



HOW TO... EAT LIKE A LOCAL



When you visit other countries, forget fast food like burgers. There is some great local food you must try. Here are some of our favourites!

If you're feeling cold and hungry in winter in Canada, then there is only one thing to eat: poutine. There isn't a better snack! To make poutine, you take some chips, add some cheese and cover it all with meat sauce. It's a **delicious** way to get warm on a winter's day.

If you visit Portugal there is a fantastic cake you must eat called pastel de nata. It's a small cake made with eggs and butter. For me there's only one problem with pastel de nata: there isn't any chocolate!

Imagine: you're walking along the road in Kingston, Jamaica. Music is playing and there is a wonderful **smell** of herbs and spices. You're starting to feel really hungry and there's only one thing you want to eat: jerk chicken. There aren't any chips with this **takeaway**. You eat jerk chicken with rice and peas.

The weather is tropical and it's sunny and hot. After a long day you want something cool and sweet. There are two alternatives. The first is an ice cream. That sounds good, but in the Philippines there is something better: halo-halo. Halo-halo is a delicious **mix** of fruit, milk and lots more, but it's also beautiful and includes purple ice cream!



There are some great **food stalls** in Thailand and one of the most popular dishes is pad Thai. The most important ingredients are eggs, noodles and vegetables, but you can add some beef or chicken if you like meat.

LONDON'S BEST FOOD FESTIVALS

Are you in London this summer and autumn? Do you love food?

Then why not visit one of London's many food festivals. Here are four of the best:

Wing Fest

If you love chicken wings, then this is the festival for you! Wing Fest is London's largest chicken wing festival and celebrates this popular snack. It happens over two days and has 35 food stalls, which sell over 120,000 chicken wings. There are lots of flavours to try, such as different kinds of barbecue wings and hot and spicy wings. And if you love chilli, there is a competition to see who can eat the hottest wings. Wings only cost £1 too!



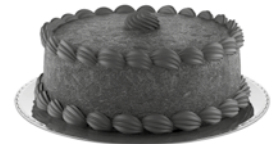
The Gelato Festival

What's your favourite flavour of ice cream? Chocolate? Or maybe it's vanilla? Well, at the Gelato Festival, there are hundreds of different flavours of ice cream to try. This travelling festival takes place in many countries, and this summer it's in London! You can try normal flavours like chocolate and banana but also some more unusual flavours of ice cream. There are 16 gelato chefs at the festival, who mix different ingredients to make new flavours of ice cream. At the end of the festival, you can vote for the best new flavour. You can also learn to make ice cream too!



Foodies Festival

Foodies Festival is the UK's biggest food festival. It is for everyone who is just that – a foodie! It has all kinds of delicious food and drink to try. You can eat food from around the world, such as pizza from Italy, noodles from Asia and curry from India. There is a special cake area, where you can learn how to bake delicious cakes and other desserts. There are competitions, and there is also a live music stage, where you can watch your favourite bands. And for children, there is a Kids Zone, where you can learn to cook. The best thing is if you're under 12, you don't need to buy a ticket!



Japan Matsuri Festival

If you want to learn about Japan, then go to the Japan Matsuri Festival! It's only on one day, but there are lots of things to see and do there. There are different kinds of Japanese dishes to try, such as noodles and sushi (raw fish). If you like martial arts, you can watch karate and judo. There is modern and traditional Japanese music and also some dance shows. There's a family tent where you can try different Japanese activities, such as manga (drawing Japanese comics and cartoons). You can also do origami there. This is a traditional Japanese activity where you make animals and other things out of paper. One of the best things about this festival is that it's free!



1 Read the text quickly. At which festival can you:

- 1 make things out of paper? _____
- 2 try a new flavour of ice cream?

- 3 eat hot and spicy food? _____
- 4 learn to cook? _____

Subskill: Identifying key words

To identify key words in the text, first find the important words in the questions. Then read the text quickly to find similar words.

2 Read the text quickly again. Complete the sentences with the correct word(s).

- 1 At Wing Fest there are _____ food stalls.
- 2 The cost of each wing is _____.
- 3 At the Gelato Festival, there are normal flavours of ice cream but also _____ flavours.
- 4 At the Foodies Festival, children learn to cook in the _____.
- 5 At the Foodies Festival, you only pay for a ticket if you are over _____.
- 6 Examples of martial arts at the Japan Festival are _____ and _____.
- 7 You can draw manga and do origami in the _____.



3 Read the text again. Write the best festival for each person. There may be more than one festival for each person.

1 Tim wants to listen to music as well as eat food.

2 Sarah wants to eat something sweet.

3 Ravi wants to learn to do something.

4 Alex wants to enter a competition.

5 Tara wants to try dishes from more than one country.

4 **Word work** Match the definitions to the underlined words in the text.

- 1 not cooked
- 2 someone who enjoys eating or cooking food
- 3 food that is strong and hot
- 4 different tastes of food
- 5 people who cook food for their job
- 6 cook food like bread or cakes in an oven

5 Which festival do you want to visit? Why?

