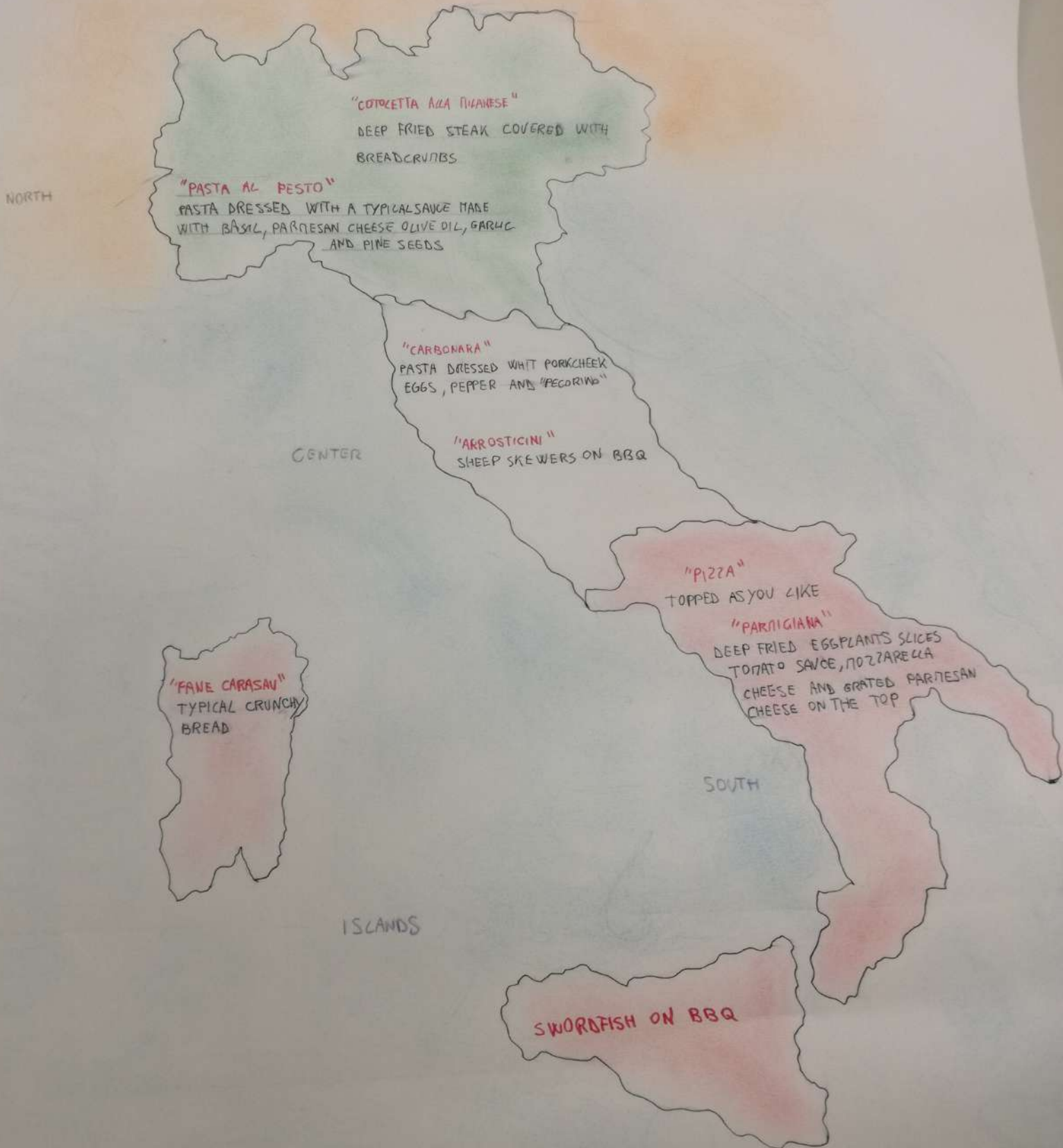


TYPICAL ITALIAN FOOD



ROUTINE



GOOD MORNING.
AT 7 AM
MY DAY
BEGINS



FROM 8.10 AM
TO 1.50 PM I
AM AT
SCHOOL

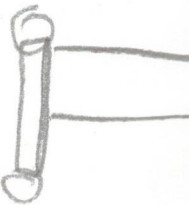


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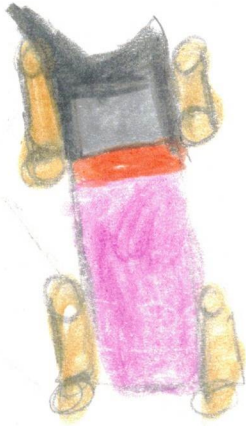


6.00 PM
FROM 6.00
TO 7.00 PM
I'M IN THE
GYM

AT 8 PM I
HAVE DINNER
AND GO TO
SLEEP



MY DAILY ROUTINE



GOOD MORNING.
AT 7 AM
MY DAY
BEGINS



FROM 8.10 AM
TO 1.50 PM I
AM AT
SCHOOL

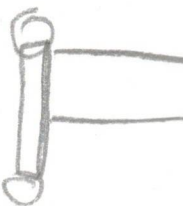


School



6.00 PM
FROM 10.00

AT 8 PM I
HAVE DINNER
AT 9 PM I GO TO
SLEEP



MACCHERONI

***They are prepared by wrapping the dough around
to a round stick. The dough is prepared
putting the flour in the shape of a mountain and digging
it
a fairly large hole on the top once done
put some water inside the hole and knead the
the flour with the water adding more and more water
finished the dough is left to rest for a few hours e
finally take a bit of dough and make a small ball
it rolls around the stick and then slips off***

The Carrots Cake

The ingredients of the cake

- 3 eggs

- 1^o yeast

- 300 grams of flour

- 100 grams of sugar

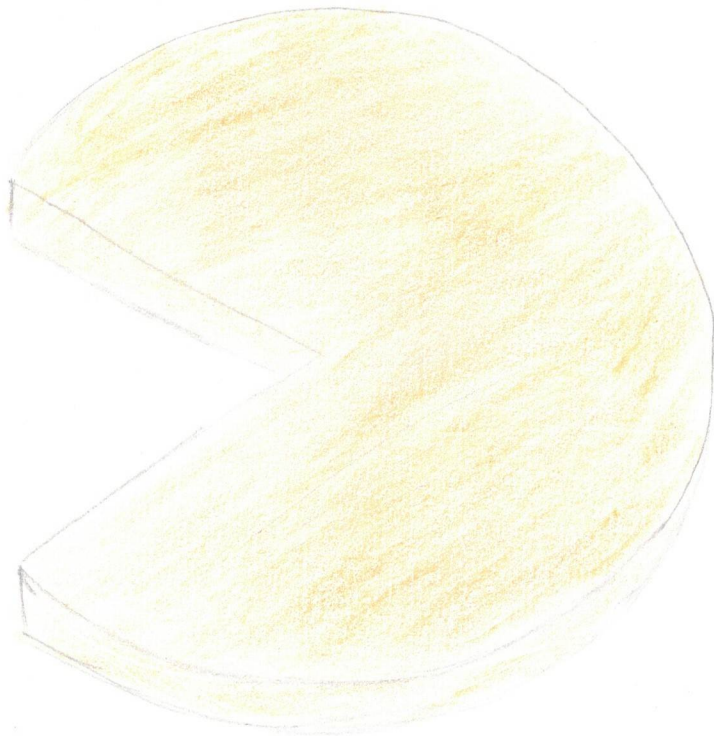
- 100 grams of butter

- 5 oil

- aromas

- The carrots are mixed and put in the oven at 180 degrees

In the end it is so





AMREF



My daily routine

Time	Activity	Duration
6:00 AM	Wake up	5 minutes
6:15 AM	Brush teeth	5 minutes
6:30 AM	Take a shower	10 minutes
6:45 AM	Get dressed	5 minutes
7:00 AM	Breakfast	15 minutes
7:15 AM	Go to school	30 minutes
7:45 AM	Start class	45 minutes
8:30 AM	Break	15 minutes
8:45 AM	Continue class	45 minutes
9:30 AM	End of class	15 minutes
9:45 AM	Go home	15 minutes
10:00 AM	Rest	30 minutes
10:30 AM	Snack	5 minutes
10:45 AM	Homework	15 minutes
11:00 AM	End of day	0 minutes

health of Africa

One is small inside



Wash your hands often to stay healthy

The park!

The park is near to my school, and it combines
with another. The park is very large, there are
good rides, such as a trampoline, or a tub with
plastic balls inside, or inflatables. And then there are
the free ones, the scum, the slide, the swing and the
spider web. Then if you continue to walk, then towards
the end, there is a lake, where there are turtles and ducks
there also the some rides there, and my gym equipment

-FRANCESCA

MY SCHOOL!

My school it is not big, however it is very pretty.
The walls of my class are green, and there are
13 tables for me and my friends.
My class has got IWB (interactive whiteboard)
where we look at films or documentary.

-SABRINA

MY CITY

My city is very big and there are famous
important monuments as "Colosseum, Fontana di Trevi,
Pantheon and Forum". They were built by the ancient
Romans. Traditional food is Pasta, Pizza, lasagne and
Carbonara, there is very good and so taste good.

-SABRINA

FRANCESCA 2E

I'm Francesca, I'm attending Ferruccio Pizzi school and I'm in seventh grade. I love music, my instrument is acoustic guitar, but I also play the trumpet in a jazz band. I'm a believing girl, who goes to church every last, on Thursday I'm there from 17:00 to 19:00!!
-FRANCESCA.

SABRIUA 2E

My name is Sabriua, I am 12 and I am popular for my height (1.75 m) :)
I have Moroccan girl origins and I love listen to music to music and see series to Netflix.
I can't wait to see the jobs you send see.
-SABRIUA



Hi! I'm Chiara. I'm 13 and I'm from Rome.

We all hate school but it's here we meet fantastic people.

My favourite subjects are English and Italian.

I like eating and listening to music.

I love the Carromera and the pizza.

My passions are the dance and the languages.

My favourite colour is blue.

In my free time I like staying with my friends.

I don't practice sport but I really like the athletics.

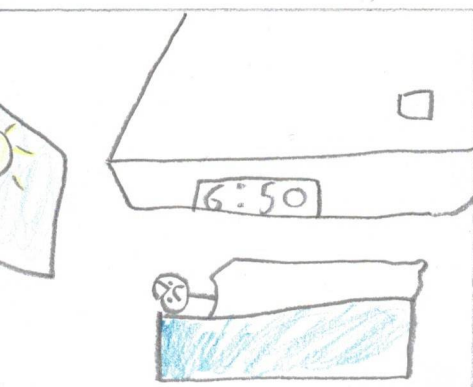
Tell me about your life, bye.

CHIARA ♥

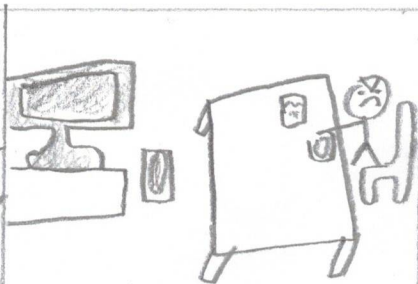
Giuliana
12e Chiara

MY MORNING ROUTINE

WAKE UP AT SIX TO TEN



I HAVE BREAKFAST



I GET DRESSED



I LEAVE HOME



I ARRIVE AT SCHOOL



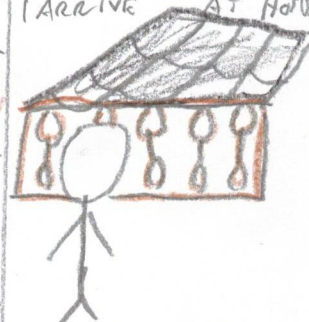
I HAVE LESSON



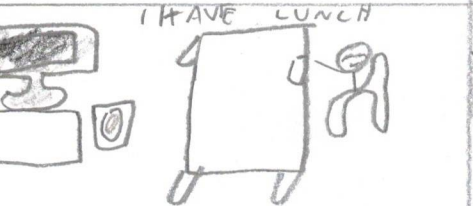
I LEAVE SCHOOL



I ARRIVE AT HOME



I HAVE LUNCH



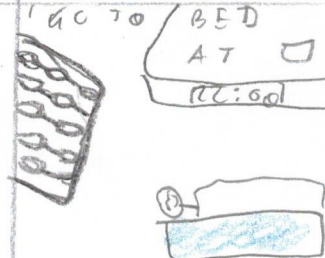
I DO MY HOMEWORK



I HAVE DINNER



I GO TO BED AT 10:00



Hi,

I'm Dawiele, I'm from Rome

My home town it's great but it's dirty and polluted.

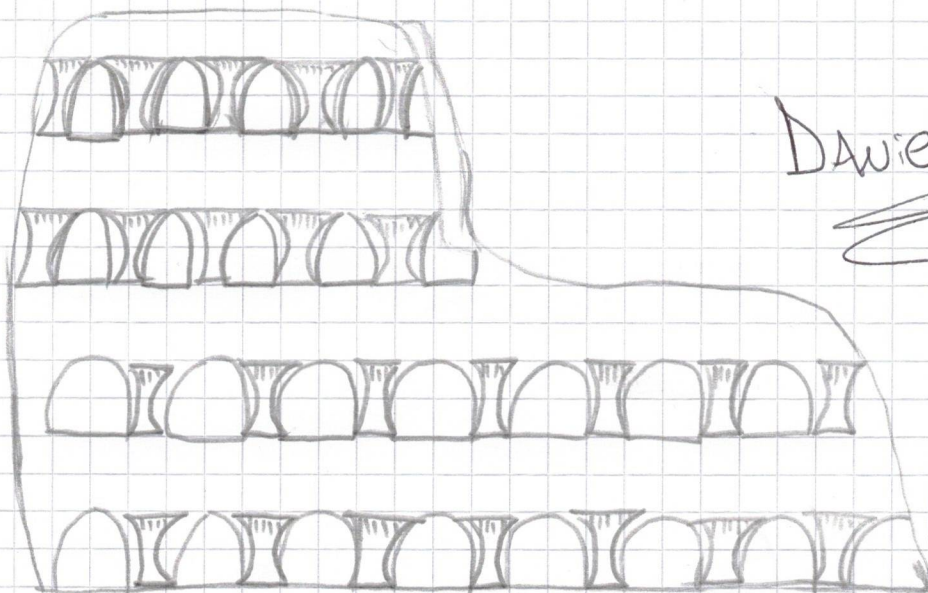
Rome is visited by lots of tourist.

In the centre there are many historical monuments AND lots of clothes shop, restaurant, bar, ecc...

Near my house there are two school & a big hospital called "Policlinico Casilino" & a supermarket and a tram rail.

Rome is a religious city because there is the Papa's home and many important churches, for example San Pietro.

The important monuments are lots, Colosseum, Roman's hole, ecc...



Dawiele

2E

morning



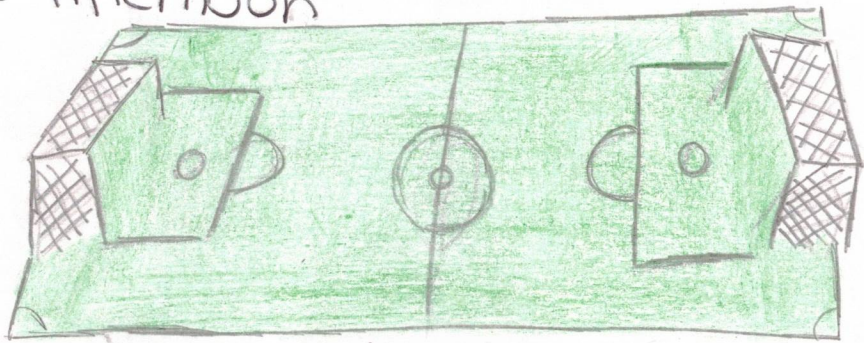
I wake up at 7:00am. and I have breakfast with a good and healthy orange juice

At school



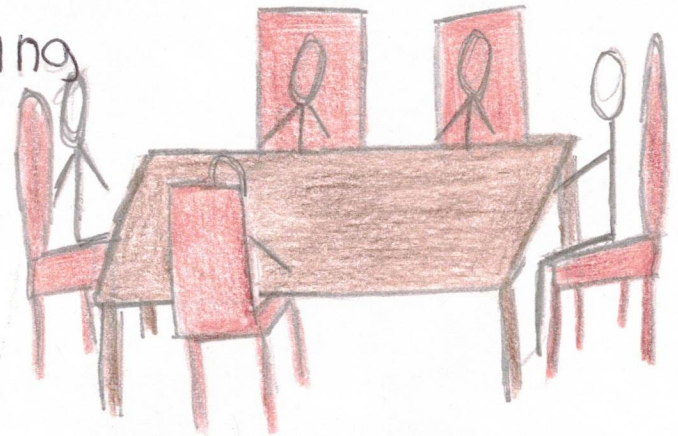
then I get dressed, comb my hair and I take my back pack and I go to school.

In the Afternoon



In the afternoon I play football with my friends and I train to improve. My football society is Atletica

Evening



In the evening I have dinner with my family and during the meal we talk about

pepper
pork cheek
pecorino cheese
potato



~~Alto~~
I

pizza (potato and mozzarella cheese)

tomato
mozzarella cheese
flour
yeast
water
oil

