

## INTRODUCTION:

Celebrating our global nation and the diversity of flavours we get to enjoy by sharing food from around the world. We compare and contrast different ingredients and discover how different ingredients are used to make food taste delicious

## RECIPE TIPS:

- Chef Andrew has used beetroots in his Hummus recipe, but if you don't have any or maybe you aren't so keen on them you can use other veggies too. Roasted sweet potato, spinach, peppers, baked aubergine, caramelised onions. Any would be a delicious addition to the recipe.!
- If you don't have a food processor, you can use a hand blender, potato masher or a trusty fork to squish all the ingredients together!

## ACTIVITY TIPS:

- KS1- Match the coloured dots to find where each country is on the map.
- KS2- Use an atlas or world map to support the child in highlighting the different continents that the ingredients are from.. There is a list of all the continents on the worksheet to help!



## NUTRITION NUGGET:

- Healthy snacks in-between meals give children's growing bodies the nutrients and hydration they need.
- Hummus is a great snack for children because chickpeas are a great source of protein and fibre. Both of which are important in keeping us feeling fuller for longer. Fibre supporting good digestion and protein helps with the growth and repair of muscles.
- Children will love to dunk veggies into this dip, which will help them to get towards their 5 portions of fruits and veg per day.

## CURRICULUM LINKS:

- PSHE - Guide children to make sense of their physical world and their community through opportunities to explore, observe and find out about people, places and the environment
- Geography- Describe and understand key aspects of human geography through the exploration of cultural foods

## TOOLS REQUIRED:

Crayons/Colouring pens, Pencil, Map of the world (to copy), Large Piece of paper, Any other arts and crafts materials you would like to use!

