



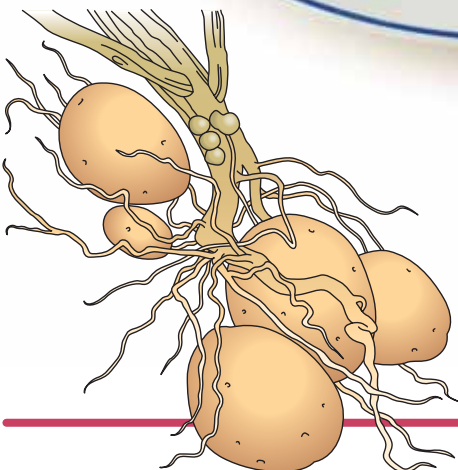
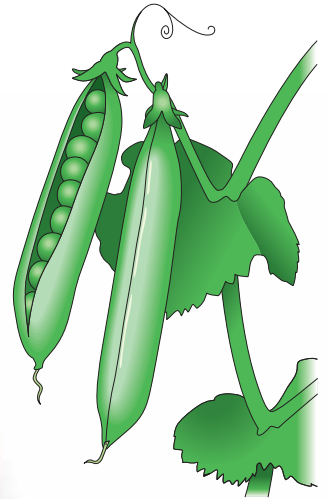
Flavoursome food at home

We also have traditional foods which have tasty flavours and keep us healthy.

Just like other parts of the world, we have a range of traditional foods. These are based on the kinds of crops we can grow and the animals we can rear (Pictures 1 and 2). We are also surrounded by the sea, so we can include a wide variety of seafood too.

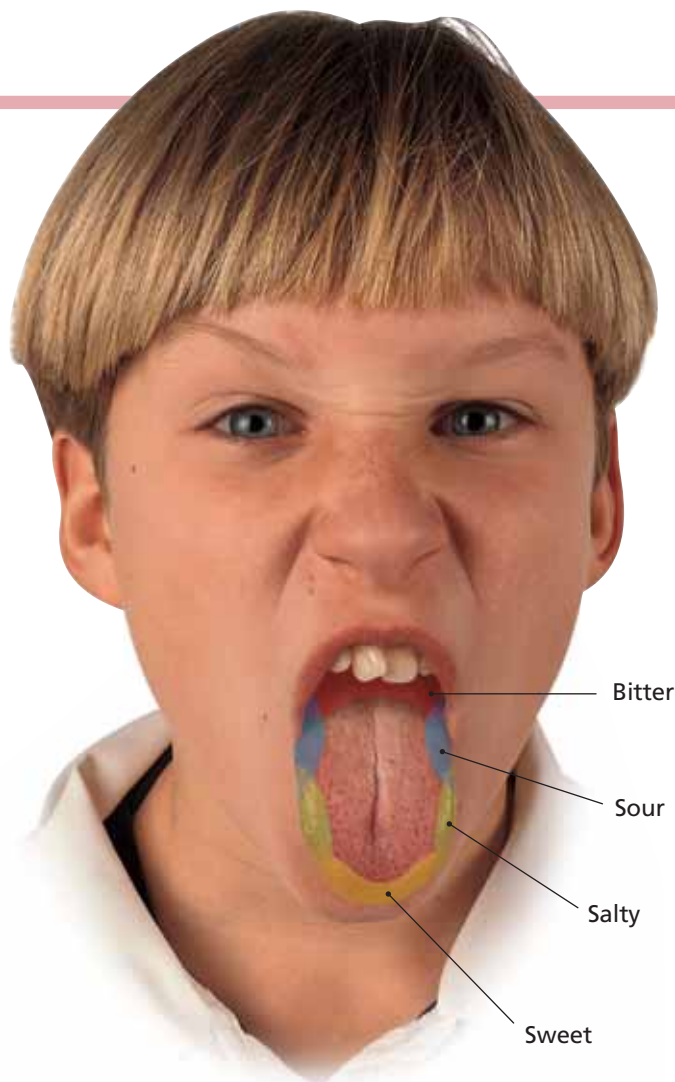
▼ (Picture 1) This meal might be eaten by people who live in Europe, Australasia or North America. This meal contains a slice of fried lamb, slices of fried potato and peas. It contains things we can grow in our soil and rear on our fields.

Peas in pod



Potato tubers





▲ (Picture 2) All the ingredients of this hamburger are traditional, but they used to be put on a plate. Now they are put together to make a hamburger. This hamburger, for example, contains a bun, which is a CEREAL (just like bread), meat, slices of cucumber, tomatoes and leaves of lettuce (which are fruits and vegetables).

◀ (Picture 3) We taste food through special places on our tongues. Here you can see which parts of the tongue taste which type of flavour. Taste is one of our senses.

Why we like food

The foods we enjoy most are those that have lots of different **FLAVOURS**. On your tongue are special places that are sensitive to sweet things, sour things, bitter things and salty things (Picture 3). We enjoy a meal best if it has some of these flavours.

Making meals tasty

We need food to live, and we get most of our needs from foods that are bulky, like potatoes or bread. But many of the main foods we need are quite dull to eat on their own. Dry bread, for example, is very boring to eat. But if you add jam, it becomes much more attractive. Jam contains lots of sugar, so it tastes sweet.

Crisps on their own are also quite boring, but they taste better when they have salt or vinegar on them, or when other flavours are added.

The sauces we put on our food – such as tomato ketchup – are also designed to make food tasty. Many of the sauces we use contain salt (salty), sugar (sweet) and vinegar (sour) in them. Pickles are another way to give foods more flavour.

Summary

- We eat food because it tastes nice.
- Our mouths contain taste buds that make us want to eat food.
- Adding flavours makes food more attractive to eat.