big harvesters, but nothing else grows here

This child seems to be hungry. After the harvest, it will have enough to eat.

The farmers in Argentina grow soybeans and grain as feed for our animals in Europe. To grow enough food for the children of this country, the field becomes scarce.

To get 1 kg beef a cattle needs 6,5 kg grain, 36 kg grass and 15.500 litre water. This means, from the grain you need for one piece of meat you can make 6 pancakes.

Wow, I could eat so many pancakes, let's do it!

But six are too much, you will burst!



Veggie day

It is yummy

If all people in Europe would do it, I can show you how it could be.

Sometimes, a veggie day is also nice and very healthy!

What a nice landscape

It makes me happy to see the child eating

It could be enough food for everyone in the world.



# SUPER PANCAKE

## "EATING CULTURE"



I don't like to eat my super pancake in this way. Let's change!

I want some tomatoes for my pancake!

You are stupid!

Ugh! This is disgusting what you eat



# BANG!

May you please pass me the tomatoes.

What are you eating?

I prefer it with vegetables. But enjoy!

OHH I like it this way! Would you like to taste it??

I don't like fruits that much. Would you like to pass me some vegetables please??

Yes of course, you're welcome

Is it a lovely dinner with all our friends. Isn't it

It is great!



Enjoy your meal!