



We All Eat

Language Lizard - Living in Harmony Series

Part 1: Pronunciation and word search: Go through the following list and do a repeat-after-me style lesson so that the kids familiarize themselves with how the foods are pronounced. This information can be found on page 4.

Do the word search as a class. Read the first word, Arepas, and the additional information to let the students know what Arepas are. Then pause so that the students have time to find the word. Go through the list one by one and students circle/highlight the word after they have learned about it.



Name: _____



We All Eat!

V	Y	S	F	L	I	C	E	C	R	E	A	M	R	G	O	W	W
X	K	C	T	L	P	I	D	B	W	P	R	B	D	X	Y	J	P
P	Y	H	T	A	K	T	U	M	S	N	E	T	S	B	S	O	A
I	B	N	W	M	M	T	M	C	L	D	P	A	U	I	B	A	E
E	J	I	O	F	L	A	P	W	U	T	A	B	S	B	X	Q	L
R	D	T	E	N	M	O	L	A	D	A	S	B	H	I	J	H	L
O	I	Z	L	G	M	A	I	E	X	G	L	O	I	N	V	S	A
G	O	E	C	A	N	I	N	O	S	Q	P	U	B	G	G	E	Q
I	J	L	H	O	Y	D	G	Y	X	K	Z	L	F	K	V	I	E
E	C	O	V	C	Y	S	S	L	J	P	L	E	A	A	H	E	G
S	U	G	T	F	N	K	Y	E	Z	E	M	H	O	U	S	A	E
M	X	D	P	H	O	D	Z	T	D	P	O	U	T	I	N	E	C

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

AREPAS
BIBINGKA
DUMPLINGS
ENMOLADAS
ICE CREAM

PAELLA
PHO
PIEROGIES
POUTINE
SCHNITZEL

SUSHI
TABBOULEH
TAMALES



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SOLUTION



We All Eat!

. . S . . I C E C R E A M
. . C T . . D . . R P
P . H . A . U . . E T S B . . A
I . N . M . M . . P A U I . . E
E . I . A P . . A B S B . . L
R . T E N M O L A D A S B H I . . L
O . Z . . I E . . O I N . . A
G . E . . N . S . U . G . .
I . L . . G . . L . K . .
E . . S . . E . A . .
S H
. . P H O . . P O U T I N E .

AREPAS
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Arepas (ah-ray-pas)

Arepas originated in South America and are today a popular dish in Colombia and Venezuela, as well as other countries. They are usually fried and are made up primarily of cornmeal. This cornmeal is made into dough that is then fried in a pan. Arepas are often cut down the middle and then stuffed with a bunch of yummy things like sweet potatoes, different kinds of meat, beans, a variety of sauces, cheese, onions, and more!

Bibingka (bih-been-kah)

Bibingka is a type of rice cake eaten in Indonesia and the Philippines. It is typically a breakfast food and is especially popular around the Christmas season! They are cooked in a special oven in clay pots that are lined with banana leaves, which gives them a unique sweet taste. They are also made with coconut milk and, after they are baked, they are often brushed with sugar and butter on top.

Dumplings

Dumplings are present in many cultures and areas across Asia, such as Taiwan and China. There are many sub-types of dumplings as they can be filled with almost anything! They can also be eaten alone or in soups or sauces. To make dumplings, boil dough similar to how you would boil pasta. Then, the dough can be stuffed with various fillings - some prefer just vegetables or meat, and others enjoy both!

Enmoladas (en-moh-lah-dahs)

Enmoladas originated from Mexico and are still incredibly popular today. Mexico is known for mole (mo-lay) sauce, which is a sauce and marinade used in so many of their dishes. Mole sauce contains a special type of Mexican tomato, cinnamon, garlic, sesame, and other spices and nuts. An enchilada is a tortilla filled with meat and cheese, and sometimes other ingredients like vegetables, and then fried or baked. An Enmolada in particular is an enchilada covered in mole sauce. This dish is a classic and is enjoyed across Mexico.

Ice Cream

Ice cream is believed to have been created in ancient China, brought into the Western world by Italy and France, and modernized into the industry we know today by an American! Ice cream is enjoyed everywhere in the world, and the most popular flavor is vanilla. However, different countries have different favorite flavors and different types of ice cream! For example, in India, people enjoy *Kulfi*, a thicker type of ice cream that is created by heating milk with spices and then freezing it into an ice-pop shape. In Thailand, “stir-fried” ice cream- also called rolled ice cream- was created and quickly became a trend around the world!

Tabbouleh (tuh-boo-lee)

Tabbouleh originated in the mountains of Lebanon and Syria in the Middle Ages, and has become a staple for locals and tourists in both places, especially Lebanon, where it is their national food! Tabbouleh is a salad consisting of parsley, tomato, mint, onion, and bulgar (a wheat similar to quinoa), with a dressing of lemon-olive oil mix. It has incredible health benefits!

Paella (pie-ay-ya) - [Explain that “ll” is pronounced differently than it is in English.]

Paella is a Spanish dish. It is believed that Paella originally came from Valencia, a city in Spain. Paella actually means “frying pan” in Valencian, so the food is named after the pan it is cooked in! Paella is a rice dish made with saffron, vegetables, chicken or other meats like ham, and sometimes seafood, which is popular in Mediterranean regions.

Pho (foh)

Pho is a Vietnamese dish that has become a worldwide phenomenon, as people all over the world enjoy it. It is considered Vietnam’s national dish, and is a broth filled with noodles, herbs, vegetables and meats, typically beef. It started as a street food served to locals and quickly grew in popularity.

Pierogies (per-oh-gees)

Originating in Poland, pierogies are an extremely popular and versatile dish. They can be eaten as an appetizer, entree, and even dessert, depending on the filling! Pierogies are similar to dumplings in that they are made by wrapping various fillings in unleavened dough and then boiling them. Some of the fillings in pierogies include potato, cheese, meat, and for dessert, they can be filled with fruits, such as plums, and jellies. Pierogies are also a very popular food in Ukraine, Germany, and Russia

Poutine (pooh-tin)

Poutine originated in Quebec, Canada, in the 1950s, and is a Canadian favorite. It is typically a beef gravy drizzled over french fries and cheese, and people often add meat. Poutine is a casual food, and is associated with fast food, diners, and sports games. It became so popular that it’s even sold at McDonalds and Burger King restaurants across Canada!

Schnitzel (sh-nit-zell)

A German and Austrian dish, schnitzel is a thin piece of meat fried in fat. The meat is tenderized beforehand. The type of meat varies; some prefer pork, chicken, or veal, while others opt for beef or mutton. The word schnitzel actually describes the way the dish is cooked rather than its ingredients - breaded and then fried in a skillet. Schnitzel is usually served with pasta or salad, and lemon on top.

Sushi

Believe it or not, the early, most basic form of sushi was created in ancient China. However, we know Japan as the sushi capital - this is because they turned the idea of sushi into what it is today through years and years of refining their methods. Most sushi is a combination of raw fish and rice, often wrapped in seaweed and dipped in a variety of sauces, most commonly soy sauce. For people that feel a little nervous about eating raw fish, there are vegetable rolls and rolls like a California roll, which is cooked imitation crab meat and cucumber. There's something for everyone, which is why sushi is eaten all over the world!

Tamales (te-mah-lees)

Tamales are associated with Mexico, Guatemala, and other parts of Latin America, and originated in the ancient Mayan and Aztec empires thousands of years ago. Tamales are made of dough steamed in a corn husk or banana leaf. This wrapping allows the flavor from the leaf or husk to seep into the dough. The dough can also be stuffed with various meats, beans, cheeses, and other vegetables prior to steaming. You can eat them with different sauces or salsas, and they are very popular!

Part 3: Discussion Questions

- Which of these foods have you tried? Did you like them?
- Do you know anyone who has eaten any of these foods?
- Which of these foods have you not tried yet but want to try?
- What is your favorite food?
- Does your family have a special food that they eat?