



World diets

Food around the world

There are many different types of foods from around the world.

People eat different foods depending on their culture.

Their culture might decide the foods that are commonly or normally eaten. This is different in different countries.



Food preferences

People choose lots of different types of food to eat.

The type they choose depends on:

- the food available;
- their likes and dislikes;
- time;
- culture and religion;
- whether they can cook.



Religion

People also eat different things depending on their religion.

Their religion might dictate which foods can or cannot be eaten, or what types of foods can be served at special celebrations.

What examples do you know?



Where in the world?



Greek salad, Greece

Shepherd's Pie, UK



Where in the world?



Pizza, Italy

Paella, Spain



Where in the world?



Stir-fry, China

Mussels, France

