



Food from around the world

People all over the world make tasty meals using different kinds of food. These foods provide nourishment even though they look very different.

We all have to eat. But, when you look across the world, you find that people eat very different things.

This is partly because some people live where it is warm and others live where it is cool, some live where it is wet and others where it is dry.

The same food plants and animals will not grow everywhere. So, over the generations, people have learned to use local plants and animals to make their meals (Pictures 1 to 3).

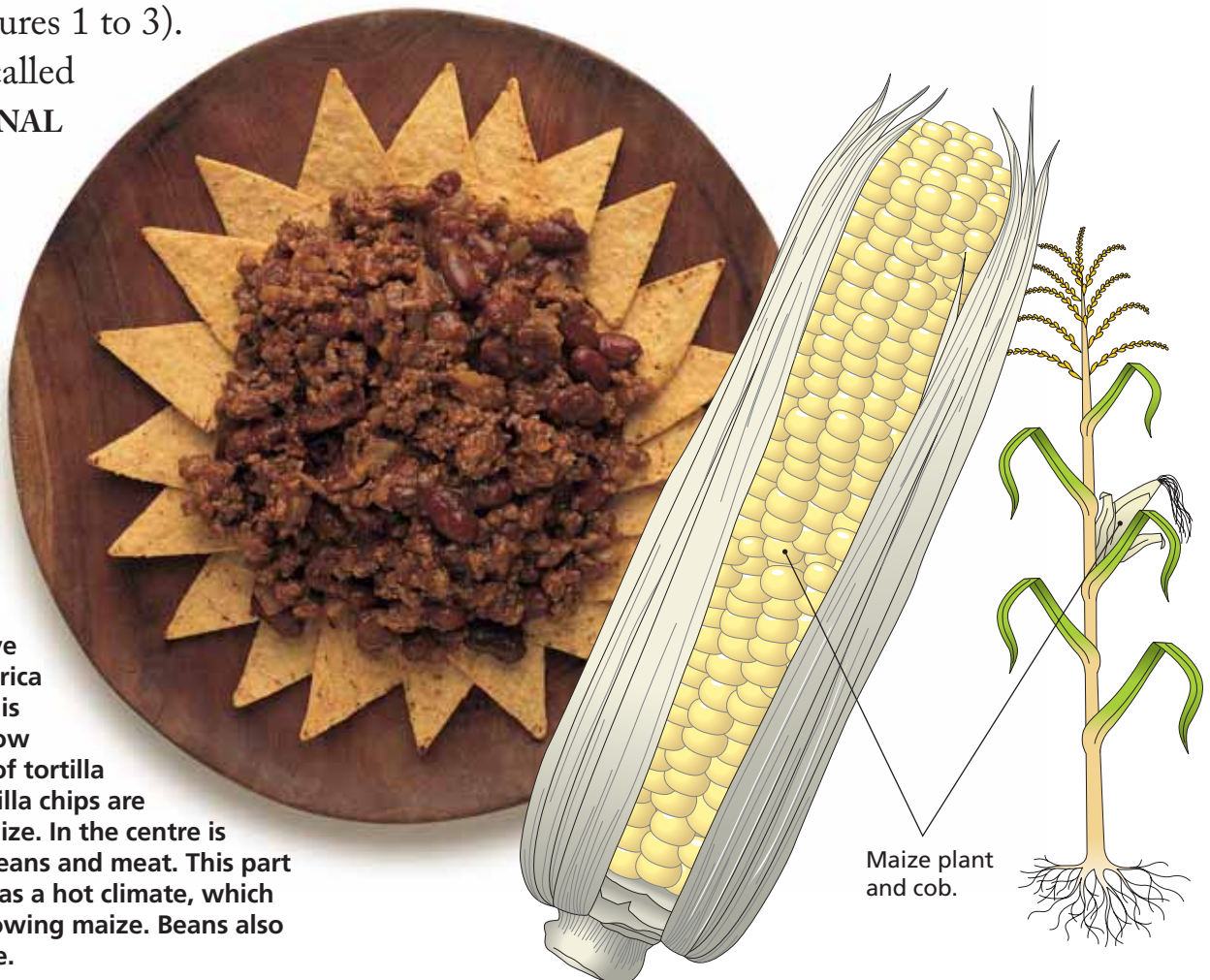
These are called
**TRADITIONAL
FOODS.**

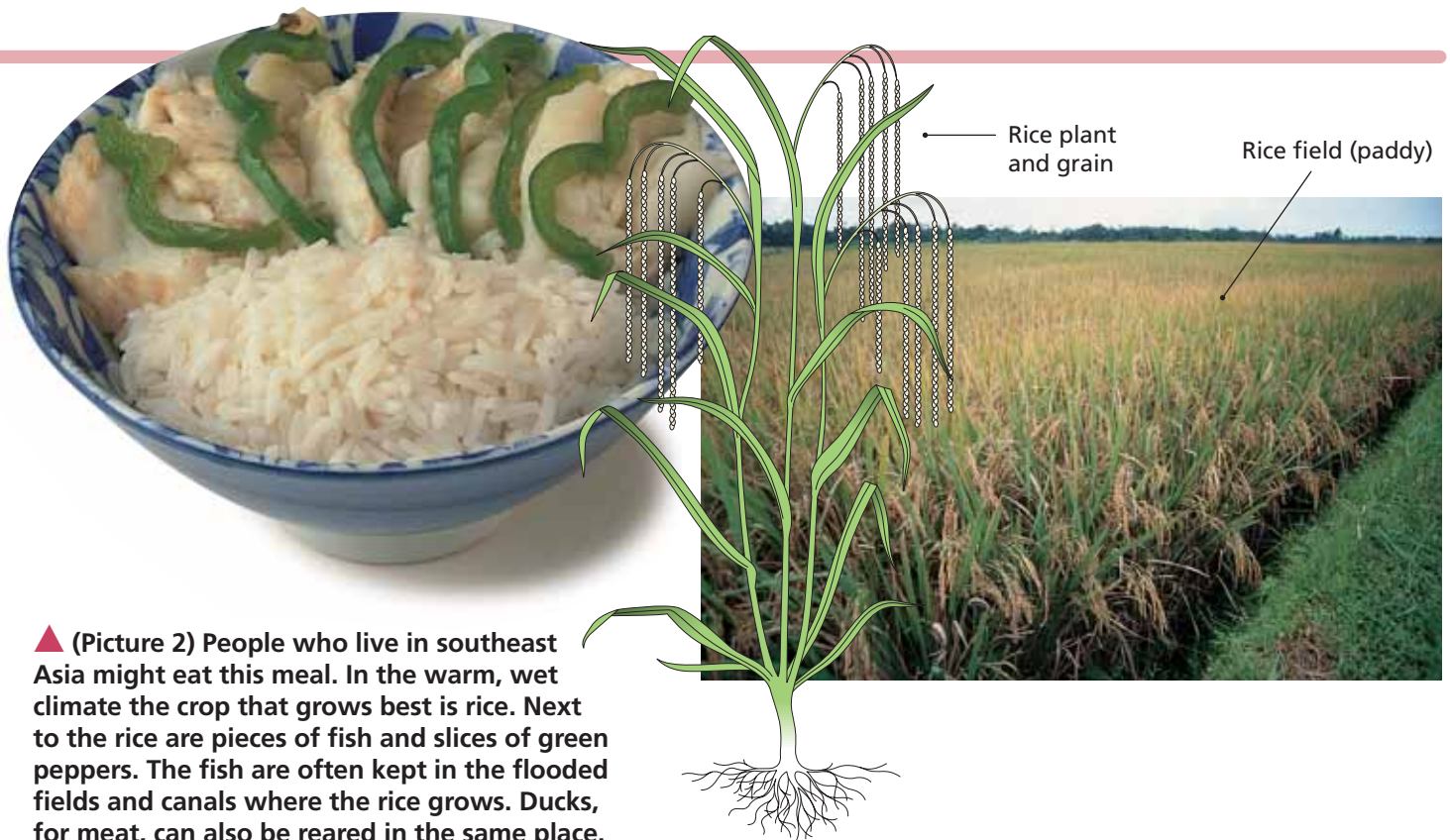
More recently, these different kinds of food have become available all over the world.

Different and equally healthy

Wherever people live in the world, they can usually stay healthy by eating what is grown or reared locally. To understand why this is so, we need to think about what is inside each type of food, not just what it looks or tastes like. That is what we will do on the next pages.

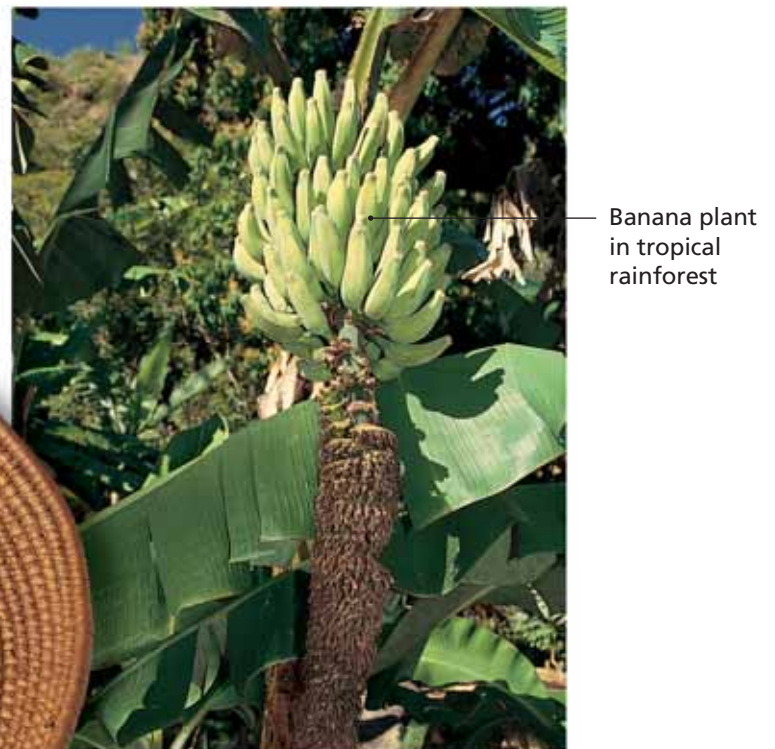
► (Picture 1)
People who live in central America might make this meal. The yellow 'star' is made of tortilla chips. The tortilla chips are made from maize. In the centre is a mixture of beans and meat. This part of the world has a hot climate, which is good for growing maize. Beans also grow well here.





▲ (Picture 2) People who live in southeast Asia might eat this meal. In the warm, wet climate the crop that grows best is rice. Next to the rice are pieces of fish and slices of green peppers. The fish are often kept in the flooded fields and canals where the rice grows. Ducks, for meat, can also be reared in the same place.

▼ (Picture 3) These are steamed bananas wrapped up in a banana leaf. This is a meal that is prepared by some people who live in central Africa. In this part of the world, many people rely on the enormous variety of natural fruits that grow throughout the year. To go with this they may have a porridge made from maize.



Summary

- There are many healthy ways to eat.
- Traditional meals are based on food that is grown or reared locally.