

SPANISH EATING HABITS

What is fascinating about Spanish food is our genuineness and our rich variety. These are a result of the structure of the country. Also our climate and vegetation are very different alongside the country.

In the past we used to have a very varied and healthy Mediterranean diet, but nowadays things have changed and we are less careful about what we eat. People spend too many hours working, so there isn't much time to go home and cook the meals like in the past. The solution for most of this people is the frozen food, precooked, junk food or at the restaurants.

In Spain we eat lots of fish. The country has a very long border with lots of fishing-harbors where you can buy fresh fish. We also eat meat. Some elaborated dishes are based on meat and vegetables and olive oil, such as "Escudella i Carn d'olla". The salads contain different kind of fresh vegetables such as lettuce, tomato, spring onion, cucumber, green pepper and others.

The Spanish eat 5 times a day:

BREAKFAST

A typical Spanish breakfast consists of just a juice, chocolate milk or a cup of white coffee accompanied by a pastry (muffin, croissant, biscuits or toast with marmalade). Our work day and schools start from 8:30 to 9:00.

MIDDAY

At around 11 am, there is a break where the children eat a "bocadillo" or sandwich made from a baguette and filled with anything from cured ham, cheese, tuna fish or salami. Our lunch is still about more than two hours away, despite it nearing midday already.

LUNCH

The main meal of the day is known as comida. Lunch is a big deal in Spain compared to northern European countries, and often last over an hour. During the lunchtime, many shops and establishments close from 1:30 to 5 pm.

As we mentioned above, the restaurant is a good solution for eating. Restaurants are required by law to provide a "menu del dia" which is a 3 course menu at a fixed price. Our School has a fixed menu for all the children and teachers very economical. The "menu del dia" usually consists of one starter, one main course and one dessert which may be something like a yogurt, a piece of fruit. Bread and drink are also included in the price.

LA MERIENDA (TEABREAK)

Younger children then often have something when they finish school at around 5pm.

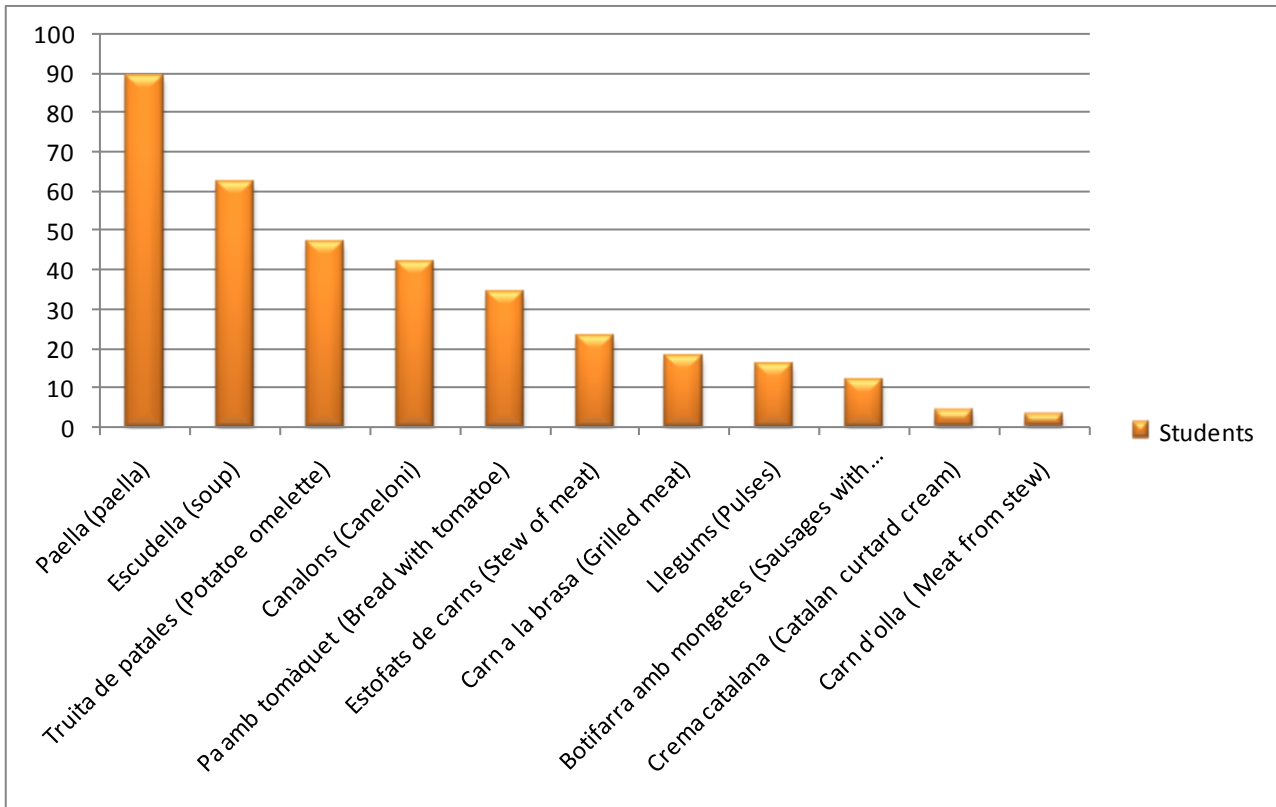
DIN NER

Starting around 20:00 and continuing until 22:00 or later. This is the meal where all the family eats together. It is very similar to the lunch time but lighter.

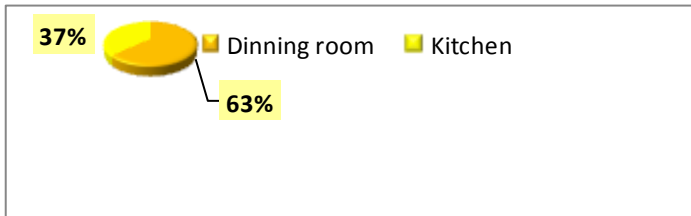
These are the results of the students in **Ceip Montserrat** about the favorite traditional dishes, where they eat the dinner and who with, who cooks most of the meals at home and if they help preparing the food.

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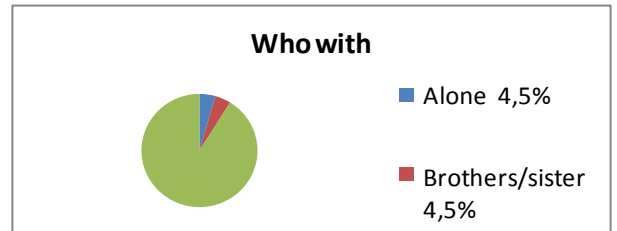
FAVOURITE TRADITIONAL DISHES



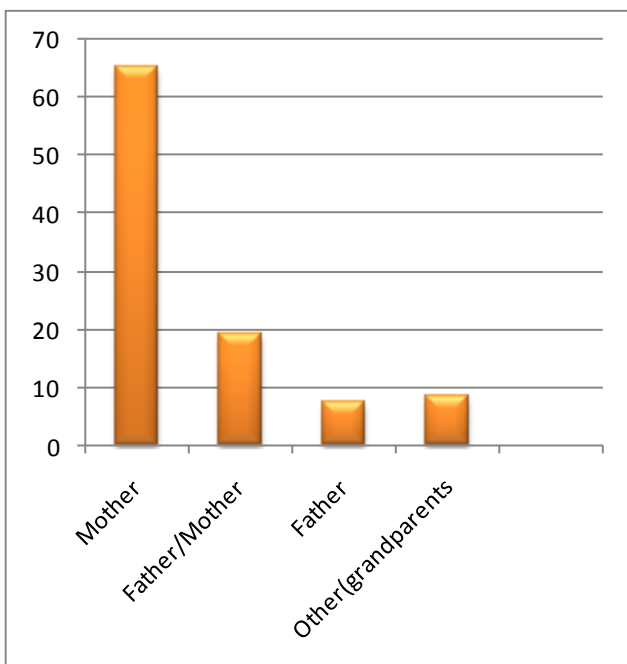
PLACE WHERE WE EAT



WHO WITH



WHO COOKS AT HOME



DO YOU HELP?

