

The School Project

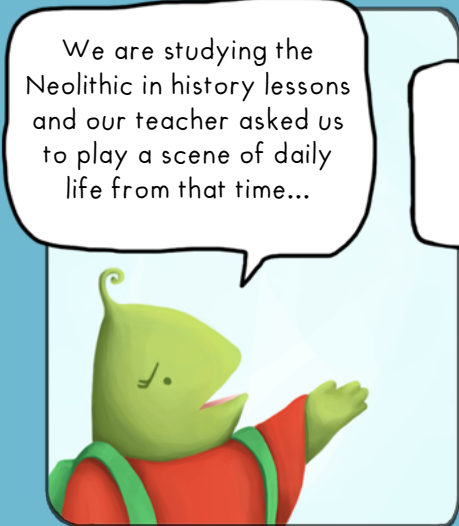


Hi kids, how was your day?
You seem very worried!
Is there something wrong
at school?



Grandma, we have
very hard homework
to do by tomorrow.
It's impossible!

Never say something
is impossible! ...Tell me,
what is it?




We are studying the
Neolithic in history lessons
and our teacher asked us
to play a scene of daily
life from that time...



Grandma!
Were you alive
at that time??



...I am not
that old kids!



The Neolithic period was at the
end of the Prehistory, also named
the New Stone Age. It is when farming
began and metal tools became
widespread.

And what did
they cook
at that time?

FAVA BEANS! You are very lucky, I just bought some this morning at the market. Did you know that they are one of the oldest legumes in history? In fact, since the Neolithic FAVA BEANS have been cooked all over the world!

FAVA BEANS are very nutritious, with lots of fibre and protein!

Would you like to help me prepare my favourite dish?

Yes!!!

You'll see... they're so tasty and also very good for you!

Foul Moudammas*

- dried fava beans
- water
- garlic cloves, peeled and crushed
- juice of freshly squeezed lemons
- fresh mint
- sea salt to taste
- extra virgin olive oil

*full recipe here:
fao.org/3/a-bc129e



You're the best grandma ever!

Teacher, teacher! How was it? Do we get a good grade?

We lost our teacher, she's gone back to the Neolithic period.