

Food around the World

Amazing Fact

According to a 2015 survey, people who eat spicy foods tend to live longer.

Challenge

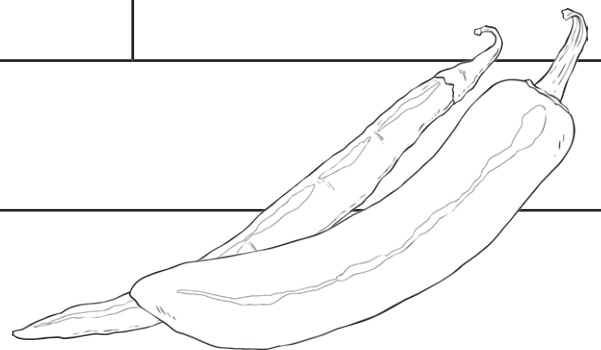
Most supermarkets and restaurants offer an enormous range of foods from many countries around the world. Some of these foods can be extremely spicy!

Use your own knowledge, non-fiction books or the Internet to complete the table below. You may wish to sketch some examples of the types of food eaten in the countries listed. Some have been left blank for you to research countries you are interested in.

Country	Flag	Types of Spicy Food
Thailand		
India		
Egypt		
Mexico		
Jamaica		
France		

Food around the World

Country	Flag	Types of Spicy Food



You could also try to find out:

- what capsaicin is;
- where chilli plants originated from;
- how you can build your tolerance to spicy food.