Unit 5: Exercise 5

Read about food in four different countries. Then complete the exercise on the next screen.

A Japan
Japanese food is fresh, healthy and tasty. It includes a lot of fish, vegetables, tofu and rice. Typical dishes are *ramen*, a type of soup with noodles and vegetables or seafood, and curries with chicken or tofu. Japanese people usually eat small amounts of food. They also like to eat their food very slowly and this stops them from eating too much. For this reason, Japanese people are among the healthiest people in the world and do not get ill very often. Japanese people do not eat a lot of sweet dishes, but they enjoy eating fruit and small cakes called *dorayaki*. To celebrate the new year, Japanese people often eat cakes made of rice, and a special soup called *ozoni*.

B Italy
When many people think of Italian food, they think of delicious but not very healthy food like pasta with meat sauces, lots of cheese, and, of course, pizza. However, Italians don't eat these dishes every day. They eat a lot of healthy foods, including vegetables, tomatoes and olive oil. A typical Italian meal usually includes several different small dishes. Italians stay healthy by eating a lot of vegetables and only a little meat. Lunch is the main meal of the day and Italians like to have long lunches at home. Sometimes Italians will get together with their friends and family in the evening and go to a pizzeria to eat pizza. After dinner, they might have a *gelato*, a type of Italian ice cream, which has many delicious flavours.

C China
Chinese people eat a lot of vegetables, which are usually steamed or fried. They eat some meat and fish, but usually not very much, and often on special occasions. Rice, noodles and dumplings are popular Chinese dishes. A lot of Chinese dishes use garlic and ginger, which are tasty and are good for the stomach. Green tea is a popular drink in China, and many people believe that it helps them to stay healthy. China has many festivals, and people often eat special food during these times. People eat dumplings to celebrate Chinese New Year, and for the Autumn Festival people eat special cakes called *moon cakes*. Festivals are often special times for families to get together and eat delicious food.

D Poland
Polish people like to eat food that keeps them warm in winter. Soup, meat and small dumplings called *pierogi* are all popular dishes. *Pierogi* can be sweet or savoury. Polish dishes are usually served with vegetables, especially carrots, potatoes and cabbage. Polish people also like sweet dishes, especially cakes. Cheesecake and doughnuts are popular for dessert, and people make special cakes for weddings and festivals. Polish people usually eat four small meals a day. They eat the main meal of the day in the afternoon, usually at about 2:00 p.m. This meal usually has three dishes, a soup, a meat dish and a dessert. In December, Polish people eat a special meal to celebrate Christmas, which includes 12 different dishes!

LIVEWORKSHEETS

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Match the information to the countries. Read about food from four different countries on the first screen again to help you.

	Japan	Italy	China	Poland
1 A healthy drink is popular in this country.	○	○	○	○
2 People from this country eat soup to celebrate the New Year.	○	○	○	○
3 Healthy food in this country often includes olive oil.	○	○	○	○
4 People from this country usually eat meat for their main meal.	○	○	○	○
5 Many people eat ice cream in the evening in this country.	○	○	○	○
6 Sweet dumplings are a popular dish in this country.	○	○	○	○
7 People from this country eat meat on special occasions.	○	○	○	○
8 People from this country eat their meals slowly.	○	○	○	○

LIVEWORKSHEETS