by Ellen Lawrence

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Your World

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by Ellen Lawrence





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The picture on the front cover of this book shows people enjoying a winter cookout in Sweden.

What Foods Do We Eat?..... Delicious Bento Boxes Sweets for Diwali 10 Food from a Forest12 Food from Yaks14 Fish and Chips16 Fasting for Ramadan.....18 Glossary 23

Words shown in **bold** in the text are explained in the glossary. All the places in this book are shown on the map on page 22.

What Foods Do We Eat?

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lt's porridge for breakfast in Namibia.

A school lunch of sausage and fries in Germany. A delicious dinner of vegetables and noodles in the United States.



This family in Rwanda grows the vegetables they eat in their own garden.

Fruit is a popular food all over the world.

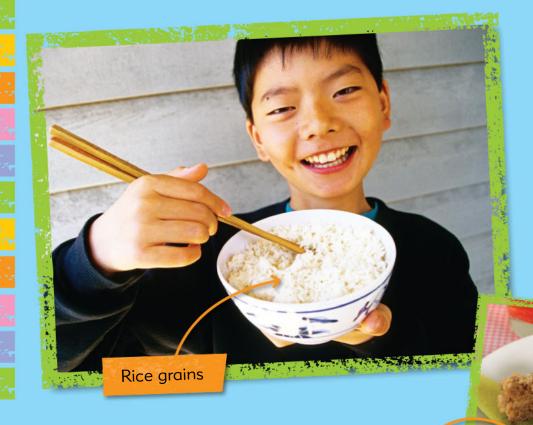
In Malaysia, many people eat durian fruit. The flesh of this fruit smells like strong cheese and onions, but it tastes like custard. In Mexico, people eat black sapote fruit. Its nickname, the chocolate pudding fruit, describes how it tastes!



Durian fruit

A Very Important Food

There is one food that people eat all over the world—rice.



Rice is a type of grass plant.

The rice grains we eat are the plant's seeds.

People grow and eat more than 40,000 different types of rice!

Sweet treats made from puffed rice cereal



Rice plants grow best in places where the land is very wet. Often farmers flood their rice fields with water from nearby rivers. In some places, farmers use water buffaloes to **plow** the wet, muddy fields before the rice is planted.

Farmers plowing the flooded fields with water buffaloes

Rice growing in flooded fields on a hillside in Vietnam