

MY PLATE

Food and Culture

Islam is a global religion.
There are over 1.2 billion Muslims in lots of countries all over the world!



Multiculturalism is a word that describes a society with people from all different backgrounds. This is exciting because it means we get to experience new languages, traditions, and food!

Muslims live all over the world in places like Australia, Indonesia, Turkey, Bosnia-Herzegovina, Syria, Eritrea and others. These countries all use different flavours in their cooking, which means there's lots of new, unique and delicious dishes to try.

What does your dinner plate usually look like? What foods would you like to try? Let's find out!

You will need:

- **A print out of this worksheet**
- **Scissors**
(always ask an adult to help you use scissors safely!)
- **Glue stick**

What to do:

1. **Cut out the names of the different foods on the worksheet.**
2. **Arrange them onto your plate and use glue to stick them on.**

You're all finished!

This is a fun activity to do with friends because it will show you how different people enjoy a variety of foods.

Take this worksheet with you you when you go shopping with your parent, guardian or carer and ask them to buy something on your 'foods I'd like to try' plate!

My dinner plate usually looks like...

Sushi

Potatoes

Bread

Tofu

Beans

Rice

Beef

Tabouli

Lamb

Soup

Salad

Samosa

Veggies

Chicken

Steak

Fish

Dumplings

Pasta

Chips

Pie

Nuggets

Pizza

Burger

Eggs

Schnitzel

Noodles

Curry

Hummus

Falafel

Labneh

Fattoush

Some foods I want to try...

Sushi

Potatoes

Bread

Tofu

Beans

Rice

Tabouli

Beef

Soup

Lamb

Salad

Samosa

Veggies

Chicken

Steak

Fish

Dumplings

Pasta

Chips

Pie

Nuggets

Pizza

Burger

Eggs

Schnitzel

Noodles

Curry

Hummus

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