

A World of Food Flavors: Think Frozen and Refrigerated!

Did you know that many of the foods and flavors from around the world that we enjoy at home can be found in the frozen and refrigerated food aisles at your supermarket?

PART 1 List three of your favorite foods from around the world and their country of origin.

Favorite Food	Country of Origin
1.	
2.	
3.	

PART 2 Now explore supermarket websites to find out which of your favorites are available ready-made in the frozen or refrigerated aisles, and which can be made at home with frozen or refrigerated ingredients. Put a check mark in the relevant columns.

Favorite Food	Available ready-made frozen or refrigerated	Ingredients available frozen or refrigerated
1.		
2.		
3.		

PART 3 Below are several foods from around the world. Write the country where each food item originated. Next, put a check mark next to the ones that are available ready-made in the frozen or refrigerated aisles or that can be made with frozen or refrigerated items.

Food	Country of Origin	Available ready-made frozen or refrigerated	Ingredients available frozen or refrigerated
a. Chicken Enchiladas			
b. General Tso Chicken			
c. Mac and Cheese			
d. Potstickers/Dumplings			
e. Tandoori Chicken			
f. Pizza			
g. Chicken Marsala			
h. Cheese dips/spreads			
i. Gelato			
j. Smoothie			
k. Tzatziki dip/sauce			

Go to **EasyHomeMeals.com** to explore how you can build budget-conscious menus using frozen and refrigerated foods!

