

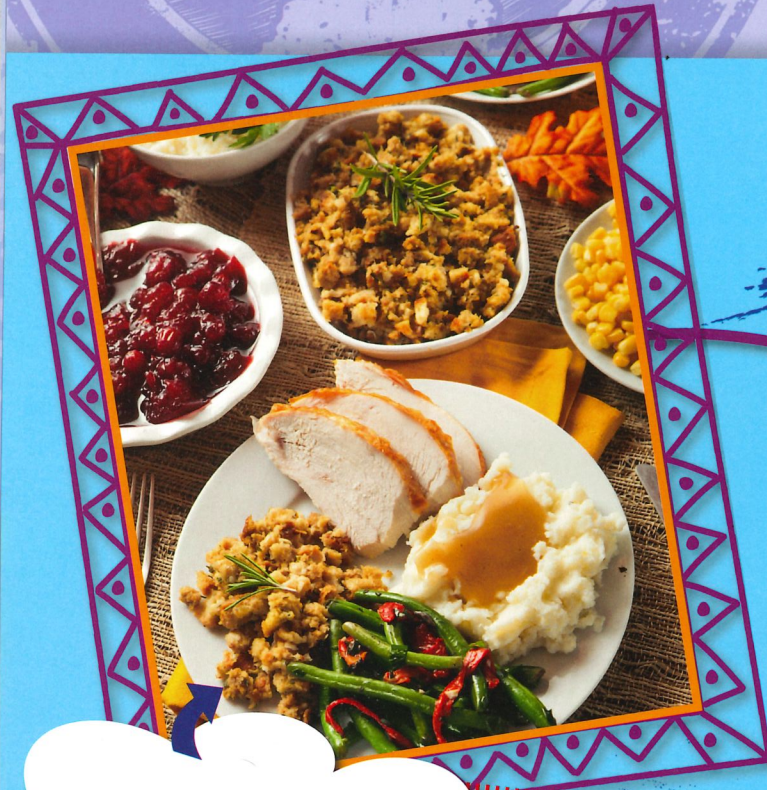


CHILDREN LIKE US
FOOD
AROUND THE WORLD



All Kinds of Food

Are you ready to travel around the world and find out about the food eaten by children just like you? You'll learn what people eat to start the day and to celebrate a special day. There are sweet treats and delicious drinks to discover, too.



There are different festival foods around the world. What foods can you see at this American Thanksgiving meal? Find out on page 13.



Different fruit and vegetables grow in each country. Learn the name of this bright pink Mexican fruit on page 20.



Some people start the day with something sweet. Find out about Spanish churros on page 6.

People eat all kinds of lunchtime foods. Discover the story behind this Indian dish on page 8.



Street markets sell many types of snacks. Can you imagine what Cambodian fried tarantulas taste like? Find out the answer on page 29.

Take a journey around the world to discover some fantastic food eaten by children just like you!

What's for Breakfast?



This lady is serving up a Vietnamese bowl of breakfast, a noodle soup called pho. It's a spicy broth made with chicken or beef and rice noodles. If you visited a Vietnamese town, you would find pho cafés and street stalls busy serving steaming bowls of pho for breakfast.

It takes many hours to boil up a good pho broth and get it tasting just right.

If you like the idea of chocolate sauce for breakfast, make sure you try churros from Spain. You can buy these sugary fried dough sticks in local morning markets, freshly cooked and still warm, along with a pot of chocolate sauce for dipping.



Churros sometimes get dipped in thick hot chocolate or milky coffee.



This Guatemalan girl is holding a bowl of ground corn paste, which will be flattened and cooked to make tortillas. This mixture is called masa.

A corn tortilla is topped with tomato sauce, beans, rice and eggs for the popular Mexican breakfast dish of huevos rancheros.

In Central America, corn tortillas are often eaten at breakfast time. Tortillas can be used in different ways – wrapped around meat or eggs, cut into strips and fried, or baked with tomato sauce and cheese.

What's for Lunch?

These little piles of spicy Indian food are called chaat, snack-sized portions put together to make a tasty lunch. The legend goes that when an Indian emperor called Sha Jahan fell ill, his doctor invented chaat to help cure him. In India, spices are regarded as healthy medicine.

This chaat lunch is being served on a banana leaf.

Here is a kawaii bento box. The rice and vegetables have been made into a picture of two pandas.

In Japan, children often take bento boxes to school for their packed lunches. Bento boxes contain small portions of different foods, such as cooked and pickled vegetables and rice. Making a kawaii bento box is a popular hobby in Japan. Kawaii bento boxes contain food made into pictures. The word 'kawaii' means 'cute' in Japanese.

A normal bento box might contain sushi – rolls of rice and vegetables, and sashimi – raw fish.

This girl from Mozambique in Africa is having a typical African lunch of rice and beans, made into a spicy stew. The beans might be kidney beans, black beans or peas, flavoured with salt, onions, chilli and red pepper.

Different versions of rice and beans are served all over Africa.

What's for Dinner?

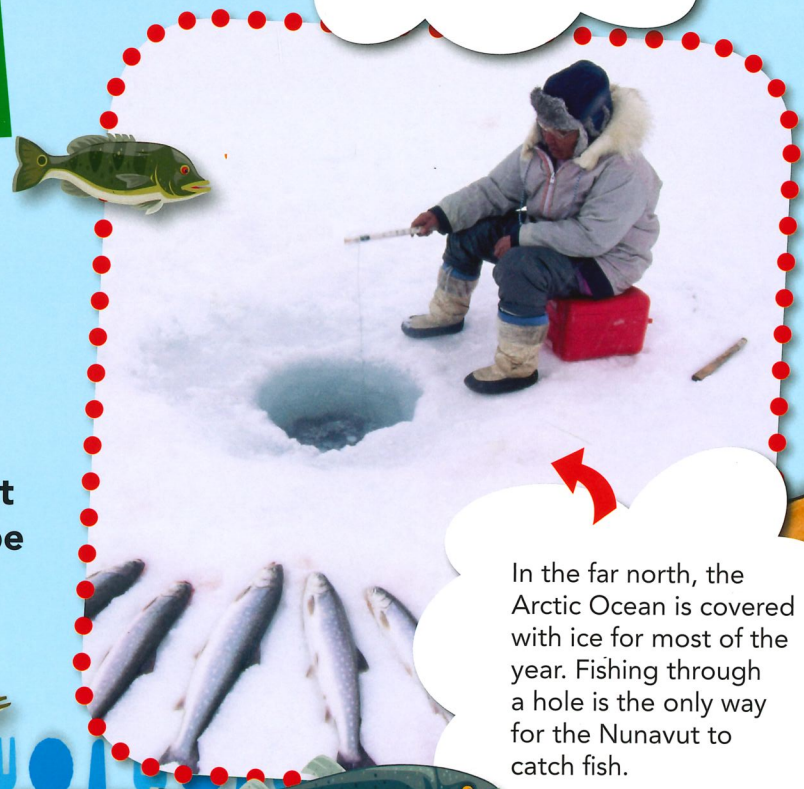
Do you sometimes have pasta for dinner? According to a survey by the charity Oxfam, pasta is now the most popular food in the world! Pasta was first made in Italy almost 1,000 years ago. At that time, they used lettuce juice to give the pasta a green colour.



around 500 different types of pasta, each with its own Italian name. Look for different types in the supermarket and see if you can find out what their names mean.

This girl is having 'little strings' for dinner. That's the meaning of the Italian word 'spaghetti'.

Far north of Canada, there aren't many shops or supermarkets. People find it easier to hunt for their food. After catching and cooking the fish they find. This Nunavut hunter is catching arctic charr, a type of fish from the Arctic Ocean that lives in a hole in the ice.



In the far north, the Arctic Ocean is covered with ice for most of the year. Fishing through a hole is the only way for the Nunavut to catch fish.

This Tunisian boy is buying spices in a souk, a traditional North African outdoor market. These spices will be used to flavour his dinner of kosksi – couscous served with spicy meat and vegetables. Most people in Tunisia are Muslims, so they do not eat pork. Dishes are made with lamb, beef, chicken and vegetables.



In the Tunisian dish of kosksi, meat and vegetables are served on top of couscous.

Tunisian food is often flavoured with harissa - a spicy paste made of roasted peppers and dried spices.



Sweet Treats



During the Chinese Moon Festival, it's traditional to eat little mooncakes filled with bean paste and egg yolks, like the ones being made here. The cakes have Chinese characters on top. Legend has it that they were once used to pass secret messages between Chinese rebels fighting invaders.

Modern mooncakes have messages, such as 'long life', written on them in Chinese characters.

In the past, mooncakes were eaten to honour a Chinese moon goddess.



Anzac biscuits are made with oats, coconut and syrup. Try baking some yourself. They're delicious!

On 25 April, sweet buttery Anzac biscuits are eaten in Australia and New Zealand. They are made to commemorate Anzac Day, when people remember the soldiers who fought in World Wars I and II. Anzac biscuits were first made in Australia and New Zealand during the war, to send to soldiers fighting overseas.



This Indian boy is enjoying a snack of raw sugarcane. You can't eat the hard outer part of the cane, but when you chew the soft inner core, sugary juice comes out. Sugarcane is too sweet to be eaten every day, but it's a fun treat at festivals or fairs.

This stick of raw sugarcane will keep this Indian boy busy for a long time.



Fantastic Fruit



This is the world's smelliest fruit! It's called a durian, and it's grown in Malaysia. It is said to smell like rotting onions mixed with sweaty socks, but its soft flesh tastes like ripe banana. Durians are so smelly that they are banned on trains in Singapore and in some airports and hotels.

The durian fruit is soft inside, and unbelievably stinky!

This yellow fruit is a Buddha's Hand from India. It tastes like a lemon and it's sometimes taken to Buddhist temples as a religious offering. The pretty pink fruit is a pitahaya, or dragon fruit, from Mexico and Central America. It tastes similar to watermelon.

Pitahayas grow on spiky cactus plants.



As well as being eaten, the Buddha's Hand fruit is sometimes kept in a room as a lemon-scented air freshener.



This lady is selling fruit in a market in the city of Cartagena, Colombia. Her basket of tropical fruits includes pineapple and melon, which people in Europe had never seen or tasted until Europeans arrived in the Americas in 1492.

Tropical fruits were once only available to people who lived in tropical regions. Now they are sent around the world to be enjoyed in every country.

Street Eating



Hot spicy sausages are traditional German street food.

Around Christmas time, German towns hold Christmas markets. Here, the street food includes hot sausages and potatoes, to keep you warm, and traditional spiced gingerbread biscuits to remind you that Christmas is here!

Sweets, nuts and gingerbread are usually on sale at German Christmas markets.



Snow cones are a popular treat in America. They are made by pouring flavoured syrup over crushed ice!

These children are enjoying snow cones from a food truck in Los Angeles, USA. Food trucks are vans fitted with kitchens so that food can be prepared on board. Food trucks park on streets or at events and sell all kinds of food; from sweets to pizza.

This woman is selling street food in a market in Cambodia, southeast Asia. Her basket is filled with num kom, steamed banana leaf packages filled with rice dough and sweet coconut. Like many street food sellers around the world, she probably makes the food herself every day, and sells it to make a living.

The word 'num' means cake in Khmer, the language of Cambodia.

