

### New & Old World Foods

In the globalized world, we can eat fruit and vegetables from any continent and country. But, years ago, this wasn't the case. In fact, before Columbus got to the Americas, many American plants and produce were not known to Europeans.

From the "New World", Europe got cacao (to make chocolate), tomatoes, potatoes, corn, and many others. Pumpkins are also a New-world food. Before they came to Europe, people used to carve turnips for Halloween!

The exchange also happened the other way. Europeans brought coffee, wheat, rice, dairy, and sugar cane to the Americas. So, when you're having a delicious, hot chocolate, you're having a taste of the "New World" in the cocoa and the "Old World" in the sugar and the milk... Yum!

### Unusual Foods From Around The World

We grow up with the food that is usually prepared by our family and culture, so we don't think of it as odd. But, to some people, our favourite dishes and snacks might seem unusual or even disgusting. That's not just pineapple on pizza that makes internet jokes!

Some cultures consume very unusual things. In Mexico, for example, people snack on roasted grasshoppers and put them in tacos. Mexicans also eat scorpions, and believe, it or not, they are popular in other places around the world too!

Canadians and Polish people love meat-flavoured jelly. In Canada, they make it with moose meat, but Poles prefer pork and vegetables. In China a type of specially-prepared rotten egg is a delicacy. It's called 'Century Egg'.

Which of these would you try?

### Surprising food facts

Most of us do our grocery shopping with a clear idea what a fruit and a vegetable is. We also know there are different fruits and vegetables.

For example, there are leafy greens such as spinach or kale or root vegetables, like beetroot, potatoes, or carrots. There are also many different types of fruit, like citrics, such as mandarins, satsumas, grapefruits, and oranges.

Everyone loves strawberries on a dessert and thinks they belong to the 'berry' group of fruit. But strawberries aren't biologically berries at all! The botanical definition of *berry* does include some foods we do not think of as berries, such as tomatoes, bananas, eggplants, and cucumbers. Watermelons and pumpkins are also giant berries!

### Who gave this food its name

You have probably tried the *Ceasar* salad, which contains lettuce, chicken, croutons, and dressing. You may also know it was named after a Caesar... but not a certain Roman emperor. It takes its name from Caesar Cardini, who first served the dish.

Many other popular foods came to be named this way. For example, the popular *Earl Gray* tea mix was named after Charles, the 2nd Earl Grey and British Prime Minister from 1830 to 1834, who was involved in creating and passing the recipe for such an original blend.

Sandwiches are also named after a British Earl. John Montagu, 4th Earl of Sandwich. The story goes, his butler prepared the dish for Montagu when he had gotten hungry while playing cards. He didn't want to stop, so he requested something he could eat while playing. And sandwiches were born!

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