Level: B2: Upper Intermediate

Skill: Reading

Culinary Tourism

Culinary Tourism: Exploring the World through Food





Culinary tourism, also known as food tourism or gastronomic tourism, is a growing trend among travellers who are passionate about exploring new cultures and cuisines. It involves experiencing a destination's local food and drink offerings, including traditional dishes, street food, wine and beer, and even cooking classes.

Food has always been an integral part of travel, but in recent years, there has been a shift from simply eating to actively seeking out authentic culinary experiences. Travellers no longer just want to see famous landmarks; they want to taste the local flavours and learn about the cultural significance of certain ingredients and dishes.

One of the reasons for the rise in culinary tourism is the increasing popularity of cooking shows and food documentaries. These programmes have sparked people's curiosity about different cuisines and inspired them to try new foods. Social media has also played a significant role in promoting food tourism, with travellers sharing mouth-watering photos of their meals and recommendations for must-visit restaurants and markets.

There are various ways to enjoy a culinary adventure abroad. Some travellers opt for organised food tours, which take them on a journey through a city's most vibrant food scenes. These tours often include visits to local markets, food tastings at hidden gems and renowned eateries, and encounters with passionate chefs and food producers. Others prefer to explore on their own, using food blogs, online reviews and recommendations from locals to discover the best places to eat.

Certain destinations are particularly renowned for their culinary offerings. Italy, for example, is a mecca for food lovers, with its world-famous pizza, pasta, gelato and wines. Visitors can take part in cooking classes to learn how to make fresh pasta from scratch or go on a wine tour in Tuscany to sample some of the country's finest reds. Japan is another popular destination for culinary tourism, where tourists can savour sushi, ramen and tempura, as well as regional specialities like okonomiyaki in Hiroshima and takoyaki in Osaka.

Culinary tourism is not limited to high-end dining experiences. In fact, many travellers are drawn to street food, which offers an authentic taste of a country's culinary heritage. Cities such as Bangkok, Mexico City and Istanbul are renowned for their vibrant street food scenes, where visitors can sample local delicacies like pad Thai, tacos al pastor and simit (a type of sesame bread). Street food is not only delicious but also provides a unique opportunity to interact with locals and immerse oneself in the local culture.

In addition to exploring new cuisines, culinary tourists are increasingly interested in the farm-to-table movement and sustainable food practices. They want to know where their food comes from and how it is produced. This has led to the rise of agritourism, which involves visiting farms, vineyards and breweries to learn about the production process and enjoy farm-fresh meals. Some travellers even choose to stay on working farms or take part in activities like olive picking or grape harvesting.

Culinary tourism is not just a way to satisfy one's taste buds; it is a means of discovering the heart and soul of a destination. By exploring a country's food culture, travellers gain a deeper understanding of its history, traditions and way of life. Whether it's savouring croissants in a Parisian café, sampling exotic spices at a Moroccan souk or learning the art of sushi-making in Tokyo, culinary tourism offers a feast for the senses and memories that last a lifetime.

LIVEWORKSHEETS

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Decide if the following sentences are **TRUE** or **FALSE**

1. **Culinary tourism is a declining trend.**
2. **Travellers are now more interested in sightseeing than in trying local foods.**
3. **The rise in culinary tourism is solely due to the influence of social media.**
4. **Travellers have multiple options for experiencing culinary delights in foreign countries.**
5. **All destinations have equally renowned culinary offerings.**
6. **Culinary tourism is exclusively focused on high-end dining experiences.**
7. **Cities such as Bangkok, Mexico City and Istanbul are not known for their street food.**
8. **Culinary tourists are not interested in sustainable food practices.**
9. **Culinary tourism is solely about satisfying one's taste buds.**
10. **Travellers do not gain any understanding of a country's history through its food culture.**

LIVEWORKSHEETS