

Describe your favorite menu item.



STAPLE FOOD

B. Describe Your Favorite Menu Item

Choose your favorite restaurant menu item and describe it using staple food vocabulary.

Example

Restaurant Name: Italian Bistro

Menu Item: Spaghetti Bolognese

Description: My favorite dish is spaghetti made with pasta, topped with beef sauce, and served with garlic bread. The spaghetti is a staple food made from wheat, and the beef sauce adds protein. The dish is seasoned with Italian herbs and served with a side salad.

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Restaurant Name: _____

Menu Item: _____

Description:

Use the following questions to guide your description

1. What staple food is the main ingredient? (e.g., rice, bread, pasta)

2. What type of protein is used? (e.g., chicken, beef, tofu)

3. Are any vegetables or fruits included?

4. What type of sauce or seasoning is used?

5. Is it served with any side dishes?

Write Your Description: _____

Staple Food Vocabulary Bank

A list of staple food vocabulary to incorporate into your descriptions:

grains (rice, bread, pasta)

fruits (optional)

proteins (chicken, beef, tofu)

sauces (marinara, alfredo, soy)

vegetables (lettuce, tomatoes, onions)

seasonings (herbs, spices)