

## **Tasty Travels**

### **Pages 4-9**

1. What was Glenn's favourite food?
2. Why did Glenn grow up eating different types of food, from around the world?
3. What type of food did Glenn eat the first time he was in France?
4. What things does fruit contain that is good for you?

### **Follow Up Task**

- Draw a picture of your favourite food. Remember to label it and write about the first time you tried that food. You could describe how it tasted, where and who you were with when you tried it.

### **Pages 10-15**

1. Why is it important to our bodies to have minerals and vitamins?
2. Where was Glenn's favourite place in Spain to stay?
3. Why do Spanish people have dates, rice and almonds in their diets now?
4. Why are pulses so important for vegetarian people to eat?

### **Pages 16-23**

1. What famous desert comes from Australia?
2. What is different about Christmas in Australia?
3. What food did Aboriginal people eat in the past?
4. What does Glenn eat after a walk at the beach?
5. Why should we not eat too much sugar?