





Answer sheet Meal fact cards

This information sheet provides the answers to the continents of food meal facts card sort activity.









OCEANIA

Name of dish	Key ingredient/description	Country
<p>Mumu</p> 	<p>Pork roasted in a traditional earth oven and served with sweet potatoes, rice and vegetables.</p>	<p>Papa New Guinea</p> 
<p>Māori hāngī</p> 	<p>Made with fish or chicken and root vegetables such as sweet potato or pumpkin. Hangi is cooked for three or four hours in a pit dug in the ground. This gives the meal a delicious smoky, earthy fragrance.</p>	<p>New Zealand</p> 
<p>Barbecue</p> 	<p>Grilled or lightly fried meat (possibly kangaroo) in burger buns. Served with tomato, lettuce, onions and sauces (sometimes with a slice of pineapple, depending on the meat).</p>	<p>Australia</p> 
<p>'Ota 'ika</p> 	<p>Raw fish marinated in citrus juice and coconut milk. Mixed with diced vegetables (most commonly cucumber, tomato, onion, green onion, and spicy peppers).</p>	<p>Tonga</p> 

Answer sheet

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AFRICA

Name of dish	Key ingredient/description	Country
Bobotie 	Curried meat and fruit. Soaked bread, egg and milk are added to make a creamy topping which covers the meaty, fruity curry base.	South Africa 
Harira 	Soup made with tomatoes, chickpeas, lentils, onions, rice and a small amount of chicken. Herbs (parsley, coriander) and spices (saffron, ginger, pepper) are added for flavour and the soup is served with hard boiled eggs, dates or figs, honey and homemade breads.	Morocco 
Wat served on top of injera 	Wat – a thick, spicy meat stew made with chicken, onions, garlic and ginger. Injera – a large, sourdough flatbread, sometimes 50cm wide! Served with salad and/or vegetables.	Ethiopia 
Fava bean stew 	Fava beans (also known as broad beans) are simmered with olive oil, onions, garlic and tomatoes. Enjoyed with warm pitta bread.	Egypt 

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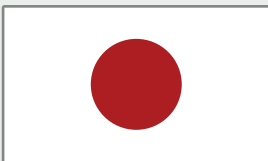

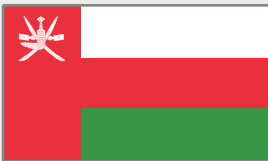




EUROPE

Name of dish	Key ingredient/description	Country
<p>Goulash</p> 	<p>Beef, tomatoes, onions, caraway seeds and lots of delicious paprika. The dish is stewed for hours and served with bread dumplings.</p>	<p>Hungary</p> 
<p>Pickled herring</p> 	<p>Herrings preserved in a saltwater brine and vinegar. Onions, sugar and spices are added to give it a unique tangy, sweet and sour taste all at the same time! Served with a slice of rye bread or crispbread.</p>	<p>Norway</p> 
<p>Cottage pie</p> 	<p>Minced beef in gravy, with carrots and onions, topped with mashed potato. Often served with peas.</p>	<p>UK</p> 
<p>Polbo á feira</p> 	<p>Boiled octopus legs, trimmed off with scissors. They are sprinkled with both sweet and spicy paprika and drizzled with olive oil. Served on wooden plates with bread.</p>	<p>Spain</p> 

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ASIA

Name of dish	Key ingredient/description	Country
Udon noddles 	A dense, chewy noodle served hot or cold and topped with stir fried tofu, meat or fish and/or cabbage, mushrooms, spring onions or other vegetables.	Japan 
Majboos 	Basmati rice, raisins, spiced vegetables and/or chicken. Served with a green salad, traditional bread, tomato sauce or yoghurt.	Oman 
Carrot and ginger salad 	A healthy carrot and white cabbage salad with a lime, chilli and ginger dressing.	Vietnam 
Polos and rice 	A curry made with young, green jackfruit. Green jackfruit is a starchy vegetable, which is sliced into bite sized chunks and boiled until soft. It's then cooked with onions, garlic, ginger and spices like mustard seeds, turmeric, chili powder, roasted curry powder, pandan leaves and curry leaf sprigs. The final step is to add coconut milk and simmer to reduce most of the liquid, leaving all the beautiful flavours within the cubes of jackfruit.	Sri Lanka 

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NORTH AMERICA

Name of dish	Key ingredient/description	Country
<p>Ackee and saltfish</p> 	<p>Ackee (a pear-shaped fruit) is boiled and added to sautéed onions, garlic, tomatoes, sweet peppers and scotch bonnet pepper. The ackee mix is paired with saltfish and served with hard dough bread, dumplings, fried plantain, or boiled green bananas. Ackee and saltfish can also be eaten with rice and peas or plain white rice.</p>	<p>Jamaica</p> 
<p>Beef brisket</p> 	<p>Texan beef cooked slowly over charcoal and wood chips for flavour. Served with local and seasonal vegetables.</p>	<p>USA</p> 
<p>Bébélé</p> 	<p>Tripe (a cow's stomach) cooked with floury dumpling balls (called dombrés) and green banana.</p>	<p>Guadeloupe</p> 
<p>Chiles rellenos</p> 	<p>Bell peppers or poblano peppers (a mild chili pepper) stuffed with rice, cheese, meat and vegetables.</p>	<p>Guatemala</p> 

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Meal fact cards

SOUTH AMERICA

Name of dish	Key ingredient/description	Country
Moqueca 	Fish or prawns, stewed in a hot clay pot and uncovered at the table in clouds of theatrical, billowing steam! This dish also includes diced tomatoes, onions and coriander and is served with rice or pirao (a spicy fish porridge).	Brazil 
Menestra de lentejas 	A lentil stew simmered with onion, pepper, tomato, garlic, cumin and coriander leaves. It is served with rice and thin, grilled steaks.	Ecuador 
Empanadas 	Stuffed pastries baked and filled with chicken, beef, ham, tuna, dogfish or boiled egg, and also onions, olives, raisins, spinach or corn.	Argentina 
Cuy 	Guinea pig meat barbecued, roasted or deep fried, served with yellow potatoes and corn on the cob.	Peru 

ANTARCTICA

Name of dish

None! (Do not tell pupils this before the activity.)