

Unit 5, Reading and critical thinking, exercise 6

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.