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Local food products
Cantabria



FUNDACIÓN
EROSKI

contigo



SCHOOL OF
NUTRITION



Energy to grow



Tix and Loy have taught us how important it is to eat a balanced diet as part of our everyday lives, eating all kinds of food in the recommended quantities.

But, do you think that food is the same all over the world?

The answer is no, because the things we eat vary a great deal depending on where we are.

The weather, geography and cultural and historical heritage of each region mean that each place on the map specialises in growing, making and eating specific types of food. These types of food are known as local food products. Have you heard of them? Tix and Loy are going to explain them a bit more.



1/ The advantages of local food products

Local food products are types of food which are produced, processed and distributed in a specific geographical region. They also have specific characteristics that set them apart.

Do you know the countless benefits of local food products? Here they are:

1. They are **fresher**, because the distances they have to be transported are shorter.
2. They **keep their flavour and nutritional properties better**.
3. Because they do not have to be transported very far, **they mean we can cut costs and emit less CO₂ into the atmosphere**.
4. Because they are **top-quality products**, they always taste good.
5. They allow us to get to know and enjoy the **specific flavours of our land**.
6. They encourage **food tourism** (between regions).
7. They help **maintain customs and traditions from the past**.
8. They allow us to **get to know and establish a relationship** with the environment in which we live.
9. The production of local food products helps **develop the local economy**.
10. They help **enrich our community**.

*Did you know...?
Thanks to the interest
shown by farmers and
consumers, flavours,
traditions and part of
the past of our food
culture are now being
recovered.*



Have you ever helped
collect the local
harvest?

Do you know anyone who works
making local food products?



2/ Protected Designations of Origin (PDO)

The current internationalisation of the market has harmed a lot of local food products.

Protected Designations of Origin (PDO) were created to protect and highlight the production of food of this kind.

Not all local food products have a PDO, however, **only those that meet certain requirements.**

Do you know how to identify products with a Protected Designation of Origin?



A product with a Protected Designation of Origin has a label that tells us that...

- ... the product comes from a specific region.
- ... it has specific characteristics because it comes from that region.
- ... it is entirely produced in that region.



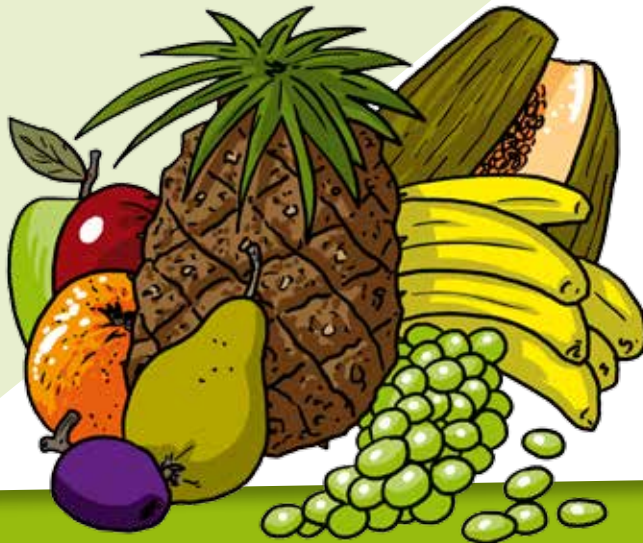
3/ Seasonal produce

This is food, mainly fruit and vegetables, which is eaten when it is at its optimum level of ripeness. The advantages of this kind of food over other kinds include:

1. More nutritional properties and better flavour because their properties remain intact.
2. Economic savings because larger quantities of the product are available.
3. They respect the environment because they defend the natural life cycles of products and help reduce the intensive farming of single products.

We can enjoy different kinds of seasonal fruit and vegetables over the year.

Like oranges for example. Although we eat them all year round, they are a winter product. In fact, the best months to eat oranges are from January to April.



Did you know...?
There are
different protected
designations of
origin for different
types of product.



If I ask you to name some typical products from Cantabria,
could you name me any?

I'm going to tell you the names of some of our local products. Let's see if you've heard of them:

- Cantabrian cream cheese
- Quesuco de Liébana cheese
- Picón Bejés-Trevieso cheese
- Cantabrian beef
- Sobao Pasiego
- Canned fish

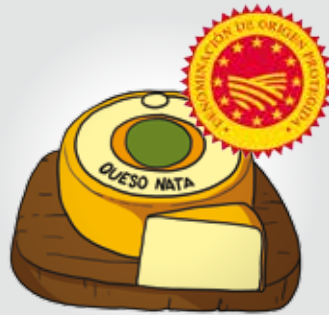


Cantabrian cream cheese

Cantabrian cream cheese was the **first Cantabrian product with a Protected Designation of Origin.**

It is mainly made in the **mountainous** region in the south of the Community of Cantabria.

The milk is from **Friesian cows** and is **coagulated** at 30°C using animal rennet. Different stages of **drying, moulding and salting** lend it a creamy texture, a round shape and a mild flavour.



Picón Bejés-Trevieso cheese

The production process for this cheese is **more complex** because it can be made from **raw cow's, goat's or sheep's milk**, and even a mixture of all three!

After a **long maturation and drying process** (at least **two months**), the end result is exquisite: a slightly green cheese with a strong aroma and a slightly spicy flavour.



Quesuco de Liébana cheese

"Quesuco" is an affectionate name for this cheese and refers to its **small size**.

"Quesuco" comes from the Valley of Liébana.

It is mixed and made much in the same way as other Designation of Origin cheeses, but with slight differences in terms of coagulation (higher temperature and less time) and maturation (less time).

This cheese is **between white and yellow in colour and has a gentle aroma and mild flavour.**



Cantabrian beef

The **cattle** from which Cantabrian beef comes **can be bred, raised and fattened anywhere in the Community**. It must belong to one of three breeds: Concave Brown, Brown Swiss and/or Limousin.

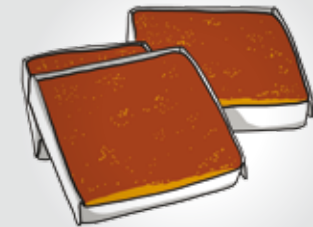


There are **four types** of Cantabrian meat depending on the age of the cattle: **calf** (light pink meat), **yearling** (light red meat), **heifer** (red meat) and **ox** (bright red meat).

Sobao Pasiego

These delicious sponge cakes **take the flag of Cantabria to every corner of Spain**.

Made between the Rivers Pas and Pisueña, they are not only known for their **sweet taste, smell of butter and light brown colour**, but also because they are wrapped in white paper with very characteristic folds and triangles.



Canned fish

Different types of fish are canned: **anchovies, tuna and sardines, amongst others.**

Cantabrian anchovies, for example, account for almost 80% of Spain's anchovy production and are well known throughout the country and abroad. Of all Cantabrian anchovies, the **best known are those from the Bay of Santoña, which are caught** in the fishing grounds of the Bay of Biscay.



What have we learned today?

- *Food products with Protected Designations of Origin are those which are produced, processed and distributed in our own community.*
- *We can recognise them in the supermarket thanks to their quality labels.*
- *The production and distribution of these products in our community contributes towards local economic growth.*

Activities

Local food products - Cantabria

Let's remind you of the food groups:

Group 1. Milk and dairy products.

This group includes milk and everything made from milk, like yoghurt, cheese, junket and other dairy desserts. The things in group 1 provide proteins, which your body needs in order to grow and repair tissues, carbohydrates and fats. They also contain a lot of calcium and vitamin D, which you need in order to keep your bones strong.



Group 2. Protein foods.

This group includes meat, fish, eggs and nuts. The things in group 2 contain proteins, B-group vitamins and minerals, mainly iron, which is essential if you want to have a quick mind and not get tired easily.



Group 3. High-carbohydrate foods, pulses, cereals and tubers.

Nutritionally, pulses are a very important type of food because they provide us with a lot of proteins. They can be even more nutritious if you combine them with cereals and eat lentils with rice for example. They also provide a lot of fibre, which is vital for our health, and carbohydrates. Pulses contain minerals, like iron and calcium, and B-group vitamins too. And they contain very little fat! Cereals, like rice or wheat, and everything made from them, like pasta, flour, bread and corn, provide us with a lot of carbohydrates. The most important tuber in this part of the world is the potato. Tubers not only contain a lot of carbohydrates, but also fibre, proteins, vitamin C and iron.



Activities

Local food products - Cantabria

Group 4. Vegetables.

Vegetables contain a lot of water (up to 80-90%), which contains minerals and vitamins. They also provide a lot of fibre. In order not to lose all the minerals and vitamins in vegetables, you should boil them in a small quantity of water just before eating them or eat them raw as salad. They are also important because they contain a lot of antioxidants, which are very good for our health.



Group 5. Fruit

Fruit provides a lot of vitamins and minerals. Most types of fruit contain a lot of water (between 80% and 90%) and, consequently, few calories. Some types of fruit contain more carbohydrates (bananas, grapes) or fat (avocado pears) than others, providing us with more energy. Fruit is perfect for when you feel thirsty or just before doing your favourite sport.



Group 6. Fats, oil and butter.

These things give you a lot of energy. They also give food a lot of flavour, which means they are important in our meals. Olive oil contains vegetable-based fat. It is a very important part of our food culture. We know that it is very beneficial to the health, and particularly good for the heart, veins and arteries.



Activities

Local food products - Cantabria

Classify your local food products

Put the following types of food into the right food group in the table:

Cantabrian cream cheese, Quesuco de Liébana cheese, Sobao Pasiego, Anchovies from Santoña, butter, chick peas, bananas, yoghurt, tomatoes, potatoes, spaghetti, courgettes, salmon, chicken, olive oil, lettuce, walnuts, peaches, bread, milk, cereals, lentils, melon, junket, rice, hake, carrots, green peppers, avocado pear.

GROUP 1	
GROUP 2	
GROUP 3	
GROUP 4	
GROUP 5	
GROUP 6	



Activities

Local food products - Cantabria

You're the chef today

*Do you know what your local cuisine is like?
What typical dishes are there in your community?
Let's find out!
Let's get cooking!*

Between us, we are going to **write a cookbook**. It's a group activity and we're all going to take part...

How much talent all in one place!

1

Each of you is going to **write the recipe for a typical dish from your region as homework**. You can ask your parents for help. Then **you can add a photo or a drawing of the dish**. It has to be a **secret**... Don't tell any of your classmates which recipe you have chosen.

2

Then, in class, **you are going to share your recipe in a fun way**.

How?



Activities

Local food products - Cantabria

Your classmates have guess your secret recipe with the help of some clues that you are going to give them...

Clue No. 1: Read the ingredients

Clue No. 2: Read the instructions

Haven't they guessed yet?

Clue No. 3: Show them the photo or drawing of your dish

If you like, you can explain why you chose your dish, who helped you, what local product you chose, if it was hard...

My recipe:

INGREDIENTS



INSTRUCTIONS

