

# World Kitchen - Fact Sheet

<b>Caakiri</b> (Congo) Type: [Icon] Main ingredients: Couscous, evaporated milk, yogurt, sour cream Calories: 140	<b>Kashata Na Nazi</b> (Uganda) Type: [Icon] Main ingredients: Sugar, coconut cream, cinnamon Calories: 180	<b>Picaronnes</b> (Peru) Type: [Icon] Main ingredients: Potato, flour, shortening Calories: 360	<b>Brigadeiros</b> (Brazil) Type: [Icon] Main ingredients: Condensed milk, butter, cocoa powder Calories: 70	<b>Egg custard tart</b> (Hong Kong) Type: [Icon] Main ingredients: Flour, butter, sugar, eggs, milk Calories: 133	<b>Uiro</b> (Japan) Type: [Icon] Main ingredients: Rice flour, sugar Calories: 68
<b>Cocada Amarela</b> (Angola) Type: [Icon] Main ingredients: Sugar, coconut, egg yolks Calories: 180	<b>Soetkoekies</b> (South Africa) Type: [Icon] Main ingredients: Sugar, butter, cocoa powder Calories: 78	<b>Tres Leches Cake</b> (Chile) Type: [Icon] Main ingredients: Cake base, whole milk, evaporated milk, condensed milk Calories: 295	<b>Chocortorta</b> (Argentina) Type: [Icon] Main ingredients: Chocolate biscuit, condensed milk, tapioca pearls, bananas Calories: 301	<b>Che Chuoi</b> (Vietnam) Type: [Icon] Main ingredients: Coconut milk, dulce de leche, cream cheese Calories: 245	<b>Bibingka Cassava</b> (Philippines) Type: [Icon] Main ingredients: Cassava, coconut milk, eggs Calories: 102

Regions labeled on the map: North America, Central America and Mexico, Caribbean, Andes, Tropical South America, Temperate South America, Southwestern Europe, Southern Europe, Northern Europe, West Asia, East Asia, Southeast Asia, South Asia, East Africa, Southern Africa, Central Africa, West Africa, South East Asian Rainforests, Congo River Basin Rainforest, Madagascar Rainforest, Australasian Rainforests, Pacific Region.

## FAIRTRADE IN THE WORLD

Fairtrade Producer countries (Blue)  
 Countries where Fairtrade products are sold (Green)

SHOPPERS SPENT **€5.5 BILLION** ON FAIRTRADE PRODUCTS IN 2013  
 MORE THAN **1.4 MILLION** FARMERS AND WORKERS IN **74** COUNTRIES  
 OVER **80%** ARE SMALLHOLDERS  
**23%** OF FAIRTRADE PRODUCERS ARE WOMEN  
 OVER **30,000** FAIRTRADE PRODUCTS ON SALE WORLDWIDE  
 NEARLY **4 IN 10** CONSUMERS HAVE SEEN THE FAIRTRADE MARK OF THOSE **9 IN 10** TRUST IT  
 AVERAGE FARM SIZE IS JUST **1.6** HECTARES FOR FAIRTRADE SMALLHOLDERS  
**€86** MILLION ESTIMATED FAIRTRADE PREMIUM PAID IN 2013

<b>Banana Split</b> (USA) Type: [Icon] Main ingredients: Ice cream, banana, pineapple, hot fudge, whipped cream Calories: 510	<b>Maple Snow Taffy</b> (Canada) Type: [Icon] Main ingredients: Maple syrup, butter, snow Calories: 53
<b>Coyotas</b> (Mexico) Type: [Icon] Main ingredients: Panocha, flour, shortening Calories: 185	<b>Capuchinos</b> (Cuba) Type: [Icon] Main ingredients: Eggs, sugar, cornstarch, anisette liqueur Calories: 100
<b>Guinness Cake</b> (Ireland) Type: [Icon] Main ingredients: Flour, butter, raisins, Guinness, eggs Calories: 389	<b>Griesmeel Pudding</b> (Netherlands) Type: [Icon] Main ingredients: Milk, semolina, sugar, raisins Calories: 109
<b>Eton Mess</b> (UK) Type: [Icon] Main ingredients: Strawberries, meringue, cream Calories: 100	<b>Babka</b> (Poland) Type: [Icon] Main ingredients: Butter, eggs, milk, raisins Calories: 262
<b>Churros con Chocolate</b> (Spain) Type: [Icon] Main ingredients: Flour, sugar, chocolate Calories: 116	<b>Chocolate Soufflé</b> (France) Type: [Icon] Main ingredients: Egg yolks, egg whites, chocolate Calories: 514
<b>Tiramisu</b> (Italy) Type: [Icon] Main ingredients: Savoiardi, egg yolks, mascarpone, cocoa powder Calories: 492	<b>Black Forest Gateaux</b> (Germany) Type: [Icon] Main ingredients: Butter, sugar, flour, cherries, whipped cream Calories: 574

**Tropical Rainforests of the world**

Regions: North America, Central American Rainforests, Amazon Rainforest South America, South America, Congo River Basin Rainforest, Madagascar Rainforest, Asia, South East Asian Rainforests, Australasian Rainforests, New Zealand.

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    graph TD
        Vertebrate --> F1{Does it have fur?}
        F1 -- Yes --> Mammal
        F1 -- No --> F2{Does it have feathers?}
        F2 -- Yes --> Bird
        F2 -- No --> F3{Does it have dry skin?}
        F3 -- Yes --> Reptile
        F3 -- No --> F4{Does it have scales?}
        F4 -- Yes --> Fish
        F4 -- No --> Amphibian
    
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### Natural Resources of South America

Resources: Bananas, Cacao, Cattle, Citrus, Coffee, Corn, Cotton, Fishing, Forestry, Fruit, Mining, Oil / Natural Gas, Rice, Sheep, Sugarcane, Wheat.

Labels: Mouth, Oesophagus, Liver, Stomach, Gall Bladder, Pancreas, Large Intestine, Small Intestine, Appendix, Rectum, Anus.

<b>Japan</b> In some private homes and restaurants, meals are eaten at low tables while seated on cushions on the floor instead of a table and chairs.	<b>Ghana</b> Ghanaian table manners are relatively formal.	<b>India</b> Traditionally meals are served on a rug on the floor and people sit around in a circle, though dining tables are becoming more prevalent.
Thank you It is polite to say you gratefully receive the meal before eating and to say thanks for your meal after you finish eating.	Eating while walking around or in public is very uncommon and can be considered rude.	NO UTENSILS ARE GENERALLY USED IN INDIA IN FAVOR OF EATING WITH YOUR HANDS.
Bowls of white rice and noodles should be drunk from as if it were a cup while eating the solid food with the chopsticks.	Nigiri-zushi should be dipped upside-down so the fish enters the sauce.	Wash your hands before and after eating, even if using cutlery.
Elders or heads of family should be greeted first.	Guests should wait to be told where to sit.	Flatbreads are served with the meal and can be used to scoop or sop up food.
Food is generally served from a communal bowl and eaten with the hands.	Do not begin eating until the eldest male does.	In northern India, only fingertips are used for eating.
Eat from the section of the bowl that is closest to you. Never reach across the bowl to get something from the other side.	The eldest person should be seated first and you should wait for them to start eating first.	Only your right hand is expected to be used while eating.
Much of Indian food is vegetarian so try not to ask for any meat!	Only take food you know you can finish eating. Wasting food is extremely disrespectful.	Only take food you know you can finish eating. Wasting food is extremely disrespectful.

## Types of teeth

Humans have three main types of teeth:

- 1. Incisors**  
Incisors help you bite off and chew pieces of food.
- 2. Canines**  
These teeth are used for tearing and ripping food.
- 3. Molars**  
These help you crush and grind food.

Our teeth will change with age. So, the teeth you have when you are a baby aren't the same as the one's you will have as an adult.