

Staple Foods

Term 6 Lesson 2





Staple foods

What is a climate zone?

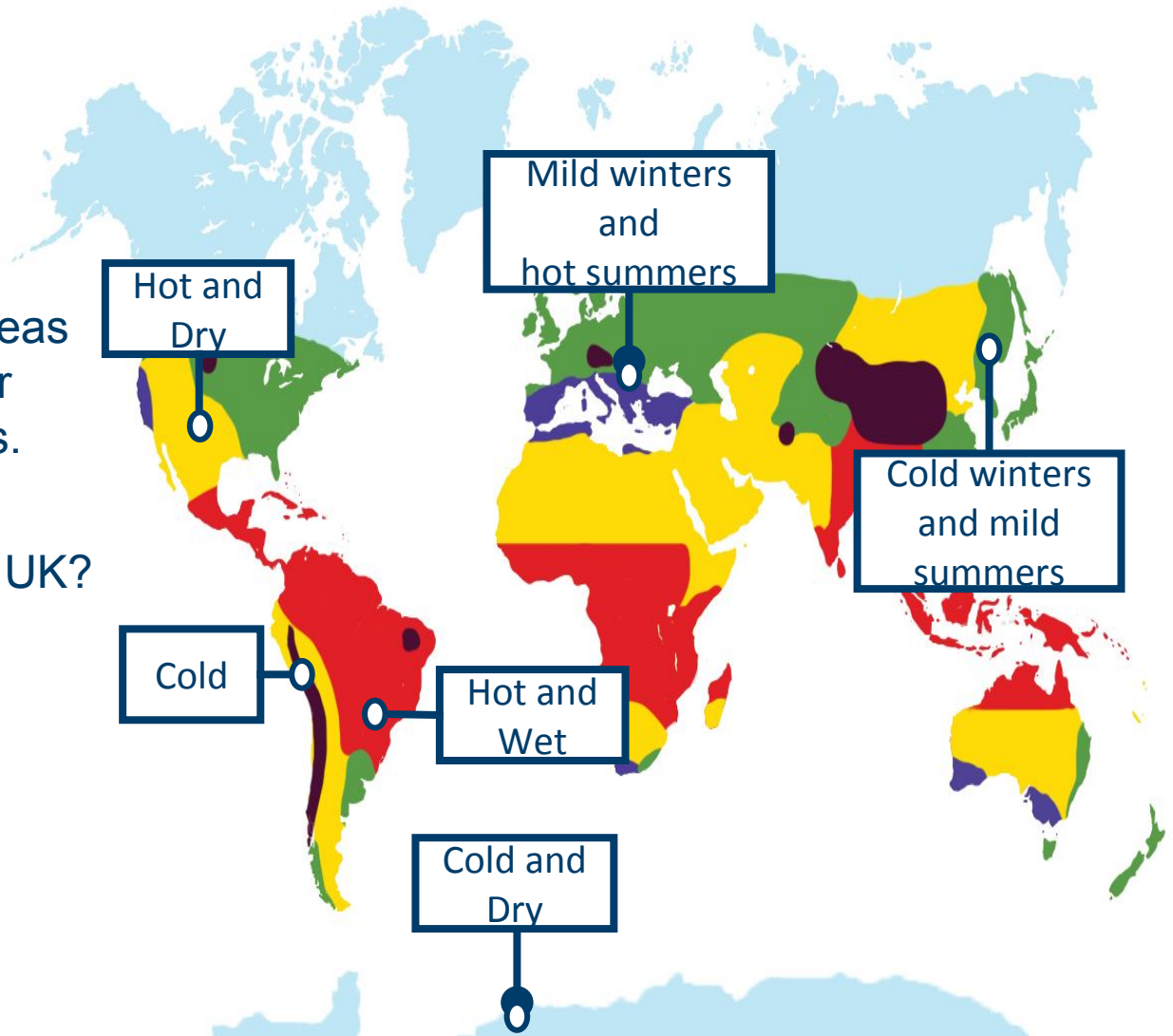
The world is divided into climate zones. These are areas with similar average weather conditions and temperatures.

Look at the map below.
In which climate zone is the UK?

Key

	Polar	
	Temperate	
	Arid	

Tropical



Staple foods

Climate affects many aspects of a country from dress to sport....



**It also affects a country's
national cuisines, including their
staple foods.**

Staple foods

Can you remember
what makes a
staple food?

Staple food

A staple food is a food that makes up the dominant part of a population's diet. Food staples are eaten regularly - even daily - and supply a major proportion of a person's energy and nutritional needs. A staple food is often cheap and widely accessible in a country.

Did you know?

Pasta (made from wheat) is one of Team GB's most popular staples. Quick to prepare and high in energy, it makes a great pre-competition meal!



Staple foods

What is a staple food?

Staple foods vary around the world, dependent on what foods are most easily available.

Which of these staple foods do you recognise?



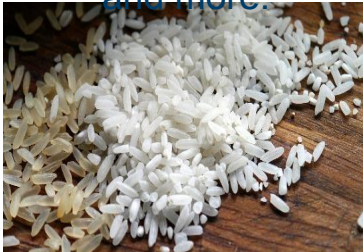
Wheat is one of the world most popular staples. It is made into bread, pasta, noodles, cereals and more.



Potatoes can be boiled, roasted, fried, baked, or stewed and are a staple in various countries.



In some countries where crops are harder to grow fish and meat are staple foods.



Rice is a popular staple in many parts of the world. It can be boiled or made into flour to



Cassava is a root vegetable, like a potato. It is the most widely eaten of all root vegetable/tubar



Dairy (yoghurt, milk) and meat from hardy animals are also staple foods in some cultures.

Staple foods

What is a staple food?

Match the staple foods to the climate or climates where they are often grown or found as staple foods.

(Remember, a staple food is a food that makes up the dominant part of a population's diet.)



Tropical

Polar

Mountains

Mediterranean

Arid

Temperate

Staple foods

What is a staple food?

A country and region's climate affects which staple foods are most common in an area.



Temperate
Mediterranean

Wheat was first farmed in the Middle East. It is versatile, but grows best in **temperate** and **Mediterranean** climates.



Tropical
Temperate

Rice is generally grown in warm, humid **tropical** climates, with waterlogged soil.*



Temperate
Mountains

Potatoes are hardy crops native to the Andes **mountains**, but now widely grown throughout **temperate** climates.*



Tropical
Arid

Cassava is native to the Amazon **tropical** rainforest. It is drought resistant so popular in **semi-arid** areas.



Polar

In **polar** climates, where fruits and vegetables are scarce, **fish** and **meat** become staple foods.



Arid

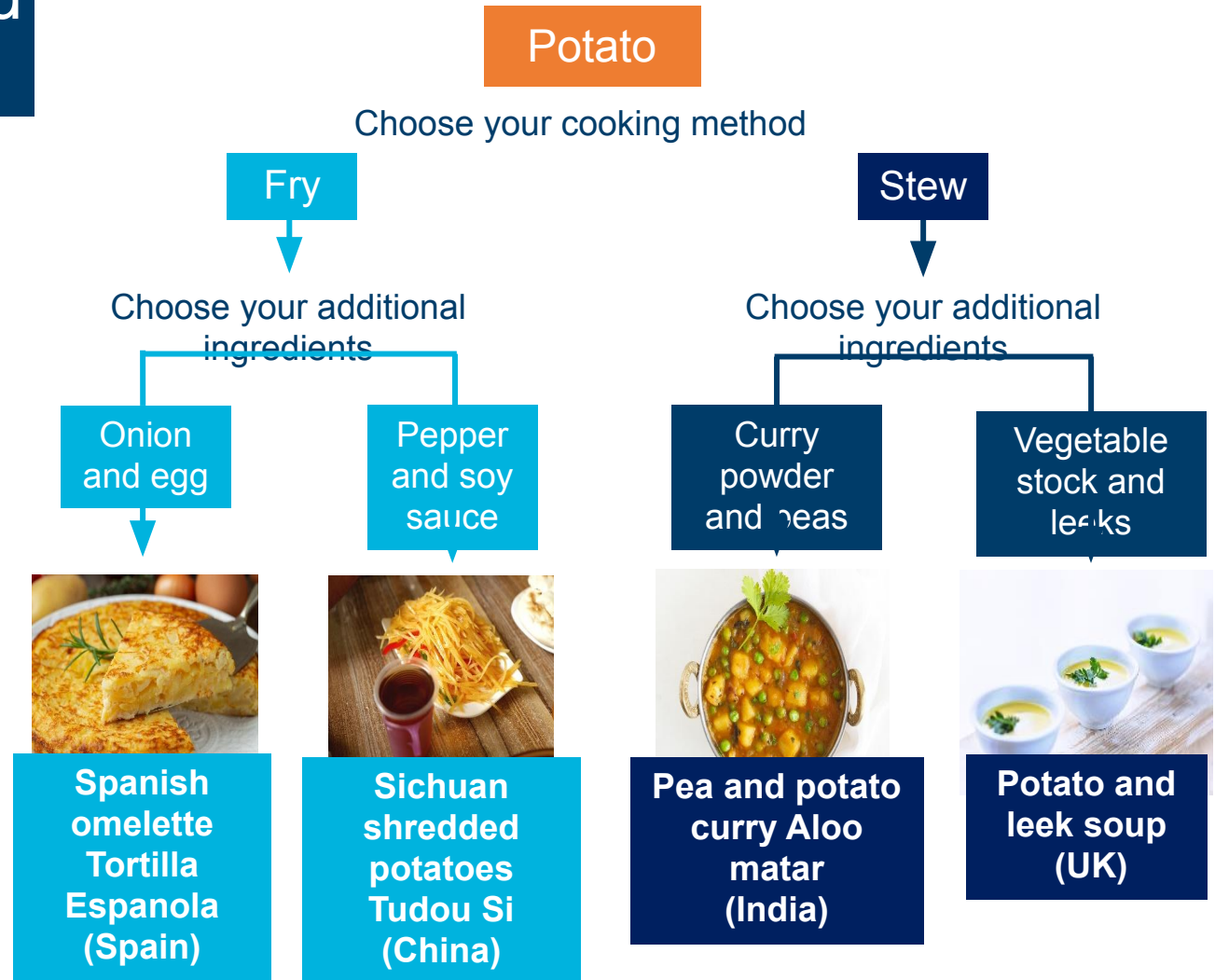
Cultures based in **arid** climates use **dairy** and **meat** from animals like camels or goats as staple foods.*

Geography and food

Building a recipe

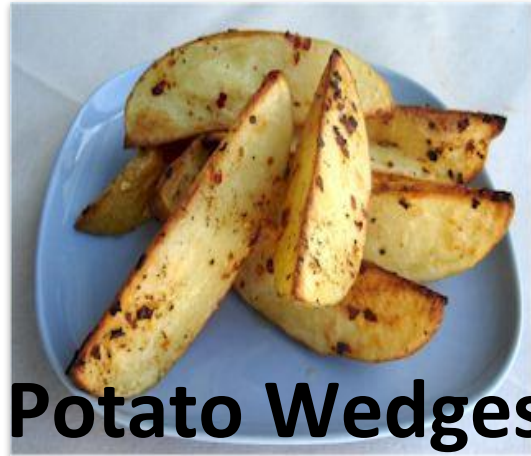
Staple foods are the backbone of national cuisines, but they aren't the only important feature.

Take a potato, then choose the your cooking method and additional ingredient below to find your recipe.



**Task – Have a go
at creating one of
these dishes using
a staple food.**

- Remember to ask permission from your parent / carer.
- Only do the skills you are confident in.
- Have a parent / carer in the kitchen with you to support.



Food for Thought

How might climate change affect the UK?

Climate change is leading to many countries becoming warmer and drier. In temperature climates like the UK, for example, we may be able to grow maize and wheat crops in more areas due to increased temperatures, but hotter, drier climates may experience more drought.

How might this affect the ability of our nation to grow food? How could this country adapt to the changes? Think about farming infrastructure (e.g. irrigation systems), switching crops, imports and exports, the jobs of the people in the country, the costs of these changes.