

FOOD FUN FACTS

Are you familiar with these food customs from other countries?

- In **Japan**, slurping your food is a sign of appreciation.
- Never mix or turn down an offer of vodka in **Russia**. Rest your wrists on the table during a meal.
- **Lebanon's** most popular dessert is baklava made with pistachios and rose scented syrup whereas **Greece's** baklava uses walnuts and honey.
- The preferred breakfast in **Australia** is avocado toast with a sliced hard-boiled egg on top.
- Never put a fork in your mouth in **Thailand**. Instead transfer the food onto a spoon first.
- **Chileans** are formal when eating, so use a knife and fork even with a sandwich, pizza or French fries.
- Do not reach for the salt and pepper when eating in **Egypt** or **Portugal** as it insults the cook.
- Breakfast is the main meal in **Costa Rica** consisting of tortillas, rice & beans, eggs, sweet potatoes & peppers, sausage or bacon, fried plantains, fresh papaya or guava, and coffee. Lots of coffee.
- In **Morocco** remove your shoes and sit on the floor at a low table. Eat only from the “triangle” of food in front of you on the communal platter.
- Enjoying a **British** tea? Please do not clink your spoon on your teacup when stirring in sugar or cream.
- Did you know that sipping your wine is rude in the **Republic of Georgia**? Etiquette dictates that the tiny glasses are downed in a single gulp.
- Eating your tacos in **Mexico** requires using your hands. Never use a knife and fork.
- Never use your left hand to eat or pass food in **India** and be sure to clean your plate.
- **Italians** only drink cappuccino before noon, later in the day they drink espresso.
- In parts of **Liberia**, it is customary to eat termites and other insects.
- Be sure to leave a little food on your plate in **China** to indicate that you've had enough. A clean plate means you would like more.
- In **Colombia** they believe in zero food waste, so breakfast includes yesterday's leftovers like chorizo (spicy sausage), rice and beans served with fresh eggs and arepas (cornmeal cakes).
- In **Kazakhstan** you'll be given a half-full cup of tea to ensure it stays warm at all time. This practice allows you to interact with the person pouring it.
- Having bread with your meal in **France**? Skip the plate and place the bread directly on the table's surface.
- In some Inuit cultures of **Canada**, passing gas after eating is a sincere sign of thankfulness.
- Never eat before the oldest person at the table takes a bite in **South Korea** and do not eat faster than them.
- When toasting someone in **Sweden** never clink your glasses, just look them in the eye and say “Skål!”