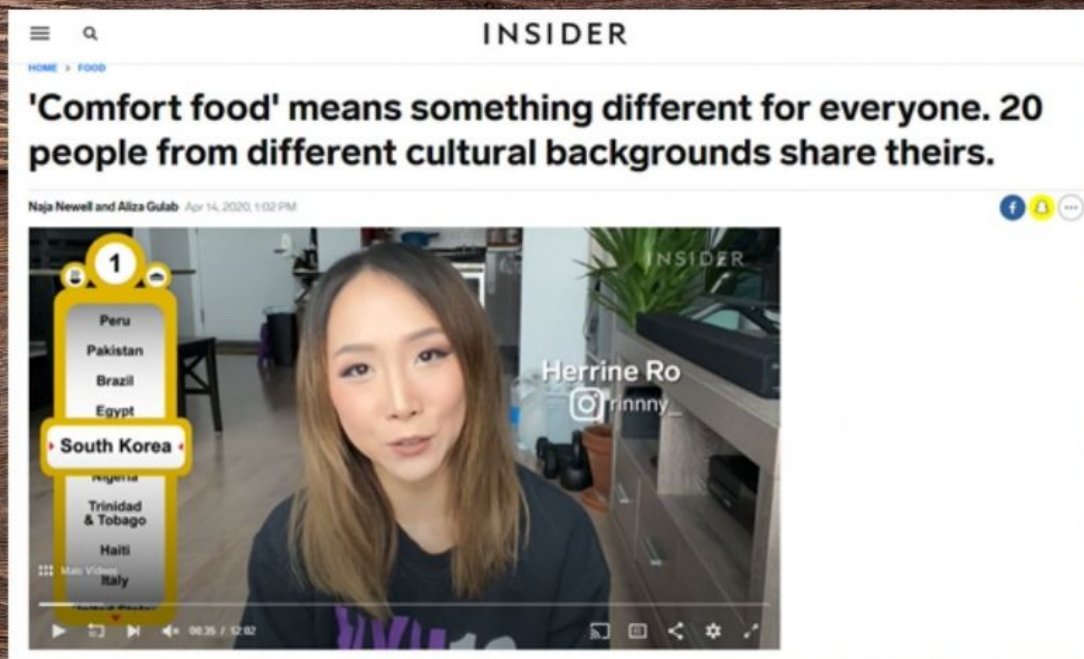


Comfort Food

i of course!
consultoria em idiomas

NOVEMBER 2020

- ✓ Which story did you find the most interesting?
- ✓ Which dish have you tried?
- ✓ Which dish would you like to try?
- ✓ What were some of the reasons the dishes were considered comforting?



“ In these stressful and uncertain times of quarantine, people from all over the world are seeking comfort in food. Comfort food can fix any bad day. It's typically high in sugar, fat, and / or salt. And the beauty of comfort food is that it varies from person to person. It's rooted in where you're from and who you grew up with. ”