

## **AROUND THE WORLD IN 12 DISHES**

This is a great activity when teaching children about cultural diversity, as a team/family choose 12 countries that interest you or you want to visit then look at the food that is served in these countries and find recipes to follow and cook together, talk about the ingredients and the tastes.

Involving the children in this activity can be great for those who have family members with limited tastes as you will all be trying things together plus you can always add some more common foods to ensure it is not always a food they have never tasted, such as Pizza, do they know it is essentially an Italian dish, try making your own pizzas and changing up the toppings.

The 12 dishes can be spread out over the year one country each month.

Ideas for countries:

Italy

China

Mexico

Russia

Morocco

India

Thailand

Australia

France

Germany

United Kingdom

Spain

Egypt

Argentina

Poland

Ukraine

