



The Food We Eat



by Ellen Lawrence

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



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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?

It's porridge for breakfast in Namibia.



A delicious dinner of vegetables and noodles in the United States.

A school lunch of sausage and fries in Germany.





Durian
fruit

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!



Black sapote fruit



A Very Important Food

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



Rice grains

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

A farmer planting rice plants



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.

Rice growing in flooded fields on a hillside in Vietnam

Farmers plowing the flooded fields with water buffaloes