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Opening extract from

# World Food Alphabet

Written by

**Chris Caldicott**

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For Maya – C.C.

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# World Food Alphabet



Chris Caldicott

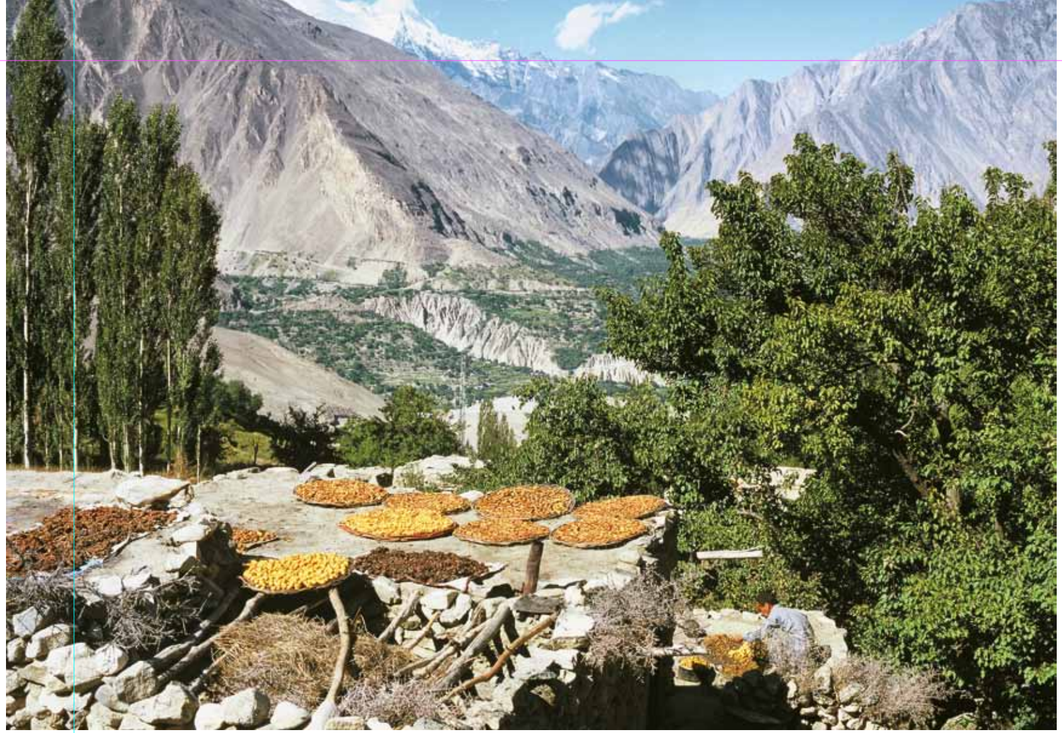
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# AUTHOR'S NOTE



Food is an important part of life for every person, every day, all over the world. The sort of food people eat, and the way they eat it, buy it, cook it and prepare it varies greatly around the world. Something we all share, though, is the need for a good diet to keep us strong and healthy. For some this is more of a challenge than for others. *World Food Alphabet* is a global A to Z of different foods, and ways of eating, gathering and preparing them. From Asia to Europe and from Africa to the Americas, it looks at the ways children and their families cook and consume food, and a variety of the ingredients we all use one way or another.

Chris Calcicott



## A a *is for* APRICOTS

Apricots are a small, sweet and juicy orange fruit that grow on trees in countries with a warm climate, where they are eaten fresh. Most apricots, like these in the Hunza Valley in Pakistan, are dried in the sun before having their stones removed so they can be transported and stored more easily. Dried apricots can be eaten as a delicious and nutritious alternative to sweets.

## Bb *is for* BANANAS

Bananas grow on trees in tropical countries, where they are picked and sold in bunches. Marlon on the island of St Vincent in the Caribbean is helping his father sell bananas from a stall on the beach to passers-by fancying a healthy snack. In countries where bananas grow, people sometimes use their leaves to wrap food in and carry it home from the market. They can also be used instead of plates to eat food from, which means no washing up!







## Cc *is for* COCONUTS

Coconuts are actually a fruit with a hard stone, and not a nut at all. Fresh, young coconuts are full of liquid that makes a sweet and refreshing drink and their flesh is creamy. As they get older, the flesh hardens to become white and nutty. Coconuts grow high up in palm trees, like these ones in Sri Lanka, that have to be climbed so the fruit can be cut from the branches. Hard coconut flesh can be grated and used to flavour cakes and biscuits, or soaked in water and strained to make coconut milk for cooking.