Favourite Foods Worksheet

Think about some of your favourite foods or foods that you regularly eat at home. Are they “traditional” dishes? You may need to stretch yourself by looking at where some of these foods are grown or how they are traditionally used.

For example:

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| Food: Quinoa Biryani |
| Instead of using rice when making biryani (a South Asian rice dish), we will sometimes use quinoa because it is healthier and has a different flavour. This is not a grain that is typically found/grown in South Asia. |
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