**What the World Eats**

Go to the following website: <http://foodmatters.tv/articles-1/what-the-world-eats-shocking-photos>

Read the article – look at the pictures and answer the following questions:

1. Which picture shocked you the most and why? (2 Marks)
2. How does your week look like in Food? (1 Mark)
3. Choose one photo
   1. List the foods that you recognize and do not recognize (2 Marks)
   2. Which foods would you decide as the family’s staple foods (A **staple food**, sometimes simply referred to as a **staple**, is a **food** that is eaten routinely, and in such quantities that it constitutes a dominant portion of a standard diet in a given people) (2 Marks)
   3. According to Canada’s food guide <http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/print_eatwell_bienmang-eng.pdf> what food groups are being met for this family? Which ones are not being met? (4 Marks)
   4. List 5 well balanced meals (includes most food groups and includes healthy foods) that could be prepared based on the ingredients that the family has purchased. (5 Marks)