

Find the foods of the world on your plate!

Region Five
North America
 (includes Native tribes and Southern cuisine)

apple, corn, kidney beans, salmon, squash, tomato, whole grain bread, wild rice, zucchini

Region Four
Europe
 (includes Italy, France, Hungary, and Mediterranean)

carrot, eggplant, grapes, green pepper, mushroom, pasta noodles, spinach, tomato, tuna, zucchini

Region Two
Asia and Pacific Islands
 (includes India and Middle East)

broccoli, carrot, pasta noodles, spinach, tofu, tomato, pineapple, whole wheat flatbread, rice

Region Three
Central and South America
 (includes Mexico and Caribbean)

apple, brown rice, cod, grapes, green pepper, mango, spinach, sweet potato, tomato

Region One
Africa

corn, couscous, garbanzo beans, green peas, mango, potato, sweet potato, swiss chard, tofu



Great Garden Soup



Baked Batatas and Apples



Greens and Beans Soup



Easy Zucchini Lasagna



Chicken Flatbread Pizza

