

# A World of Flavor

Food plays an important role in our everyday lives from fueling us up for school and work, to nurturing family bonds through shared meals, to connecting generations through well-loved recipes. What we eat, how we cook it, and what ingredients we use can reveal a lot about where we live and our heritage. Food is an essential element of our cultural connections. Answer the questions below about your family. Then, if possible, ask a family friend the same questions about food traditions in his or her family and write your findings on the back of this sheet.



Pork Pozole Verde



Double Crunch Vietnamese Pork and Noodle Roll



Pork Pappardelle Puttanesca



Pork Banh Mi Sandwiches



Adobo Pork Tacos

1. What's your family's favorite meal? Why?  


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2. What's your favorite food memory? What makes this memory so special?  


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3. Does your family prepare certain foods for certain holidays or special days of the year? What are these foods and when do you eat them? What do you know about where these traditions might have come from?  


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4. Does your family have any recipes that have been passed down from one generation to the next? If so, where did it come from, and how long has your family made this special dish?  


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Around the world, pork is the most consumed meat, but it can be prepared in a variety of ways. Use the internet to find a recipe for preparing pork from a culture or country different from your own. Print out the recipe and review it with your family. What made you choose this recipe?