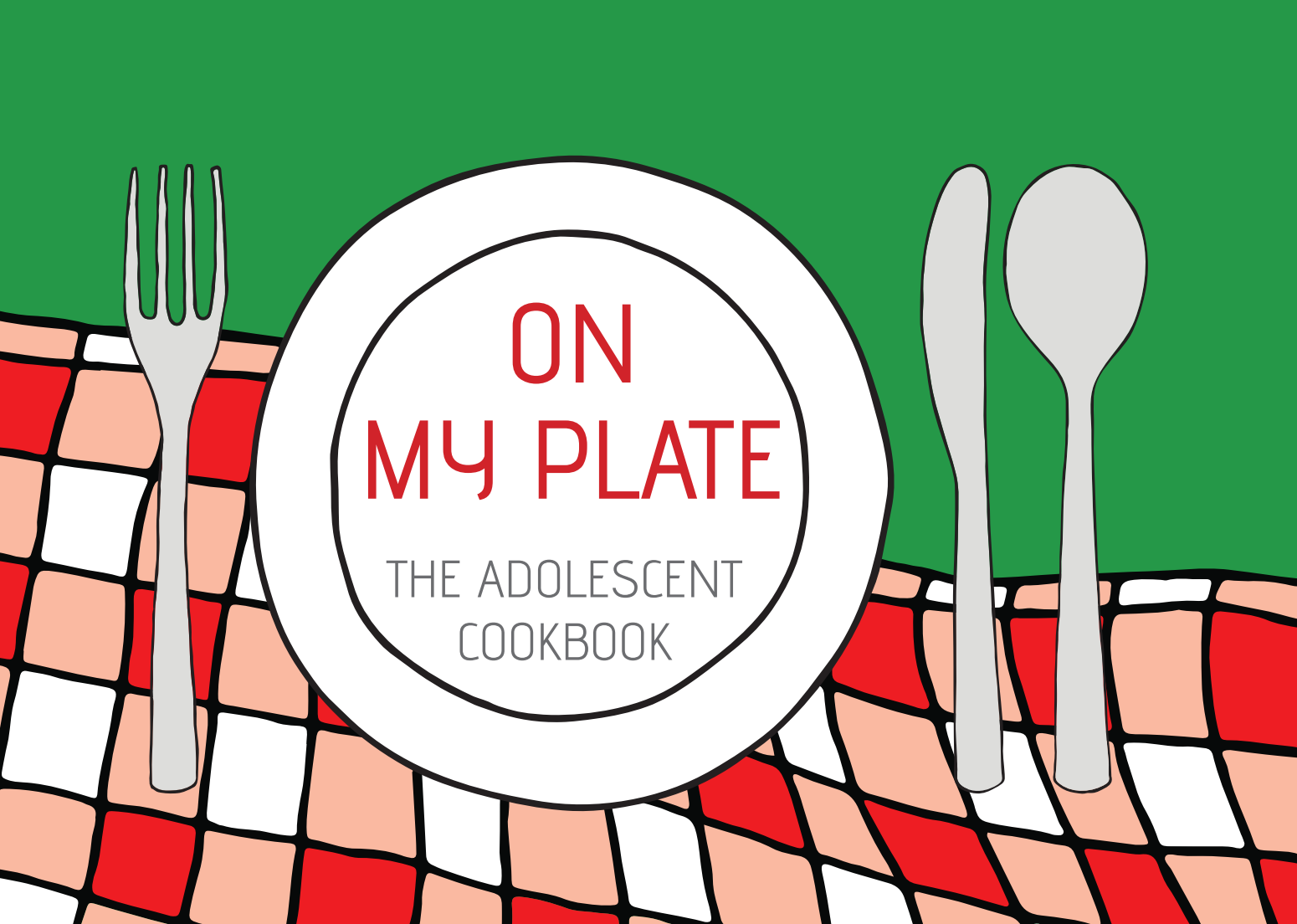

ON
MY PLATE
THE ADOLESCENT
COOKBOOK

The destiny of a nation depends on how much it brags, the future of a nation on how it eats

Jean Anthelme Brillat-Savarin

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ISBN: 978-953-8171-16-1
Split, April 2021

THE ADOLESCENT COOKBOOK

ON MY PLATE

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FOREWORD

The On My Plate cookbook is one of the outcomes of the public health project called At the Table, which aims to raise the awareness of young people on the link between eating habits and emotional states, and thus also the protection and promotion of mental health. It was created in the context of the On the Fork tool and board game.

To be fed is not only a basic need of every human being, being biologically motivated, but it is also a give-and-take relationship, an emotional exchange that occurs and develops from the first moments of each individual's life. The link between emotions and food is stronger than you might think at first glance. Our emotions greatly influence what foods we eat and our eating habits. Emotions alone are not the cause of one's obesity, but the way a person regulates them can have a significant impact on their body weight. Here, we are not only talking about how what we eat affects how we feel, but also how what we feel affects our eating habits. Therefore, eating habits can be significantly affected by various emotional states, sometimes leading to behavioral addiction, and eating disorders, especially in the most vulnerable groups, namely children and adolescents.

I believe that this cookbook will make it easier for you to make healthy decisions about your eating habits and help you raise awareness on how important it is to choose and prepare food yourself, investing additional time into this activity. By doing this you are also changing your lifestyle, which now encourages a proactive approach to other domains of your development. Time thus spent encourages a culture of eating, but also of dialogue, because it is not the time you do not have, but a different use of the time you do have. Food then becomes a source of pleasure and joint activities, whether we prepare it at home, with the family, or among peers. Then it is not just a private 'comfort'! Enjoy the pleasant atmosphere, and the benefits of food you yourself prepared! Bon appétit!

Željko Ključević, MD, PhD, Addiction Psychiatrist
Head of Mental Health Service

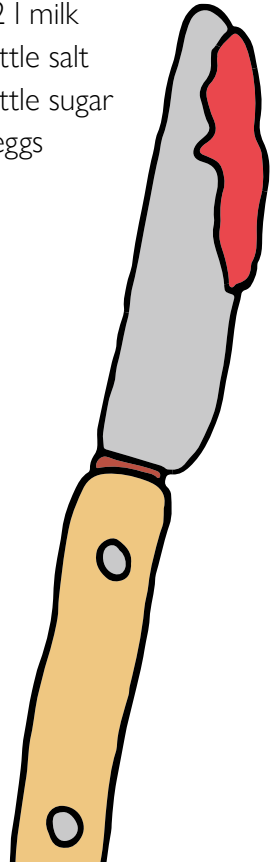
20'

BREAKFAST

8

INGREDIENTS

- 50 dag flour
- 1/2 l water
- 1/2 l milk
- a little salt
- a little sugar
- 3 eggs
- oil



PREPARATION

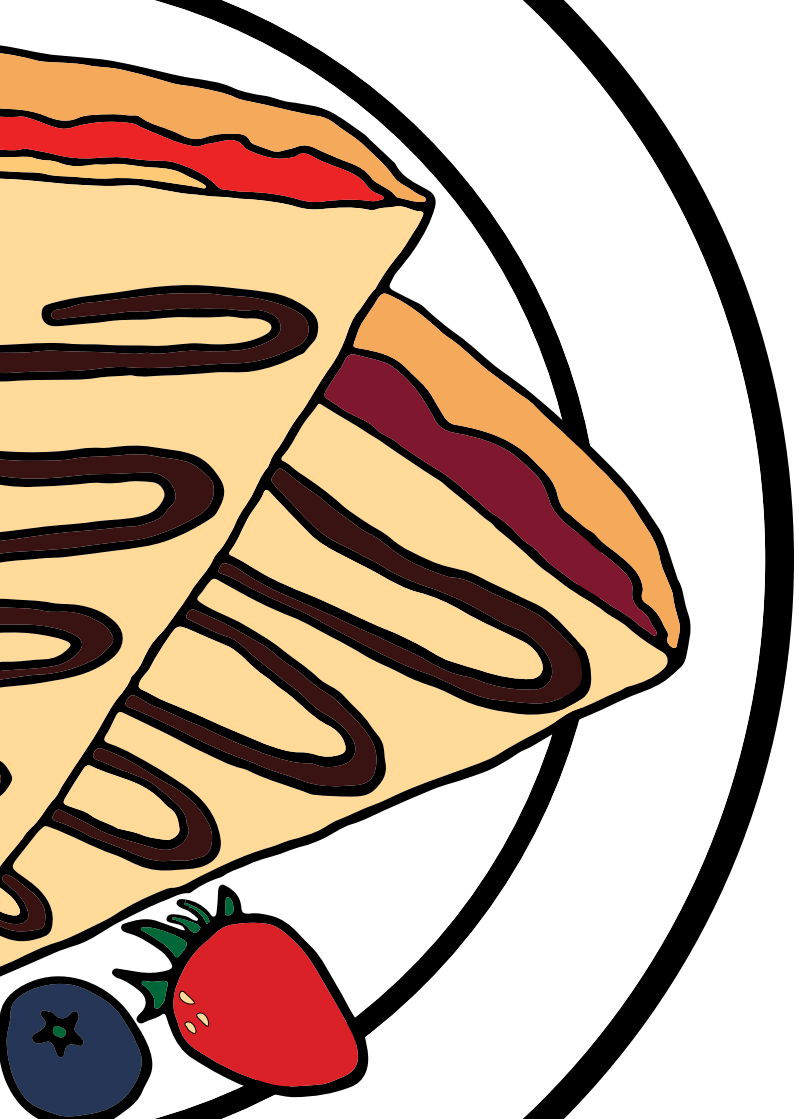
First whisk the eggs in a bowl, then add the other ingredients and mix until you get a smooth mass. Leave it for at least half an hour in the refrigerator.

Put the baking pan (Teflon pan) on the fire, add a little oil, heat it up, pour in a little mixture (with a ladle (hr. kacijolom), let it turn brown, flip it, and bake it on the other side. Fill the pancakes with a filling of choice (jam, honey...).

TIPS

Instead of ordinary water, you can use mineral water, which will make the dough looser. Also, if you want a looser dough, separate the egg yolks from the egg whites. Beat the solid snow from the egg whites and finally stir it into the mixture. If you want softer pancakes, add a little baking powder to the flour.

If you are making sweet pancakes, you can make the mixture interesting by adding a little cinnamon powder, or grated lemon/orange zest, or a little rum or something else.



PANCAKES

WITH JAM AND HONEY

SERVES 4; 606,8 KCAL PER SERVING

5'

BREAKFAST

10

INGREDIENTS

- 70 g bread
- 10 g butter
- 10 g marmalade
- 10 g honey
- 200 g milk

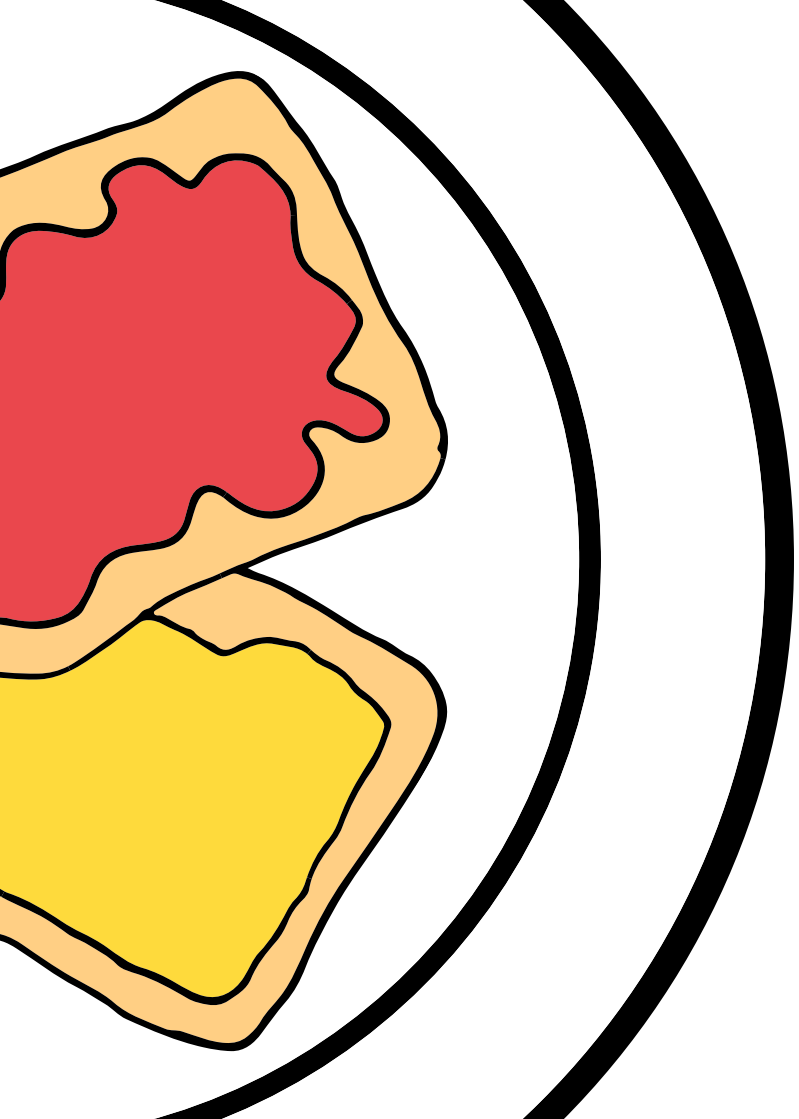
PREPARATION

Cut the bread, toast it on a pan if you want to get a golden yellow color and a special crunchiness to it.
Coat the bread with butter and marmalade to taste.

TIPS

Instead of marmalade, we can also use honey as it goes well with butter.
Serve with a cup of warm milk or cold yogurt





BUTTER AND MARMELADE

WITH TOASTED BREAD

SERVES 2; 204,25 KCAL PER SERVING

10'

BREAKFAST

12

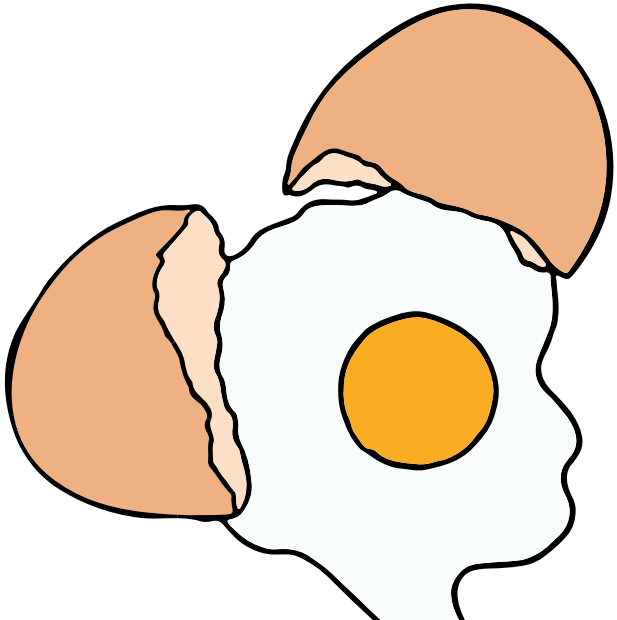
INGREDIENTS

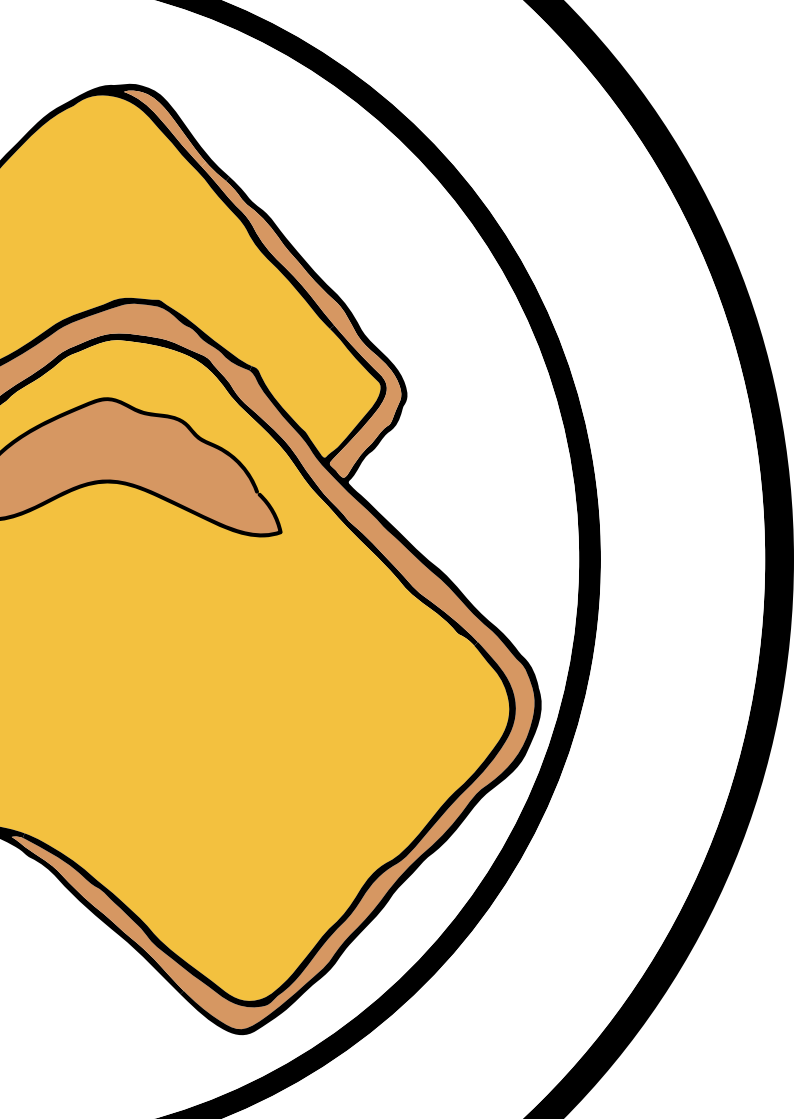
- old bread 3 - 4 slices
- eggs, 2 pcs.
- a little milk (1 dcl)
- pinch of salt
- sunflower oil (1 dcl)

PREPARATION

Cut the previous day's bread into slices approximately 1.5 cm thick. Lightly season the eggs with salt and stir them well with a fork. Add a little milk and mix it.

Toss the slices of bread on both sides into the stirred eggs and fry them in deeper oil until golden-brown. Serve with a cup of cold milk.





FRIED

BREAD

SERVES 2; 793,3 KCAL PER SERVING

5'

BREAKFAST

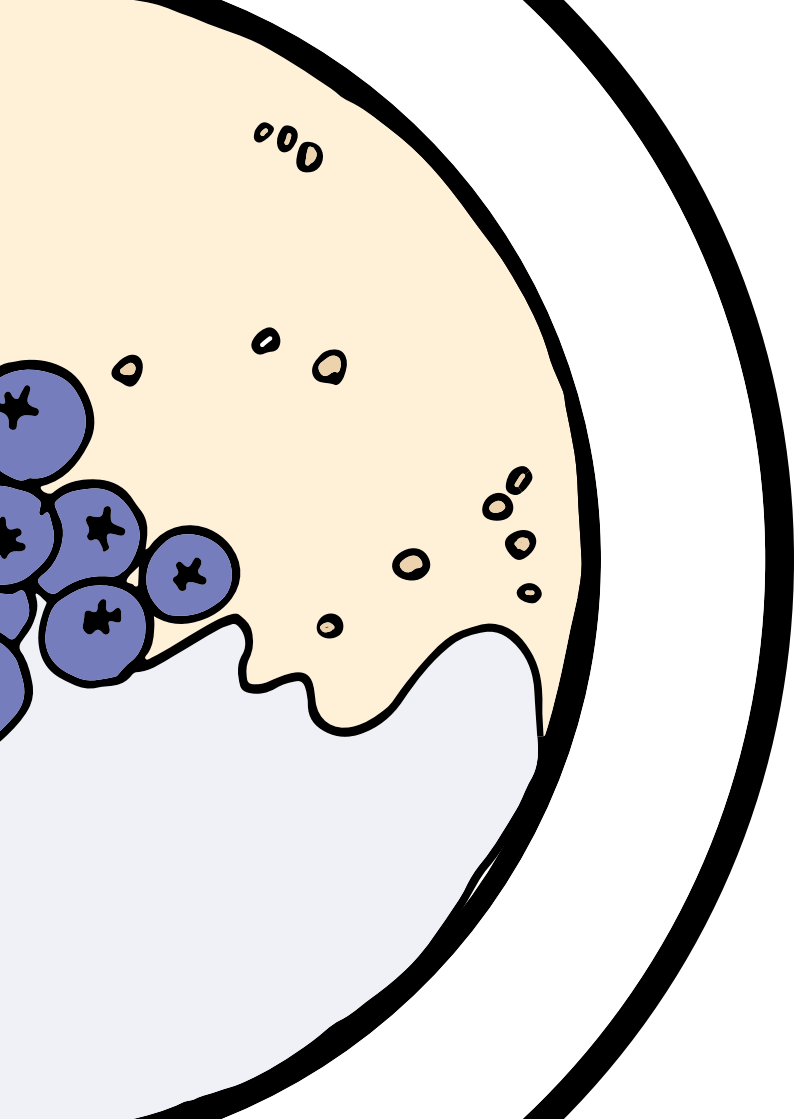
INGREDIENTS

- 100 g oatmeal
- 200 g yogurt

PREPARATION

Put the oatmeal in a bowl and add the yogurt and mix everything well. You can also add a tablespoon of honey or fruit.





OATMEAL

WITH YOGURT

SERVES 1; 527,1 KCAL PER SERVING

10'

BREAKFAST

16

INGREDIENTS

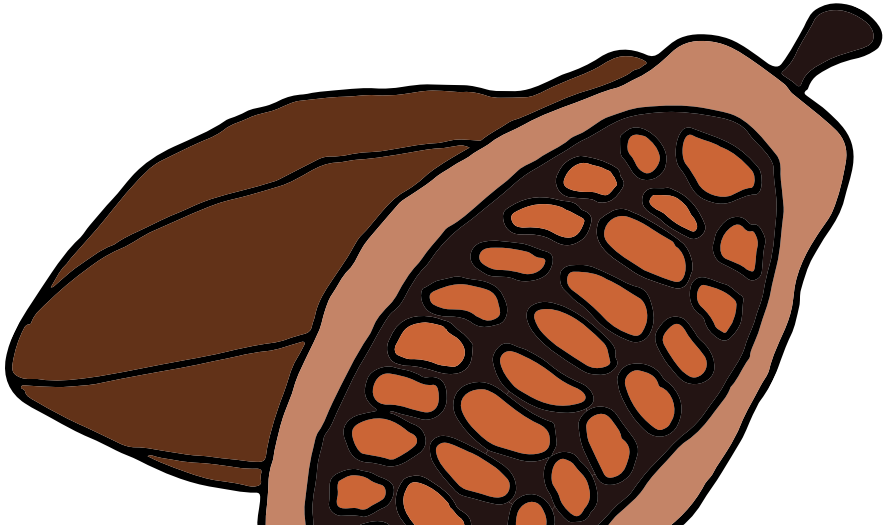
- milk 0.5 l
- semolina 4 - 5 tablesoons
- apple, 1 pcs.
- cinnamon, 1 teaspoon
- cocoa, 1 tablespoon

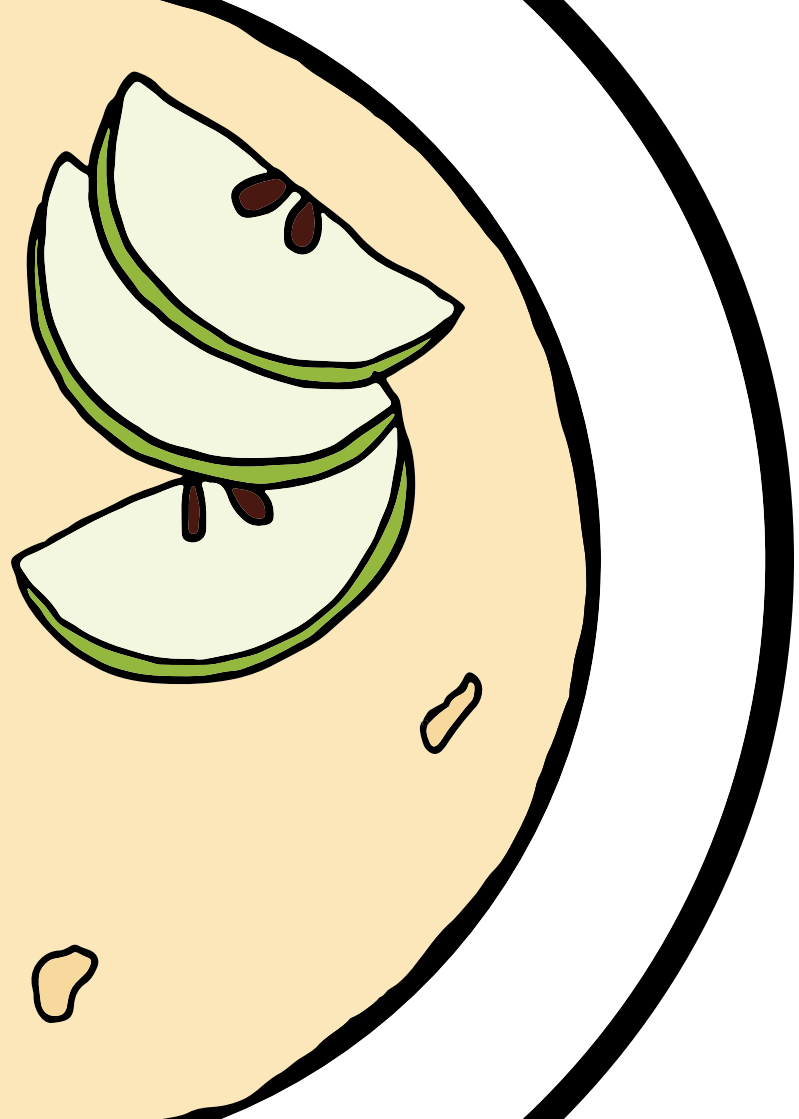
PREPARATION

Heat the milk in a bowl until hot. Before it boils, add the semolina. Stir over low heat for a few minutes until thickened. When thickened, add the grated apple, raisins, cocoa, cinnamon and stir.

TIPS

Instead of semolina you can use rice and cocoa.





SEMOLINA

WITH MILK

SERVES 2; 351,1 KCAL PER SERVING

15'

BREAKFAST

INGREDIENTS

- 150 g apples
- 100 g clementines or tangerines
- 100 g kiwi
- 100 g pomegranate
- 120 g bananas
- 200 g orange juice
- 10 g honey

PREPARATION

Heat the orange juice and honey a little bit over low heat, just enough to make it easier for the honey to melt. Leave to cool while you prepare the fruit. Wash, clean and cut the fruit into smaller pieces.

Put the prepared fruit in a bowl and mix with orange juice and honey. Adjust the amount of juice to the amount of chopped fruit. Put the fruit salad into a refrigerator to cool.

TIPS

Take advantage of seasonal fruits to prepare delicious fruit salads!





FRUIT

SALAD

SERVES 2; 225,5 KCAL PER SERVING

10'

BREAKFAST

20

INGREDIENTS

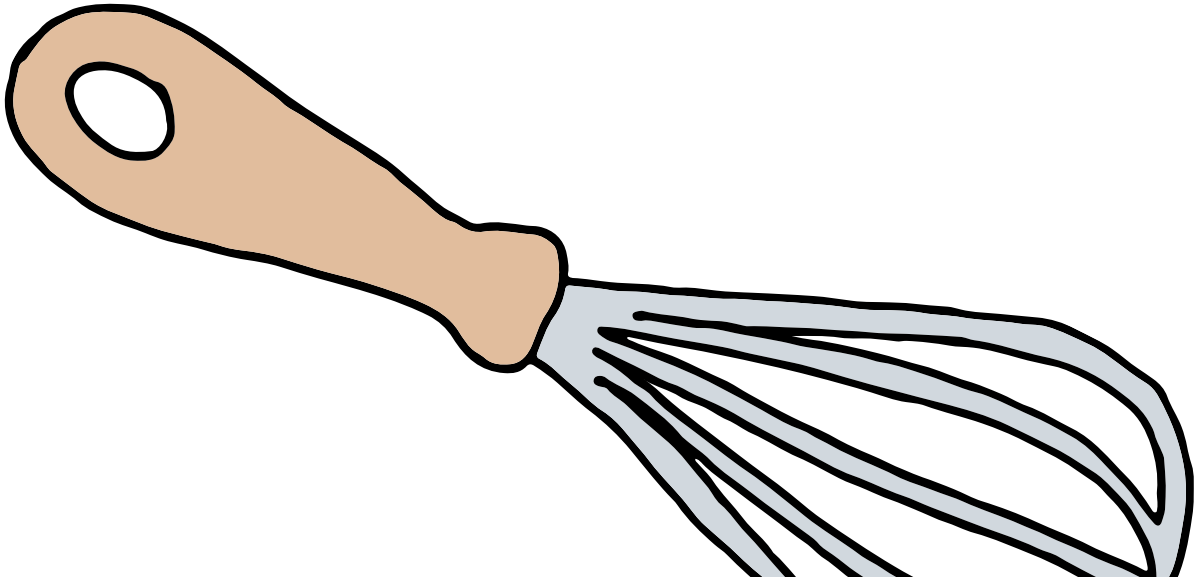
- 6 eggs
- 100 g bacon
- salt as needed

PREPARATION

Cut the bacon into thin noodles and fry them in a frying pan. When the bacon turns brown and releases fat, add the scrambled eggs, and stir continuously for 1-2 minutes. Serve with a seasonal salad.

TIPS

Instead of bacon we can use various other vegetables (zucchini, peppers, mushrooms...).





SCRAMBLED EGGS

WITH BACON

SERVES 2; 539 KCAL PER SERVING

15'

LUNCH

INGREDIENTS

- 400 - 500 g chicken breast
- 2 tablespoons olive oil
- salt, pepper
- zucchini, 1 pcs.
- peppers, 2 pcs.
- mushrooms, 10 pcs.

PREPARATION

Cut the chicken into fillets and season. Cut the vegetables into strips. In a frying pan on warmed fat we fry the chicken breast on both sides for 3 - 4 min. Remove the steaks and fry the sliced vegetables on the fat for a short time (1 - 2 min). Season and serve.

TIPS

You can also use other types of meat (turkey, pork, etc.). Instead of fried vegetables, we can also use boiled vegetables.





CHICKEN BREASTS

WITH ROASTED VEGETABLES

SERVES 2; 453,6 KCAL PER SERVING

50'

LUNCH

INGREDIENTS

- 1 kg beef
- 3 potatoes
- 3 carrots
- 2 tomatoes
- 2 peppers
- 3 garlic cloves
- celery, 1 pcs.
- fresh bundle of parsley
- 1 teaspoon salt
- 1 teaspoon unground pepper

PREPARATION

We clean the vegetables and put them in a large pot with meat. In the pot we add water and spices. We cook for about 2 hours on low heat. Vegetables can be checked with a fork so that they do not overcook. As soon as it's done, we take it out. Cook until the meat softens. Finally, drain the soup into another pot, add the pasta (of choice) for the soup and let it boil. With pasta soup we serve the boiled meat and vegetables.

TIPS

You can also use other types of meat (chicken, veal, beef...)





SOUP AND BOILED MEAT

WITH VEGETABLES

SERVES 3; 501,96 KCAL PER SERVING

25'

LUNCH

INGREDIENTS

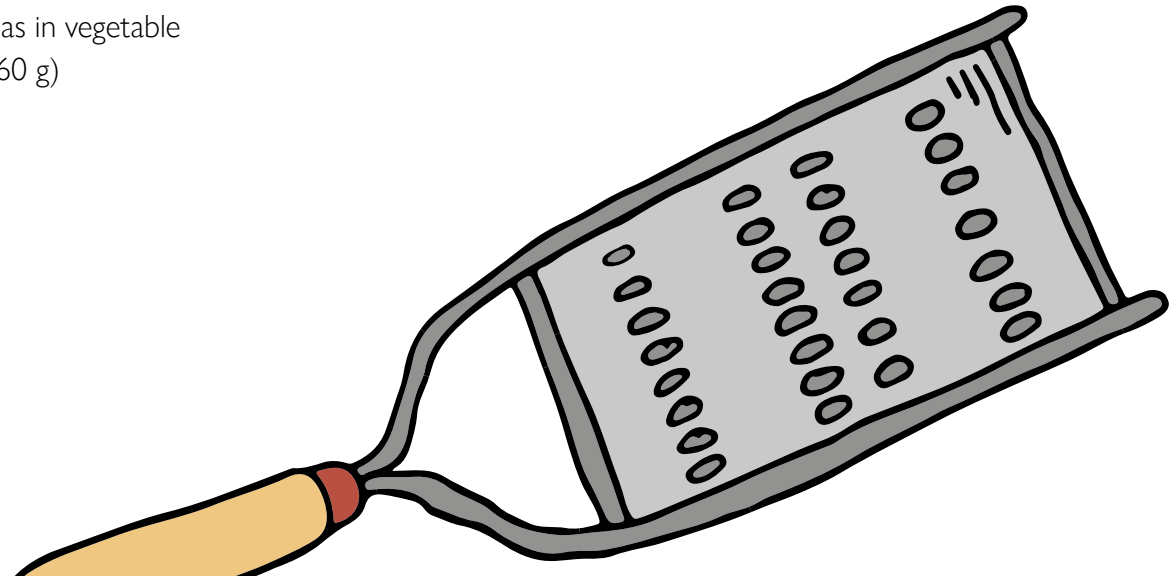
- 200 g macaroni
- 2 tablespoons olive oil
- 2 garlic cloves
- 1 tablespoon of freshly sliced basil
- 1 teaspoon grated lemon zest
- 0.5 l whole peeled tomatoes
- 2 tunas in vegetable oil (160 g)

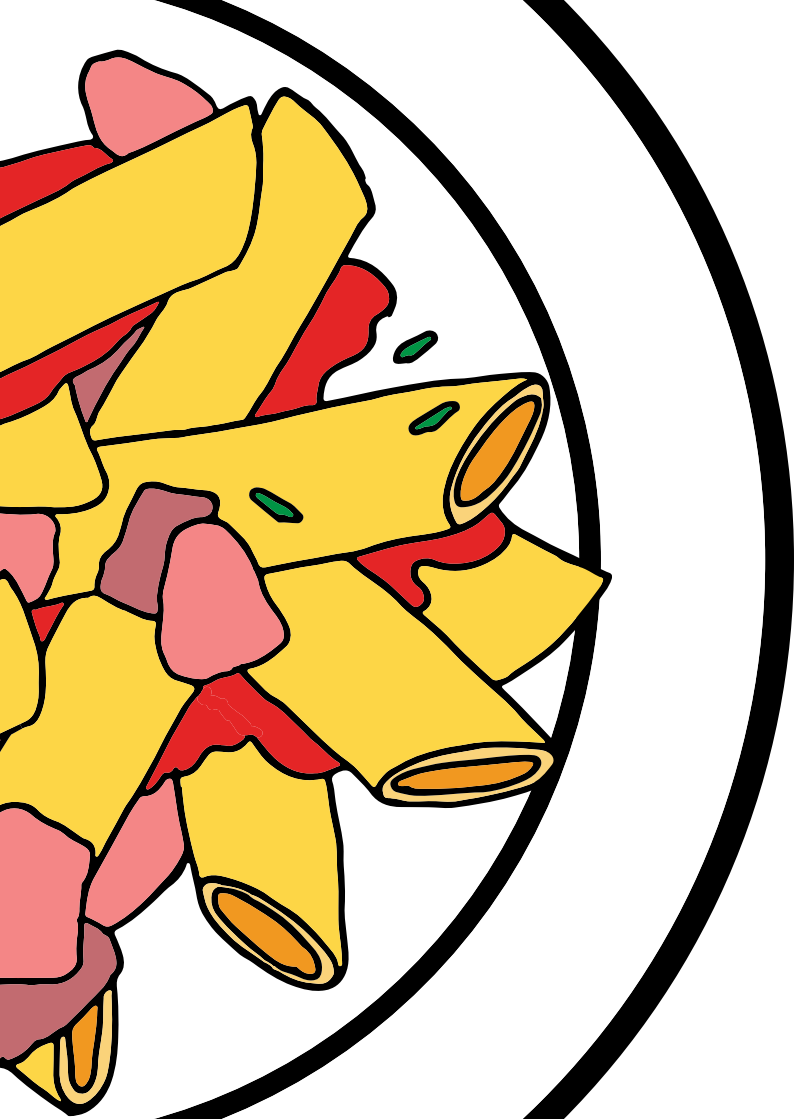
PREPARATION

Put the grated lemon zest, garlic, basil and drained tuna on the heated oil. Fry briefly, add whole peeled tomatoes and cook it all together briefly. Cook the macaroni, drain them and put them into the sauce.

TIPS

Serve the salsa with tuna and pasta with a salad of choice.





PASTA

WITH TUNA AND SALSA

SERVES 2; 729,95 KCAL PER SERVING

30'

LUNCH

INGREDIENTS

- 3 tablespoons olive oil
- 2 onions (purple and/ or red)
- 1 shallot
- 4 cloves of garlic
- 1 kg of squid with tentacles
- 1 tablespoon rosemary
- chili
- 200 ml dry white wine
- 500 g tomato puree
- 1/2 of a parsley bundle
- 200 g kacamak (hr. polenta)
- butter



PREPARATION

Peel the onions and chop them finely. Fry them on olive oil until they begin to crumble (about 10 minutes, with stirring and slowly adding water so that it does not burn). Peel and finely chop the garlic, add it to the onions and fry briefly. Add the squid with the tentacles cut into rings that you have previously washed and drained. Sauté everything briefly. Add rosemary and dried chili to taste. Stir and pour over it the tomato and wine puree. Add half of the chopped fresh parsley, salt and freshly ground pepper. Cook for the next 20-30 minutes until the squid softens and the sauce is reduced and thickened.

During this time, cook the kacamak according to the instructions on the bag. Finish the stew – taste it to check that the tentacles and rings have softened and, if necessary, season with salt and pepper. Add the rest of the fresh parsley and some fresh thyme and serve everything with cooked kacamak.

TIPS

Instead of kacamak you can use other side dishes that have starch in them (potatoes, pasta, etc.)



SQUID STEW

WITH KACAMAK

SERVES 4; 753,77 KCAL PER SERVING

55'

LUNCH

INGREDIENTS

- 300 g ground beef
- 300 g pureed tomatoes
- 50 g carrots
- 50 g celery
- 50 g red onions
- 2-3 cloves of garlic
- 1/2 glass white dry wine
- salt and pepper to taste

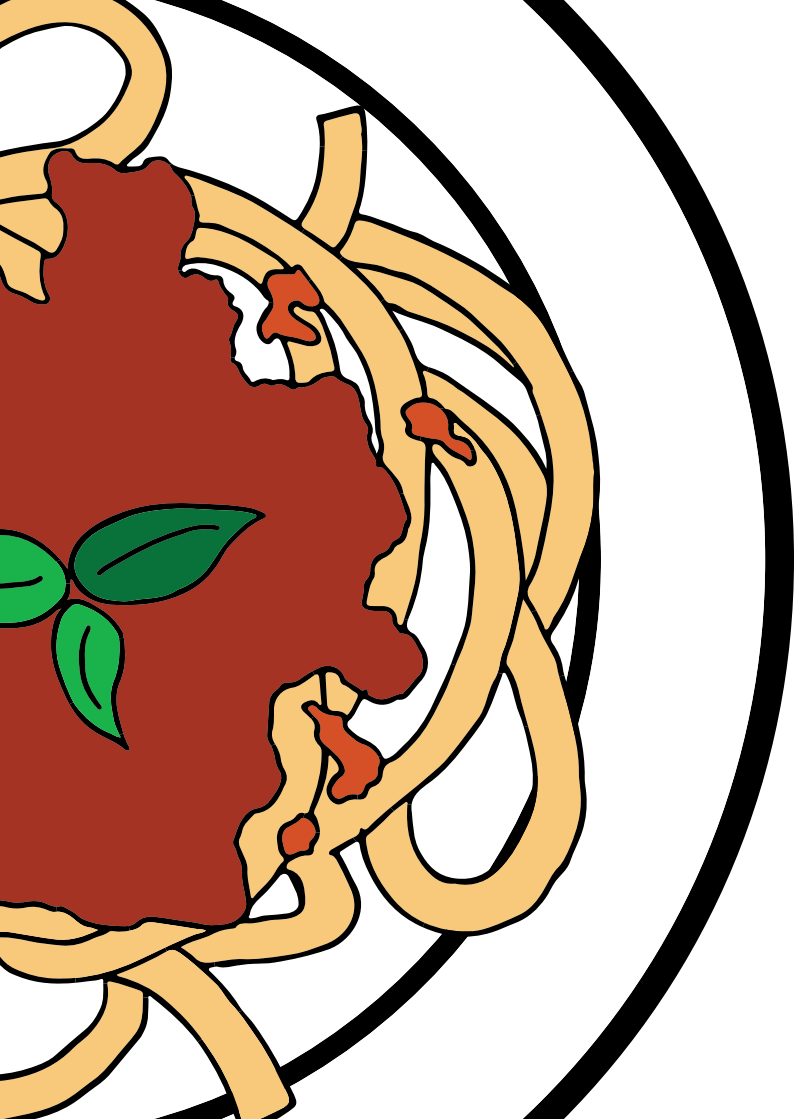
PREPARATION

Add oil to a deeper pan. Add finely chopped onions to the oil and fry until the onions wilt. Add grated carrots, celery and onions and sauté everything gently over medium heat. Add the minced beef and fry it well with constant stirring to chop the meat well (to break larger lumps). Then add the wine, stir gently, let the alcohol evaporate and add the tomato puree after 5 minutes. Mix everything well, cover the pan, turn down the heat and cook until the meat softens while adding water as needed. At the very end, season with salt and pepper, stir and serve with cooked pasta and sprinkle with grated parmesan.

TIPS

You can also use other types of meat, such as turkey, and when pouring instead of water, you can use stock (vegetable, meat).





PASTA

BOLOGNESE

SERVES 2; 680,65 KCAL PER SERVING

25'

LUNCH

INGREDIENTS

- 70 g rice per person
- 1 red onion
- 2 - 3 cloves of garlic
- 2 paprikas (medium size)
- 1 medium-sized carrot
- parsley - leaf and root
- 1 smaller zucchini
- 1 smaller eggplant
- olive oil
- salt
- butter
- 1-2 tablespoons grated parmesan

PREPARATION

In a deeper pan add red onions to heated oil. Salt a little to fry faster. Fry the onions until they are beautifully browned that it, until they acquire a yellowish color. Add vegetables and fry: first the finely chopped paprika, after a couple of minutes the carrots (grated or chopped into cubes), chopped parsley and chopped garlic. Peel the eggplant, cut it into small cubes and soak in cold water to extract the bitterness. Peel the zucchini or, if it is very young, just wash it well and then chop into cubes. Add to previously roasted vegetables. Fry for a couple of minutes and add the drained eggplant. Cook the rice according to the instructions on the package. Strain the rice and add to the vegetables. Finally add a finely chopped leaf of parsley. Put out the fire, add the parmesan, stir and put a cube of butter on top. Stir everything together with light movements to melt the butter.



TIPS

Instead of rice you can use barley.



VEGETABLE

RISOTTO

SERVES 2; 245,89 KCAL PER SERVING

40'

LUNCH

INGREDIENTS

- 1 smaller cabbage
- 1 tablespoon of fat (or oil)
- 2 pcs. peeled and sliced carrots
- 1 larger onion
- 1 tablespoon tomato concentrate
- pepper
- salt
- 2 cloves of chopped garlic
- 2 pcs. potatoes cut into cubes

PREPARATION

Put the fat in a pot and finely yellow the chopped onions. Add chopped carrots and cabbage, and sauté while constantly adding water. Season to taste. When everything is finely fried, add the potatoes and tomato concentrate and pour with water or stock. Cook until the potatoes soften. At the very end add chopped garlic. Cover and remove from the heat.

TIPS

Instead of cabbage, you can also use other types of vegetables.





CABBAGE

STEW

SERVES 3; 137,6 KCAL PER SERVING

15'

DINNER

INGREDIENTS

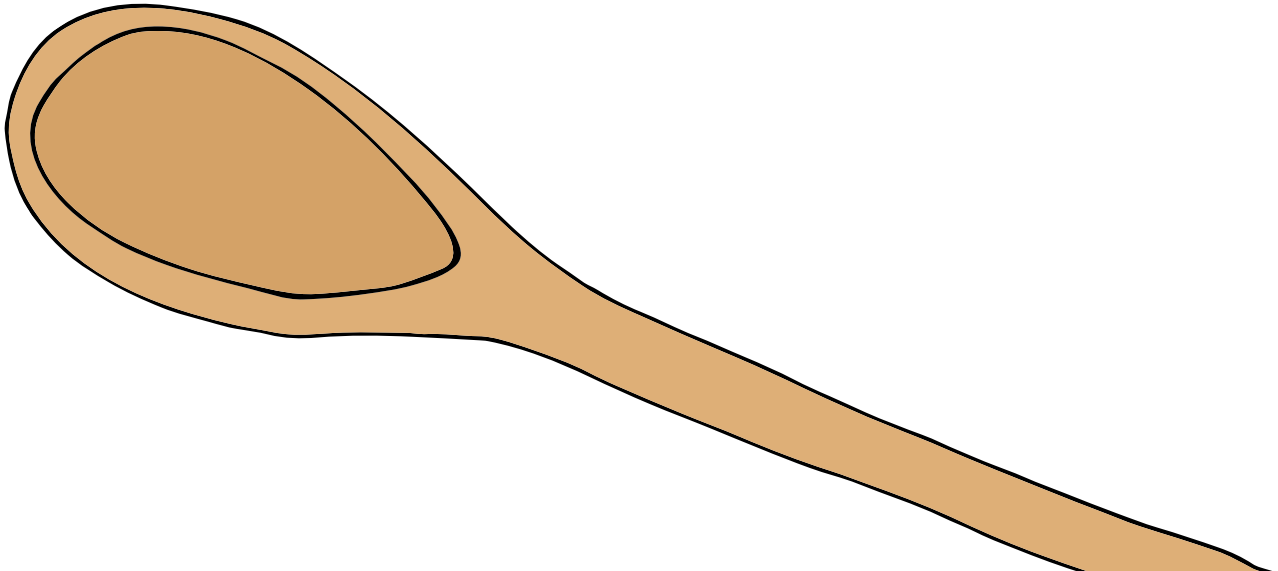
- 200 g corn grits
- water
- 10 g butter
- a little salt
- 200 g yogurt

PREPARATION

Boil the water in a pan, add a little salt and some butter to it. As soon as it boils, add the corn grits and cook it with constant stirring. After about 15 minutes, that is, when it begins to separate from the edge of the pan, the polenta is done and ready to serve. Pour the yogurt over it.

TIPS

Instead of yogurt, you can also use milk.





KACAMAK

WITH YOGURT

SERVES 2; 477 KCAL PER SERVING

5'

DINNER

38

INGREDIENTS

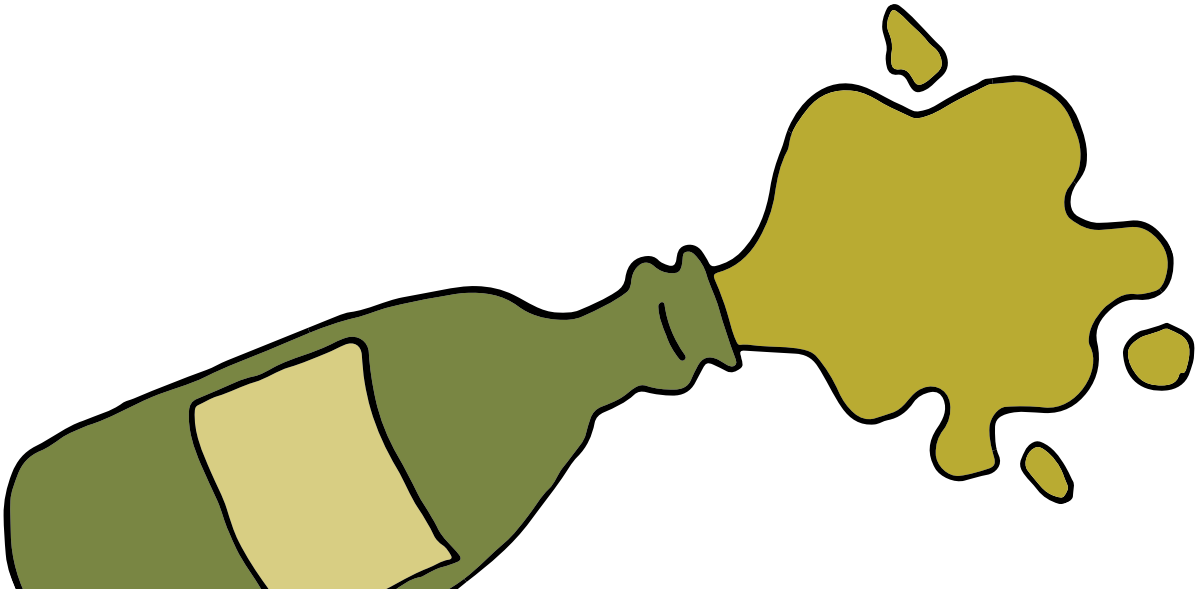
- 500 g medium-sized tomatoes
- 300 g mozzarella cheese
- 30 - 40 g basil
- pepper
- salt
- 100 ml extra virgin olive oil

PREPARATION

Cut the mozzarella and tomatoes into slices. Arrange the mozzarella together with the tomatoes on a plate so that they overlap with each other. Season with salt, pepper and olive oil.

TIPS

You can season the salad with basil and balsamic vinegar, but also combine it with young cow's cheese.





TOMATO AND CHEESE

SALAD

SERVES 3; 630,57 KCAL PER SERVING

INGREDIENTS

- 400 g chicken breast
- 2 slices toasted bread
- 3 - 4 pcs. bacon, thinly sliced
- lettuce (spinach leaves)
- 2 cloves of garlic, a little bit of lemon juice, sage leaf, olive oil
- spring red onions
- grated parmesan or other cheese
- 1 – 2 sardines or anchovies
- parsley leaf

PREPARATION

Prepare the chicken meat, season it, and fry it in a frying pan on shallow fat. Cut the dry bacon into thin slices and fry in a pan, to make them nicely crispy. Wash the lettuce, spinach leaves and spring onions. Slice them and put them in a bowl. In a grease-free pan, toast the slices of bread, then cut them into cubes, and set aside. Prepare a dressing of olive oil, garlic, parsley leaves, sage leaves, anchovies or sardines and a little bit of lemon juice. Beat it all together in a mortar or mix it with a stick mixer. In a bowl with lettuce, spinach and spring onions add pieces of bacon, toasted bread and pieces of chicken and pour over them the prepared dressing. If you want, you can also add grated parmesan or some other cheese.

TIPS

Instead of chicken breasts, we can use other parts of the chicken (drumstick, stick, wings...). We can also combine various types of seasonal salads (arucula, matovilac, tomato, cucumbers...).





CHICKEN

SALAD

SERVES 3;: 593,03 KCAL PER SERVING

INGREDIENTS

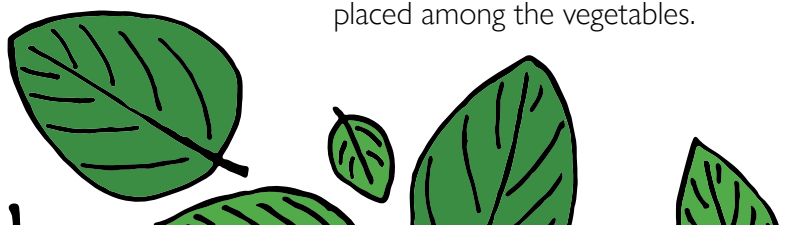
- 4 smaller or 2 larger zucchini
- 250 g of portobello mushrooms
- 1 onion
- 200 ml pureed tomatoes
- basil
- chili
- salt
- pepper
- sugar (if the tomato is too sour)
- 2 tablespoons sour cream
- 1 egg
- 200 g hard cheese
- oil

PREPARATION

Wash the zucchini and cut them in half. Then hollow them out and arrange them to be baked. Chop and mix the inside of the zucchini with chopped mushrooms. Clean and chop the onion and fry it on a little oil. When the onions are yellowed, add mushrooms, zucchini and tomato puree. Let it cook for about 15 minutes. Add salt, pepper, basil and chili and sugar if the tomato is sour. When the vegetables soften and the tomato thickens, we distribute the mixture in hollowed-out zucchini. In a special bowl we stir the cream, egg and a little salt, and pour the mixture over the zucchini. We finish with sprinkling grated cheese. Bake for about 20 minutes in a preheated oven at 220°C.

TIPS

The dish is tasty as it is, but it can also be served as a side dish with a meat dish or something similar. Instead of cream and grated cheese, gorgonzola cheese can also be used – depending on your personal taste. The variations are innumerable, and eggplant can also be placed among the vegetables.





BAKED

ZUCCHINI

SERVES 4; 345 KCAL PER SERVING

30'

DINNER

INGREDIENTS

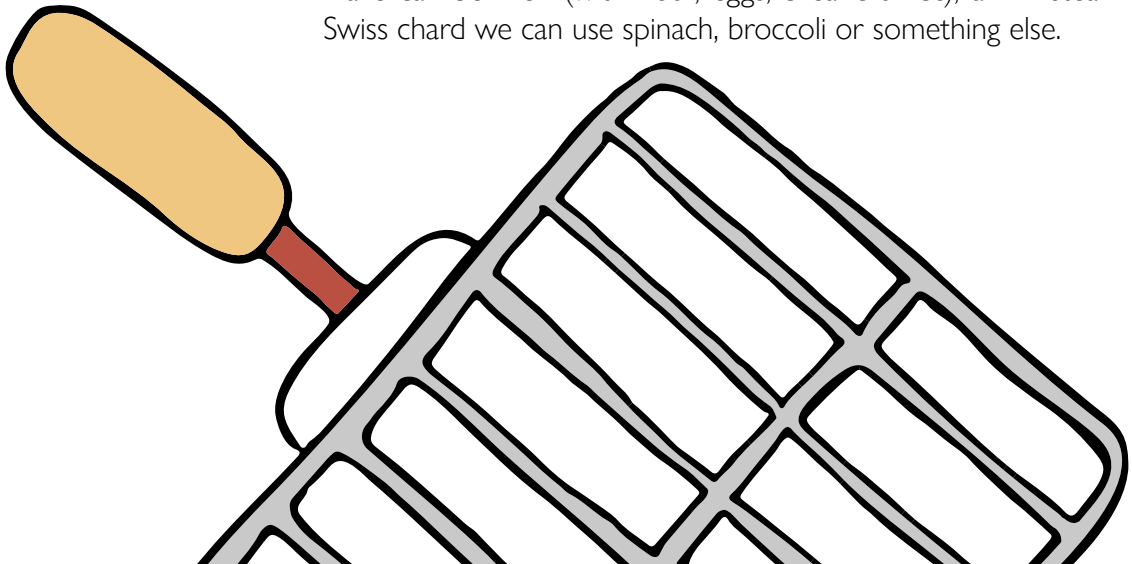
- 250 g hake
- 200 g potatoes
- 500 g Swiss chard
- 20 g olive oil
- salt

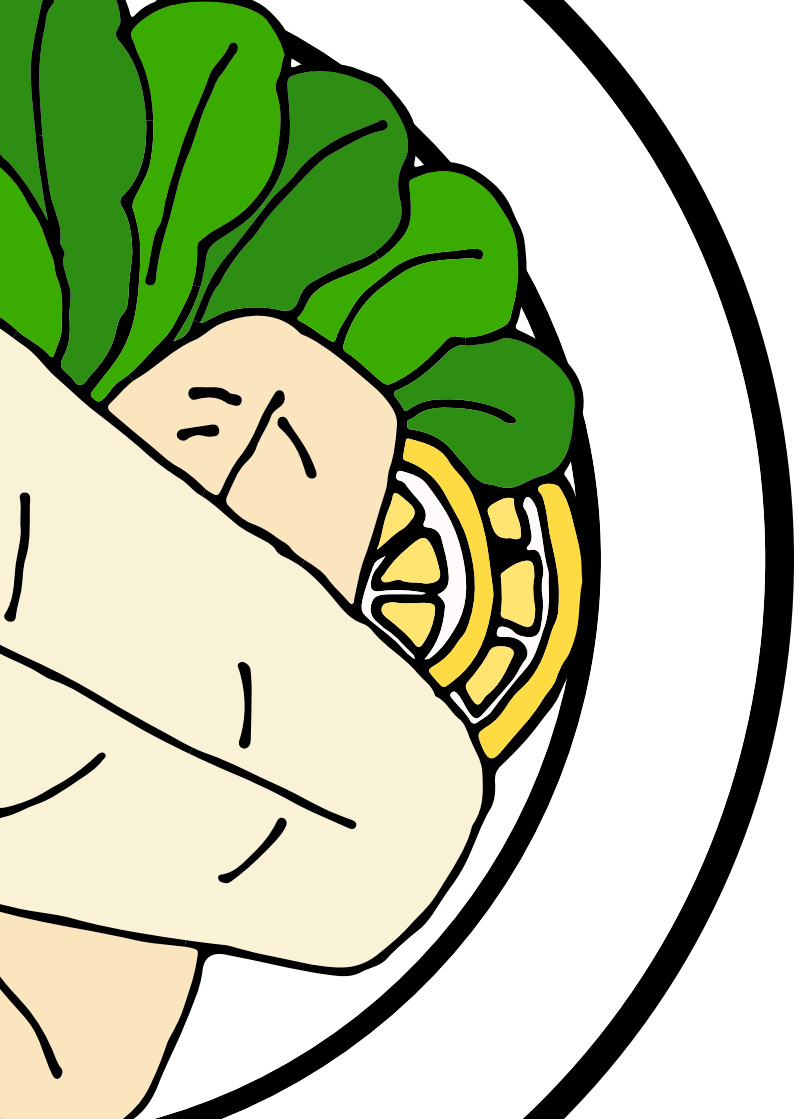
PREPARATION

Wipe the cleaned hake with a dry cloth and season it with salt. Fry it in oil, first for a few minutes on one side and then on the other. Serve Swiss chard and potatoes as a side dish. Put the potatoes in boiling salted water. At the end when the potatoes are cooked, add the chard and cook just enough to soften. Strain. If necessary, season further.

TIPS

Hake can be fried (with flour, eggs, breadcrumbs), and instead of Swiss chard we can use spinach, broccoli or something else.





HAKE

AND BOILED SWISS CHARD

SERVES 2; 297,75 KCAL PER SERVING

40'

DINNER

INGREDIENTS

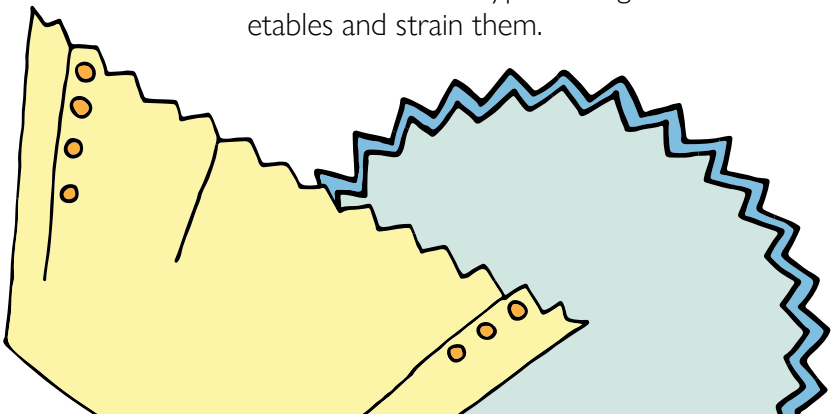
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 bag of baking powder
- 60 g of sharp flour
- 1 tablespoon sliced fresh chives
- 50 g grated parmesan
- 3 eggs
- 300 g fresh cheese
- 150 g fresh spinach

PREPARATION

Wash the spinach leaves, cut them into noodles, season with salt and leave them alone for ten minutes. Mix the egg yolks and olive oil well with an electric blender, add grated parmesan, fresh chives, well-drained fresh cow cheese and drained spinach. Mix everything well. Add flour mixed with baking powder and solid egg whites. Put two or three tablespoons of the mixture in a greased muffin mould and bake in an oven heated to 180 °C for about 25 minutes. Remove the baked muffins from the mould and serve warm with the salad of your choice.

TIPS

You can use other types of vegetables. Add enough salt to the vegetables and strain them.





MUFFINS

WITH SPINACH

SERVES 2; 245 KCAL PER SERVING

30'

DINNER

INGREDIENTS

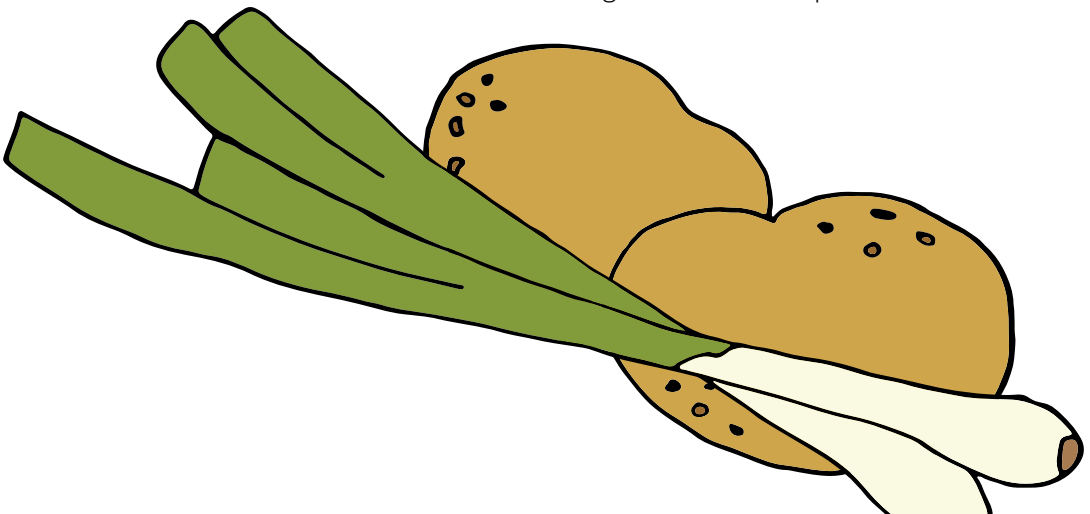
- 200 g turkey
- 100 g husks
- 50 g half of a small onion
- 5 g vinegar
- 10 g oil
- salt

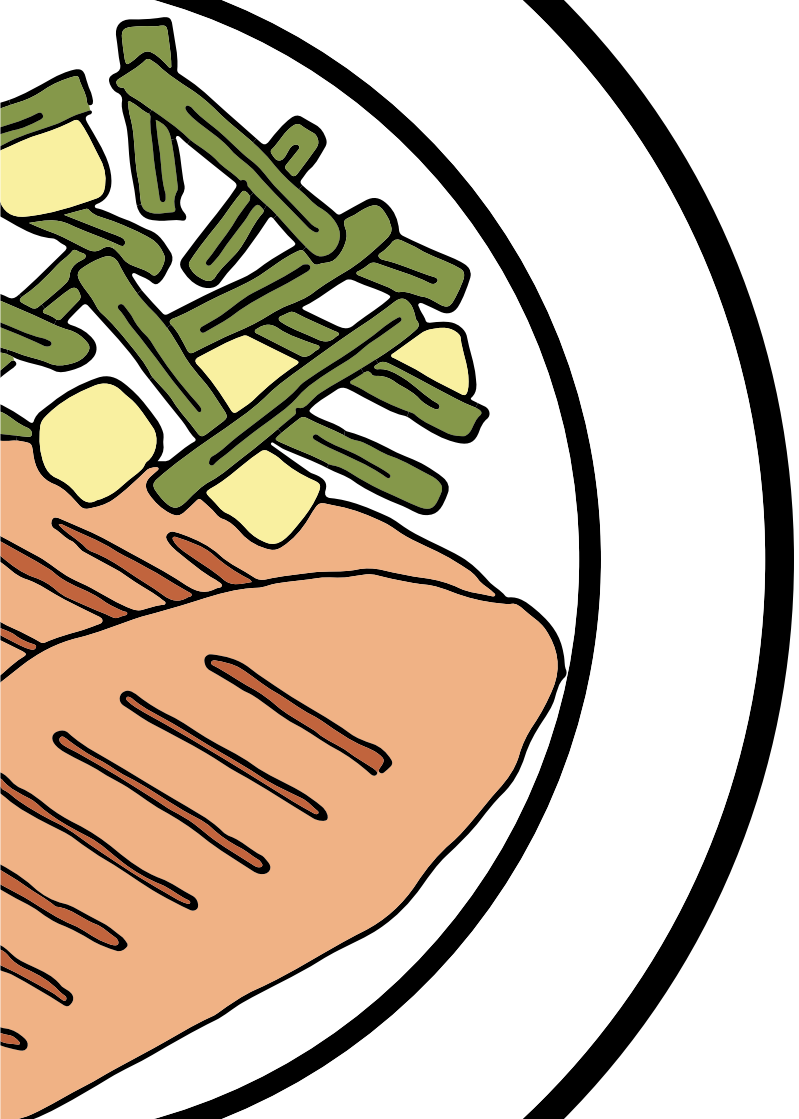
PREPARATION

Cook the pods in salted water. Drain them and cool them. Mix the pods with sliced onions, season to taste with salt, vinegar and oil. Season the turkey breast and fry it on a pan. Serve the turkey breast with husks.

TIPS

You can use pumpkin oil as it has a particularly fine aroma. If you want a more caloric salad, you can mix 2–3 boiled potatoes cut into slices with boiled green beans, mix it all together and in that way get a mixed salad of green beans and potatoes.





GREEN BEANS SALAD

AND TURKEY

SERVES 2; 316,05 KCAL PER SERVING

REVIEW

Daily commitments and a hectic lifestyle leave us little time for ourselves and our needs. Consequently, the pleasure of preparing and eating food becomes a chore that many would like to skip. The traditional approach to meal preparation is increasingly being replaced by ready-made solutions such as fast-food restaurants. In addition to quality nutrition, which is essential for the normal functioning of our body, what gets lost in this way are also all the beautiful things involved in food preparation and its consummation.

I am honored and pleased that, together with you, I have the opportunity to prepare the dishes that our cooking teacher, Mr. Ivan Romac, presented to us through three daily meals. These meals can in this way become our everyday pleasure and help us relax from obligations.

The foods used to prepare the meals were chosen from a selection of produce we buy every day, and we can find these items in every household. These are not hard-to-obtain or expensive foods, and therefore cannot make us lose our will to embark on a culinary adventure. I can say with certainty that there is no household that cannot prepare at least one of these dishes, whether as breakfast, lunch, or dinner.

In addition to the principle of simplicity in produce selection, I noticed that the essential tools and machines for food preparation are not something that is owned only by well-equipped restaurants, but by every average household.

The preparation time is very short. This includes both the preparation of the produce, and the time required for its thermal processing. It is not necessary to spend a lot of time to prepare each dish, which makes the whole process even more attractive.

To sum up, cooking teacher Mr Ivan Romac presents us with a handful of simple dishes for every household. Both professionals and amateurs will enjoy their preparation. Even younger generations of gourmets find them easy to prepare, and here I include both high school students training to become chefs themselves, as well as their peers who just love good food.

Split, March 1, 2021.
Ante Papić, cooking teacher
School of Tourism and Hospitality Split

STUDENT OBSERVATIONS

PANCAKES

- It would be too hard for me to make the mixture and then put it in the pan, but if really felt like eating it, then I would make it.
- Should I use wholegrain or protein flour?

SCRAMBLED EGGS WITH BACON (SUNNY-SIDE-UP EGGS)

- I don't need a cookbook for sunny-side-up.
- Add ham to the eggs or the other way around?

OATMEAL WITH YOGURT

- Easy to make!

CHICKEN BREAST WITH ROASTED VEGETABLES

- I would add some more spices (turmeric, ginger (it's in)...).

SOUP AND BOILED MEAT WITH VEGETABLES

- It immediately reminds me of a Sunday lunch with the family
- My father ONCE (but it would be better if he didn't) made soup and put in huge chunks of celery, and I had to eat it, because of course it was not possible to say anything wrong about his cooking.

SQUID BROTH WITH POLENTA

- Joker card mom.

BOILED CHARD OR SPINACH AND HAKE

- Instead of hake I would like some other, better fish.

MUFFINS (WITH FRUIT OR SPINACH)

- Chocolate instead of fruit - LOL.

CIP - Katalogizacija u publikaciji
SVEUČILIŠNA KNJIŽNICA
U SPLITU

UDK 641.55-053.6(083.12)

ON my plate : the adolescent cookbook / <authors Ivan Romac and students of the School of Tourism and Hospitality Split ; translation Victoria Vestić ; illustration Miro Šimunović>. - Split : Public Health Institute Split-Dalmatia County, Mental Health Service, 2021.

Izv. stv. nasl.: U mom pjatu.

ISBN 978-953-8171-16-1

1. Romac, Ivan

181224034





SPLITSKO DALMATINSKA ŽUPANIJA

Ministarstvo zdravstva

Liga za prevenciju ovisnosti

Umjetnička akademija u Splitu

ŠKOLA ZA DIZAJN, GRAFIKU I ODRŽIVU GRADNJU - SPLIT
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Turističko ugostiteljska škola Split

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ISBN 978-953-8171-16-1