Food and Culture – do they really go together?

Food is a big part of every culture. It tells us about the history, traditions, and values of different countries.

For example, in Italy, people love pasta and pizza. They often eat these dishes with family and friends, which shows how important family is to them.

In Japan, sushi is very popular. It is made with rice and raw fish. This food is both healthy and tasty. Eating sushi shows respect for nature and tradition. It is often enjoyed during special occasions.

Mexican cuisine is full of strong flavours and spices. Tacos and burritos are famous all over the world. They are usually filled with meat, beans, and cheese. Eating these foods can be a fun and social experience.

In India, spices like turmeric and cumin are used in many dishes. Curry is a common meal that can be very spicy or mild. People often eat with their hands, which is a traditional way of dining.

Each region of the world has its own special foods that are part of its culture. These dishes are often made using local ingredients and traditional cooking methods. By tasting these dishes, you can learn a lot about the people and their way of life. Food not only fills our stomachs but also connects us with different cultures and traditions.

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exercise 1

Decide if the sentences are true or false:

1 Italian people often eat pasta and pizza alone. **true / false**

2 Sushi in Japan is made with cooked fish. **true / false**

3 Mexican cuisine is known for its mild flavours. **true / false**

4 Tacos and burritos are popular worldwide. **true / false**

5 Indian dishes often include spices like turmeric and cumin. **true / false**

6 People in India traditionally eat with utensils. **true / false**

7 Trying new foods from different cultures can be an exciting adventure. **true / false**

exercise 2

Choose the correct answer:

1 Which country is famous for its love of pasta and pizza?

a Italy

b Japan

c Mexico

d India

2 What is the main ingredient in sushi?

a Rice and cooked fish

b Rice and raw fish

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c Vegetables and spices

d Bread and cheese

3 Which country is known for its use of strong flavours and spices in its cuisine?

a Italy

b Japan

c Mexico

d India

4 How do people in India often eat their meals?

a With chopsticks

b With a knife and fork

c With their hands

d With a spoon

5 What does the passage suggest about trying new foods from different cultures?

a It can be a boring experience.

b It is an important way to learn about a place and its people.

c It is not recommended, as it may be unsafe.

d It is a waste of time and money.

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