

Food around the world

Worksheet 1 Teacher's notes

1. Imagine you are having visitors from England. What dishes would you serve them to introduce them to Polish cuisine? Why?

students' own answers

2. Look at the dishes below and in pairs decide what country they come from. Can you name the main ingredients ? Have you tried any of them ?

DISH	COUNTRY	WHAT IS IT?
Ratatouille	France	A traditional French stewed vegetable dish, tomatoes, garlic, onions, courgette (zucchini), aubergine (eggplant), bell peppers, marjoram and basil, or bay leaf and thyme, or a mix of green herbs like Herbes de Provence
Paella	Spain	Rice, saffron + seafood
Spaghetti carbonara	Italy	Spaghetti + cream/egg sauce, bacon
Tikka masala	India/ England	Chicken tikka masala is chicken tikka, chunks of chicken marinated in spices and yogurt, that is then baked in a tandoor oven, and served in a masala (spice mix) sauce
Poutine	Canada	French fries, topped with a light brown gravy-like sauce and cheese curds
Sushi	Japan	Rice, raw fish, sea weed, wasabi
Mole	Mexico	<i>Mole poblano</i> contains about 20 ingredients, including chilli peppers and chocolate, which works to counteract the heat of the chilli peppers, but the chocolate does not dominate.

3. Do you think we eat differently around the world? What is a typical breakfast in England like and what is a typical breakfast in Poland like? Do you think dinner in Kenia is different than dinner in Germany? Discuss in pairs.

students' own answers

4. Go to <http://time.com/8515/hungry-planet-what-the-world-eats> and look at the photos of families and their food .
 - Who spends the most on their food?
 - Who consumes the most food?
 - Who consumes the most processed food?
 - Who eats wholesome, natural and local food?
 - Which family has the healthiest diet?
 - Which family has the most varied diet?

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- Which family has the most monotonous diet?
- Are you surprised by anything in the photos?
- What would a photo of your family show?
- Do you think that all the food in the pictures gets eaten ?

students' answers may vary, it is advised the teacher looks through the photos themselves beforehand

5. There are strange dishes in all countries. The British have many dishes with very strange names. In pairs go online and find what these dishes are:

toad in the hole – sausages in Yorkshire pudding batter

bubble and squeak - a traditional English dish made with leftovers from a holiday dinner or Sunday roast. The name comes from the sounds the food—often pork, ham, sweet potatoes and root vegetables—makes when it's frying in the pan

spotted dick - a simple English dessert made from pudding and dried fruit,

Welsh rabbit – cheese on toast

pigs in blankets – sausages wrapped in bacon

bangers and mash – sausages and mashed potato

stinking bishop – type of cheese

devils on horseback- prunes or dates stuffed with chutney and wrapped in bacon

Inspired by : <http://learning.blogs.nytimes.com/2008/05/19/clean-your-plate/>