

Instructions

Welcome to your culinary adventure! In this worksheet, you will explore the cooking traditions of different countries and learn to appreciate the cultures behind the foods. Complete the following tasks to expand your cooking knowledge.

1. Country Exploration

Choose a country you would like to learn more about. Research the traditional foods of that country and answer the questions below:

Country:

List three traditional dishes from this country:

What ingredients are commonly used in these dishes? (List at least five):

How do these dishes represent the culture of this country? (Think about history, geography, and traditions)

2. Cooking Challenge

Select one of the dishes you listed earlier and write down a simple recipe (ingredients and steps) to try cooking it:

Dish Name:

Ingredients:

Cooking Steps:

3. Cooking Experience

If you can, cook the dish you selected and describe your experience:

How did it turn out?

What did you learn from this cooking experience?

4. Cultural Reflection

In a few sentences, reflect on how learning about food can deepen your understanding of different cultures: