

The nutritional principles

Vitamins

Vitamins are about 20 substances that cannot be considered real food, but an essential part of nourishment. They have a very important function of protection and regulation; they are necessary for health because they assure a good working of human body. The lack of deficiency of vitamins in the daily diet causes diseases and health problems particularly in children.



Carbohydrates

Carbohydrates are substances whose molecules are composed of carbon, hydrogen and oxygen. They are present in products like bread, pasta, rice, potatoes and sugar and less in animal products like milk. They have an energetic function.



Lipids

Fats are substances included in plants and animals:

- Among vegetable fat we find olive oil and seeds oil;
- Among animal fat we have butter, pork fat and beef fat.

Fats are high-energy : they give much more energy than carbohydrates and proteins.



Proteins

Proteins are very complex substances, they are basic components of cells. They have a plastic function which means they are important for growing and maintenance of organic tissues; they also have an energetic and protective function. Foods rich in proteins are meat, fish, eggs and cheese. Among vegetables we have cereals and legumes.



Water

Water in human nourishment is essential: lack or deficiency of water means death for cells. If it is possible to starve for a long period, even for 30-40 days, the lack of water cannot be longer than 3 days without danger for life. The human body contains about 75% of water and the daily need is 2,5-3 litres: it is provided by drinks (water, wine, beer, tea, coffee) but also by foods which contain a large quantity of it (fruit and vegetable).



Mineral salts

In the human body there are 17 mineral elements which represent about 4% of total weight. They are an essential component of nourishment, they guarantee the building of tissues by controlling them. During the day the human body eliminates 30 grams of mineral salts; so it is important to introduce them through a healthy nourishment like vegetables, milk, fish.



Vegetables: Broccoletti

RECIPE :

- 1,5 Kg of broccoletti;
- Extra Virgin Olive Oil;
- Salt, hot pepper, garlic.

PREPARATION:

Clean and wash the broccoletti.

Put in a pan some oil, a clove of garlic, some hot pepper and let everything brown for a while.

Then put the broccoletti in the pan, add some salt and cover. Let it cook at low heat.



Pasta: The Strozzapreti

RECIPE:

- 500 g “00” flour
- 300 cl (centilitres) of water
- a pinch of salt
- 1 albumen



PREPARATION

Make a hole in the centre of the flour and put the albumen, some water and a pinch of salt in the middle. Knead everything until the dough is smooth. Stretch out the dough with the rolling pin to obtain a sheet. Cut it into many little squares and roll them between your hands one by one. Boil them and serve them with sauce to taste.