

Foods from around the World

Teachers' Notes

Instructions

- Each of the vials contains a different food. Smell the vials and match the food vial to the name and the picture.
- Answer the questions for each of the foods
- Discuss the 'Something to think about' points

Equipment

- | | |
|---|---|
| <input type="checkbox"/> Floor space in the middle of the group | <input type="checkbox"/> Picture of basil |
| <input type="checkbox"/> Vial one – garlic | <input type="checkbox"/> Basil plant |
| <input type="checkbox"/> Garlic name label | <input type="checkbox"/> Vial three – chilli |
| <input type="checkbox"/> Picture of garlic | <input type="checkbox"/> Chilli name label |
| <input type="checkbox"/> Garlic cloves | <input type="checkbox"/> Picture of chilli |
| <input type="checkbox"/> Vial two - basil | <input type="checkbox"/> Selection of red and green chillies in plastic bag |
| <input type="checkbox"/> Basil name label | <input type="checkbox"/> Selection of store bought cooking sauces |

Vial One

- **Do you know what it is?**

Garlic

- **Can we grow it in Scotland?**

Yes

- **What might we use it for?**

Garlic is used a lot in cooking, the French as a nation are especially famous for using it and we could use it when we are making a dish like spaghetti bolognese. Look at the sauce jars and see if you can find a sauce that contains garlic.



Vial Two

- **Do you know what it is?**

Basil

- **Can we grow it in Scotland?**

Yes, you could grow it on your window ledge at home; lots of supermarkets sell the plants. Would we be able to grow it outside in our cold climate? It needs warmth and it needs light, not always possible in Scotland. (Show basil plant.)



- **What might we use it for?**

Like garlic, basil is used in a lot of cooking, the Italians as a nation are especially famous for using it but we could use it when we are making a dish like spaghetti bolognese. Look at the sauce jars and see if you can find a sauce that contains basil.

Vial Three

- **Do you know what it is?**

Chilli



- **Can we grow it in Scotland?**

Yes, you could grow it on your window ledge at home; lots of supermarkets sell the plants. Would we be able to grow it outside in our cold climate? It needs warmth and it needs light, not always possible in Scotland.

- **What might we use it for?**

Chillies make food hotter, as in 'this curry is very hot!' not the temperature of your food. Two countries well known for their curries are Thailand and India although they make different types of curry. They use different spices to get different tasting curries. The best thing is to try different curries to see which ones you like. Look at the sauce jars and see if you can find a sauce that contains chilli.

Something to think about

- **Why do we buy foods from other countries?**

We like to have choice, and a lot of foods cannot be grown in Scotland as we don't have the right climate. Climate is the word we use for the weather. For example a country may have a warm climate or a wet climate if it rains a lot.

- **How would you describe Scotland's climate?**

- **What foods is Scotland famous for?**

Scotland is well known for our soft fruits like strawberries and raspberries and our oats.

- **Do we eat a good diet in Scotland generally? Are we a healthy nation?**

The Scottish Government has done research that has shown that despite producing or growing some amazingly healthy foods we have a very unhealthy diet with a lot of people being overweight.